

LOVELIGHT VOLUNTEER MANUAL



LOVELIGHT is a volunteer outreach program in support of the children and grandmothers of the AIDS orphan crisis in South Africa. It has evolved from The Light Center of Baldwin City, Kansas, an Alternative Unity Ministry (a retreat center) founded in 1995 by Robin Goff.

Our Vision

Humanity embodies a new model for a unified global family.

Our Mission

Through the gifts of love, light and laughter we co-create a unified global family.

Our Values

LOVELIGHT believes that service is two-way street with all of us being teachers and learners, in ways that are empowering to all people involved.

LOVELIGHT supports the wholeness in all people rather than striving to rescue or fix anyone.

LOVELIGHT focuses on supporting the caregivers—often grandmothers—as they provide for the needs of the children.

LOVELIGHT recruits, trains and helps support volunteers who travel to South Africa. We partner with South African organizations to facilitate an international exchange of healing wisdom and resources to create a more sustainable future for the children.

YOU Can Help

- Organize a fund raising project for your church or organization
- Join our volunteer team and go to South Africa
- Make a tax-deductible contribution to LOVELIGHT
- Help sponsor an Emerging Leader's education

LOVELIGHT

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Robin Goff, Spiritual Leader

The Light Center has 501(c)(3) privileges under the umbrella of the Association of Unity Churches International. It is a workshop and retreat center nestled on a 35-acre wooded, natural sanctuary. The Light Center is an all-volunteer ministry and our mission is:

Trailblazing new paths for living in spiritual harmony.

Volunteering

Perhaps you feel a powerful desire to make a difference in the world. Many Americans have had the luxury of living a comfortable existence without much exposure to conditions of extreme hardship. When people learn that I have been volunteering in Africa, they either want to avoid the topic altogether or they have an immediate attraction to the work.

Some will dismiss volunteering in Africa as impractical and unnecessary. Their view is that we have plenty of people living with hardship right here in America, so why travel half way around the globe? The answer is that we do not have a massive pandemic in the U.S., much less three; AIDS, Malaria and TB.

The complexity of issues on the continent of Africa can be overwhelming. It is not easy acknowledge that an enormous percentage of our human family is in acute distress. It can be numbing or depressing, but I hope I

offer another vantage point from which to survey the damage and still remain intact with hearts open—no small task, yet vitally important at this crucial juncture for humanity. Hopefully, the information in this manual will answer many of your questions about becoming involved in this outreach work.

TO STAND IN THE FIRE AND NOT GET BURNED BY ROBIN GOFF

There is an art form to being on the Earth during this time of rapid-fire change, and to remain so wide open that you receive the great love that wants to engulf you. Perhaps the greatest challenge of our time is to reach out to our human family in the midst of hardship and not be consumed or overwhelmed by the pain of suffering. Whether observing the aftermath of a natural disaster or stepping in to serve in one of the massive pandemics anywhere in our world, the task is the same.

In order to be fully present to others in the midst of a great tragedy, it is necessary to enter the situation wide-awake and with an open heart. So often there is a temptation to jump right in and help in knee-jerk reaction, without giving thought to how it will feel to witness devastation or what impact the experience will have physically, spiritually and emotionally. Many Americans are attracted to rescue scenarios. Television programs and movies often depict emergency room dramas and heroes responding to dangerous situations. Something exciting attracts us to watch disaster stories or news clips.

In reality, most of us are ill-prepared to face a life-challenging situation such as the extent of destruction from storms or disasters now occurring around the world on a regular basis. While we may have become blasé about extreme disasters on the big screen, nothing can prepare a person for what it feels like to witness the loss of human lives and other species on the scale that is happening now, live and in-person. When one steps into a devastating situation, it becomes more important than ever to take great care of *oneself*, equally as much as extending a hand to another person. It is about giving and receiving so that service can truly be a two-way street.

In a death defying culture like America, where it is chic to stay youthful at all cost, there is generally an avoidance of death. With the exception of hospice, death remains hidden from our daily personal experience and certainly out of our conversation. To mention grief is considered negative and people don't want to be confronted with it. Now we are waking up to the realities that our world is shifting and changing. Many people are interested and willing to respond to the devastation that has occurred as a result of earthquakes, storms, floods and pandemics.

Taking that step into the fire requires preparation and care of oneself. It is soul work and will touch very deeply into places that may have been tucked away from conscious awareness, perhaps even for many years.

Those places can be very tender spots—vulnerable or even raw. When confronting situations involving massive loss of life, it is essential to put as much attention on caring for our heart and soul as is attending to food, shelter or medical needs of others. It is the key to being able to do the work of service and not be consumed by it.

Death has been a powerful teacher for me personally, and in my work as a hospice chaplain for over ten years. I am not depressed by being around death and grief and loss; in fact, I find it a powerful path for deep spiritual growth—one that I seek out and embrace fully. It requires being awake and aware and always remembering to take care of my tender heart. I do recommend stepping into the world in service to others, but be willing to learn and grow in unanticipated ways. Many people are becoming aware that service is exactly what world is calling for now. It may even be why we are here on the Earth at this point in time. In these pages, I share insights I have gained through my own experiences of volunteering in the AIDS orphan crisis, and practices that are helping me along the way.

South Africa and the AIDS Crisis

Never before have I been as personally challenged to maintain peace deep within the core of my being as I have recently. Over the past five years, I have traveled as a volunteer to serve in the AIDS orphan crisis in South Africa and I consider myself a student of that experience. I have read books and watched videos about the terrible past of the apartheid years, but as a white American I doubt that I could ever fully comprehend all of the implications of that era. I can remain open, watch and listen carefully, but I will never fully grasp how South African people see me as a white American woman.

What do they think of the outpouring of interest in the children who are being orphaned by the pandemic? The HIV/AIDS pandemic has been steadily building over twenty-five years and now there are thousands of Non-Governmental Organizations (NGO's) from around the globe to assist the children. Grassroots efforts have been in place for years, but lately the attention has reached celebrity status in mainstream media. Oprah Winfrey's programs for children orphaned in South Africa have awakened millions of people to the enormity of the situation.

What for years was called the "thin disease" (because people did not know why so many young adults were wasting away and dying), has become a massive killer taking the better part of a generation of South Africans. Some estimates suggest that a million people a year are dying of

HIV/AIDS-related causes. The population hardest hit is the young adult age group including parents, teachers, and health care workers. The result is a huge population of children being left to fend for themselves on the streets or in "child-headed households." One estimate suggested that as many as 42 million children could be orphaned by the pandemic by 2010. That is a staggering number to comprehend.

I doubt that anyone really knows what the numbers are, but even one million orphaned children are too many. The impact on the future of South Africa is tremendous. There do not seem to be adequate plans in place to address the care, feeding and safety of these orphaned and vulnerable children. In America, there would be outrage if even one family of children were left unattended after the death of their parents. In South Africa, estimates are that 6,000 children are being orphaned a day and I suspect that even in America with all of our resources, it would be an overwhelming challenge to face. Just consider the difficulties we had responding to hurricane Katrina in New Orleans.

While South Africa has one of the highest incidences of HIV infection in the world, similar scenarios exist in developing nations all over the globe. The pandemic that we once thought was under control quietly festers, largely unseen, in inner city America as well. What might the outcome have been if there had been a unified international response to HIV/AIDS years ago?

In South Africa the reasons for the lack of early response are many and complicated— cultural, political and logistical. There are popular myths, behavioral norms, and customs that have contributed to the spread of HIV. Leaders in the government have been resistant to widespread use of treatment for the virus. Supervised distribution of anti-retroviral medication to people with HIV has been challenging, and medication is only reaching a very small percentage of people who are infected and could benefit by treatment.

The entire continent of Africa, a huge percentage of our human population, is being devastated by HIV/AIDS, along with the other two major pandemics of TB (tuberculosis) and malaria. There are additional major challenges in Africa including harsh dictatorships, civil wars and genocide that complicate responding to pandemics. Crime and corruption also hinder the delivery of humanitarian aid where it is most needed. All of these factors and more can make the situation in Africa feel overwhelming.

Millions of African people are in acute distress and solutions do not come easily. I, for one, have no answers or remedies to fix the problems. What I

can do is pay attention and show up. Perhaps in the very act of being willing to look at the situation and allowing myself to feel the depth of that pain, I can be some kind of instrument for change. I go to Africa to learn about our human family. I go to stay awake to the changes that are happening on our planet and how those changes are impacting people. I go to carry that awareness back with me to share my observations with others in America. I go to learn about myself and to discover how I can be a channel for peace and healing, even in the midst of such extremely challenging conditions.

For me and many others I have spoken with, seeing the state of human existence in Africa compels me to keep responding. I cannot fix anything but I can learn to be an instrument through which the power of love can operate. It may not sound like much, but I believe it is the most important thing any of us can do—to walk right into the midst of the fire and allow the power of Spirit to move through us.

The African People

When I first visited South Africa in 2004, I was struck by two amazing groups of people—the children and the grandmothers. My preconception about the children was that I would see the pitiful looking ones we often see portrayed on television programs about orphans in Africa—children with protruding bellies from malnutrition, no clothing, and runny eyes and noses. I did not see that, however.

Even in the areas with the greatest poverty, the children are cheerful, beautiful and clean. I have never seen such unspoiled and open-hearted children. While some of them have HIV, many of them are healthy and vibrant. They are friendly, loving and quite receptive to foreign visitors. They do not have the wealth of toys and possessions that most American children have; they play with sticks, stones or whatever they can find. They laugh, sing and don't appear to be as prone to fighting with each other as American children are. In the poorer settlement areas, many hand-built homes do not have electricity or running water. Children carry five-gallon buckets of water from a communal tap that is the water for the household each day. Even with those conditions, the children wear clean white shirts with their school uniforms.

It is a marvel how well people manage with living conditions that seem unheard of in America. We have resources for someone who is terminally ill. In South Africa, it is not uncommon for there to be little to no care available, and people die of AIDS in small hand-built shacks. In many of the settlement areas there is no electricity, and only a communal tap from

which people draw water. In America, such conditions would be unacceptable for a person dying of AIDS. In Africa, these conditions and worse are the backdrop for millions of people in the terminal phase of a long, protracted and often painful illness.

Many of the caregivers have minimal training and have been thrust into the caregiver role out of sheer necessity. In many places, home care workers walk all over a geographical area bringing what minimal supplies they have, offering care and support to people with HIV/AIDS and related conditions like TB. There are some pharmaceuticals available, but certainly nothing like the enormous quantities of drugs for pain and relaxation that make hospice care so effective in the West. Further, there is little emotional or spiritual support for these caregivers who work hard, day after day and year after year, tending to the sick and dying.

The caregivers are personally faced with losses of their own friends, family members and loved ones. Multiple losses mean that a person can never adequately grieve for one death before having to face another. Such is the nature of a pandemic. Caregivers face grief and loss all the time while continuing to tend others who are sick, including children who have lost their own parents. In South Africa, the common thinking is, "We are all affected by HIV/AIDS." Though the pandemic is concentrated in the black and "colored" populations, nearly everyone is touched by it.

Virtually all of South Africa needs to be a hospice—something to consider before stepping up to volunteer in a pandemic. It was very common for people to ask me how I could tolerate hospice chaplaincy for ten years. Many would assume it was depressing work or would avoid talking about it at all. Death and grief are inherent to humanitarian outreach work. It is not realistic to think that one can simply go to Africa to hold the beautiful children and thereby make it all better, even though something deep within us would like that very much.

It is helpful to understand that those children, who laugh and play like children anywhere, are also in the throes of grief. It just looks different on kids. That child you are visiting may have just lost parents, multiple other relatives and their teacher to AIDS-related causes. This is a painful realization when sitting with an adorable, innocent child and it is very heavy stuff.

Before making a commitment to volunteer, ponder these questions: Have you ever been around a person while they were dying? How did that impact you? Are you dealing with unresolved or acute grief issues? How do you address grief and loss in your own life?

When the Grandmothers Speak the Earth Heals

In most indigenous cultures, the elder women were traditionally the advisors whose wisdom would guide their tribe. The women worked to gather and preserve the food and determined where the tribe would camp during the winter months so everyone would survive. The men listened respectfully to the guidance and counsel of the women, as did the youth. Great authority rested in the voice of the elders, and men and women worked with one another. When the voices of women are not consulted, the balance is lost and masculine authority rules unchecked.

Such has been the nature of power in America over the generations, with patriarchy being dominant and a woman's voice less valued, though the feminine voice is reemerging again. A mighty force of women has turned 50 with the greatest of ease. They are well educated, burned their bras, raised a family, gotten a divorce, run a business, and now find themselves with a whole chapter of life still ahead. I call us the Hilary Generation, in which a woman's candidacy for president has at last been given serious consideration. The voices of women can no longer be silent and as American women over 50 become grandmothers, a new phenomenon is taking place. We are emerging into a place of power that is stronger than the might of patriarchy and militaries.

Our grandchildren offer us a new perspective that is unequalled. Seeing a grandbaby being born is a profoundly spiritual and deeply moving experience, offering a perspective of the generations that cannot be equaled—a connection to generations to come that calls forth a need to protect not only the children, but also the planet that will be home to their own grandchildren. The Earth's grandmothers see what needs to be done to tend to the children, feeling great passion to provide for future generations. When the grandmothers see that the children are not safe, they roll up their sleeves and get to work, but the tasks are daunting and resources are few.

Old bones grow weary, yet we will not back down from the challenges that face our human family, being firmly resolved to be a voice for the children of the world. It is time for the voice of balance to rise up and cry out. The grandmother's voice says there will never be solutions through wars and guns. All war does is leave ever more children alone and emotionally wounded. I know many of my fellow grandmothers join me in proclaiming to anyone who will listen, "Put down those guns, clean up this mess and take care of the children!"

GOGO: Grandmothers Organized in Global Oneness

On my first trip to South Africa I was deeply touched by the work being done by the grandmothers there. It seems that in every developing country, just as we see in inner city America, the older women step up as caregivers to raise the children who are orphaned or vulnerable. In the African pandemic, the greatest number of people dying of AIDS is the parents of children. After experiencing the heartbreak of burying their sons and daughters, it is not unusual for a grandmother to feed or take in her grandchildren and other children as well. The older women create centers to tend the orphaned and vulnerable children who do not have safe homes. At orphan care centers everywhere we visited, grandmothers stir large pots of rice and beans, change countless diapers, and comfort babies when they can.

I came away from Africa feeling that the very best way I could help in the orphan crisis is to provide some backup for the grandmothers. Those indigenous women are the ones the children need now, and lucky are the children who have a grandmother still alive and available to care for them. Those without a grandmother live in child-headed households, with the eldest child raising the others. That often means that the older child does not go to school. There may not be any money for food or to pay the meager rent to live in the tiny shack where they reside. Often what happens is that a local woman starts to feed children and they flock to her for love and protection.

In the best scenarios, an orphan care center forms around that grandmother—the gogo. With some guidance and proper paperwork, the gogo may be able to access government funds to help feed the children and pay their school fees. Social workers are scarce and work very hard to help get government funding to the children who need that assistance. In the meantime, grandmothers feed the children from their own pension money or however they can manage.

After arriving home from our first trip, we created GOGO as a network of grandmothers and those who love grandmothers. The name GOGO is an acronym for Grandmothers Organized in Global Oneness. In the U.S., the purpose of GOGO is to tell the story of Africa's grandmothers and their role in the orphan crisis. We exist to raise support for the grandmothers on the front lines, and to offer encouragement from their peers and friends in America. Sometimes it is enough to simply know that someone sees the hard work required to address a very complex and mounting problem.

When donating money and gifts for the children of Africa, this is best done through the gogos, rather than Americans appearing as Santa Claus for the children. When faced with extreme levels of poverty and hardship, there is a tendency for Americans to want to give away everything they have. Over time, if people experience a pattern of Americans coming to hand out money and gifts, they learn to expect more of that. In some places, that pattern has created passivity and people simply wait for the next church or missionary group to arrive and gift them with what they need. This is an uncomfortable dynamic where the indigenous people begin to believe that all Americans are wealthy and come to give handouts. The grandmothers help us identify the greatest needs in the community and how volunteers can best serve. The highest outcome is for the children to see the grandmothers as their source of supply. Ideally, gifts are given to the gogo for her to pass on to the children.

The Children

There are important issues facing the world today that compel us to consider our survival as a species. This involves placing greater emphasis on the children to keep them safe and nurtured. They are the future of our planet and it matters very much that we protect them from harm. In places where there are wars, genocide, natural disasters and pandemics, millions of our children are not safe.

We had the pleasure to meet Heather Reynolds, the founder of God's Golden Acre, an orphan care center that was featured on the Oprah show. In her book, *God's Golden Acre*, Heather says, "We have reached the moon, we have a spaceship out in the solar system, past Neptune and Pluto, and we have communications systems so fantastic that we can put encyclopedias on silicon chips, we can cut the cornea of an eye with a laser. We are incredibly advanced technologically—but we can't see to the feeding of the children in the world. All over the Western world, people are getting on with their ordered and well-fed lives and they are oblivious, or worse, indifferent to what is happening here." Now more than ever, humanity needs to consider new ways to ensure the safety and survival of the Earth's children. They need to know that they matter to the future of the planet and that adults will protect them from harm.

Our governmental resources have been directed toward very expensive wars and the rebuilding of countries devastated by bombing. In our advanced western culture, education and health care for children have taken a back seat to other spending priorities. In many parts of the world, children don't even have food, shelter and clothing, and they are not safe. In Africa, one hears endless heartbreaking stories about children

experiencing things no child should ever have to endure. There are stories of rape and terror of all kinds; drug and alcohol abuse also complicate children's safety. Children act as caregivers for their dying parents, burying them themselves because they do not have the money for a proper burial. Children die alone in small shacks with no one to take care of them or hold them tenderly as they deserve.

The children I met were beautiful radiant beings, with bright eyes, engaging smiles and enormous loving hearts. I found them to be captivating and truly pure beings, unspoiled by the materialism often experienced in the U.S. They are an amazing force in the world right now with a huge spotlight focused on them. Surely we are meant to learn much from these small ambassadors if we will listen to our hearts.

What if the children have come to teach us all...to awaken humanity?

Waves of Grief

Grief is a strange thing. You can't understand it until you are in it and then once you are in it, you can't understand anything at all. It's difficult to convey to another human being how it feels to lose someone you have loved. Those of us who have never experienced a catastrophic event can scarcely understand the impact of having all of your earthly possessions stripped away by fire, flood or wind. The feelings are complex and myriad.

When a loss first happens, the confusion and numbness can be all-consuming. The culture around us may underestimate the impact of grief and loss. Friends and employers may prod us back to normal behavior long before we are ready for that; in fact, "normal" has totally changed in meaning. We can create a *new normal* for ourselves, but we can never go back to the way life once was.

It is important for us to understand the depths that denial can reach, and to allow the grieving process its natural unfolding. Denial gets short shrift when we are encouraged to stop grieving as quickly as possible, because denial can actually be a good thing. It is how we keep going when things happen that really are too much to bear. It's like our inner levee system that holds back the raging waters so they won't engulf us.

Our cities' levee systems are regularly being breeched and the reality of massive changes on our planet is washing over us in ever increasing waves. That awareness is seeping into our souls, but it is not easy to fully

digest how changes on our earth are impacting us. To call it inconvenient is an understatement for our times.

In her book, *Now is the Time to Open our Hearts*, Alice Walker states, "If human beings on a global level gave in to the fear of being wiped out, disposable like all the other creatures, they would never be able to think and feel their way out of their dilemma." We must each find our own best wake-up calls to keep ourselves moving ahead. Personally, I need to watch the movies that depict the impact of climate change, dwindling oil reserves, population explosion, and the mass extinction of so many species. Those movies are not generally box office smashes because people don't want to dwell on the negatives because that's a downer. For me, however, it is the wake up call I need.

So I keep returning to South Africa to wake up to the conditions that face our human family right now. Living in America provides an enormous buffer and it is easy to avoid seeing the devastation. For most of us, life goes on as usual and we never confront the sorts of losses facing our brothers and sisters elsewhere. If your house is not the one burned down, blown down or washed away, it is easy to turn your attention right back to the television or what's for dinner. If your house has an unlimited supply of electricity and clean water, it is easy to forget that others are living without those basics. We can notice what is happening around the world yet just continue life as usual. That denial mechanism allows us to keep on going, but as reality seeps in through the cracks in the levee, along comes the heartache.

I choose to allow the grief to wash over me because I truly believe it is the path to healing. I do not fear grief or name it "bad." It isn't just a diagnosis called "depression" that needs to be medicated. It is not pathology. It is the experience of feeling the pain of separation. I like author Stephen Levine's definition of grief as "homesickness for God," which to me means feeling cut off from all that is good, true and beautiful in the world around me.

Sadness is a normal response when experiencing losses as great as those we see around us today. It can be helpful to call it what it is and to notice the losses that have occurred which may be giving rise to sadness. It is in the collective unconscious anyhow—in the enormous sea of grief surrounding us as people lose everything dear to them through disasters of many kinds. When I am in Africa where so many people die every day, grief is palpable and it's everywhere, as if the entire continent is one huge hospice.

In volunteer situations, self care needs to move to the top of our 'to do' list, especially if we're thinking of international travel to challenging situations. Taking extra good care of ourselves becomes essential. When in South Africa, I spend time every day without fail focusing on the power that I can draw from the core of the earth. I imagine the fiery ball at the center of the earth, like molten lava, and fill my body from that power. That inner fire can fuel us when we become weary or feel overwhelmed by outer circumstances. I also practice techniques to keep clearing out the grief that lurks in my heart and needs be released.

Grief work is often overlooked in our daily lives but when in situations where there is so much acute loss, it is vital to bring it into the light. Call it what it is and talk openly about it. Sorrow is just energy that needs to move, and it can cause us problems when it is held tight and not allowed to do so. Bringing it to conscious awareness is a very beneficial practice for each one of us who decides to become a volunteer.

Volunteering

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Robin Goff, Cape of Good Hope, Cape Town, South Africa

To Be a Lighthouse

I love to stand by the lighthouses of South Africa
and feel the depth of their solidness
Anchored solidly deep down into the bedrock of the earth,
standing for decades through the battering of winds,
storms and crashing waves.
I imagine how that feels to sink my roots so deeply into Mother Earth
that nothing could blow me over or knock me off course
Solid, unwavering in diversity and even the roughest of seas.
I see the light that radiates out into the darkness.
I can do that—allow the light to shine through me.
Not just my own light but the unlimited endless stream
of the Light of the world
The light of pure unconditional love, that shines
so that others may navigate by it.
I will never even know how many people find their way
safely to the shore because of that light, instead of drowning in the
darkness.

WELCOME, SPIRITUAL TRAILBLAZER

New Breed of International Volunteers

We are so happy that you're interested in volunteering in South Africa with The Light Center's LOVELIGHT project. For the past five years, we have been learning about the orphan care crisis in South Africa and exploring ways to be of service in addressing that challenge. It is not our intention to create our own programs there, but rather, to send volunteers to support existing South African projects that are of a high caliber. We carry the Light into the midst of some very difficult circumstances without any agenda to help, fix, save or rescue anyone.

The outreach programs over past generations have sometimes stripped people of their dignity, offered handouts, and often tried to change people's religious beliefs. LOVELIGHT works together as equals with those we serve and sees the wholeness in every one of us. We are learning together how to live differently in a rapidly changing world and how to address our brothers and sisters when they are in acute distress.

LOVELIGHT partners with the Novalis Institute in Cape Town, an educational institute of the highest integrity, doing wonderful work in the poorer schools for over 25 years (see www.novalis.org.za). The team at Novalis is our mentor who teaches us about serving within the South African culture. Novalis helps us ensure that every volunteer receives a solid orientation during their stay.

The projects we are involved with are varied. Some volunteers spend time with the children teaching simple crafts and skills; others work with adults and especially the caregivers who are dealing with the enormous numbers of orphaned children. We work side by side with groups who are creating whole foods gardens and have provided gardening workshops. The idea is to share whatever talents and skills we can in a way that is supportive of existing programs.

Together with South Africans, we can problem solve and discover ways that we can be of assistance. We set aside our preconceived expectations and step forward, open to explore together. Often volunteers express that they learn more than they teach and take away more than they give. The following are highlights of projects that Spiritual Trailblazers have spearheaded.

Children's Centers

Volunteers visit children's homes and centers to lend a variety of skills. Novalis Institute helps to target settings where our volunteers can be of service and helps us to develop long-term relationships. Sometimes we are able to tour and observe and in some cases we can arrange to participate in hands-on projects. We endeavor to be supportive of the needs of the staff in orphan care settings, and to not disrupt their routine.

Long-term volunteers have the opportunity to develop deeper relationships with people and make a significant impact. Short-term volunteers will receive an orientation to the circumstances and culture in South Africa. It is helpful to explore our expectations for volunteering and know that in three weeks' time, we cannot make a huge difference. We can, however, show up with open hearts and allow the Light to shine through. As Mother Theresa said, we can do small things with great love.

Emerging Leaders Program

A few older youth are being sponsored by LOVELIGHT to help them continue their education beyond the high school level. These promising young people demonstrate clear leadership potential, and LOVELIGHT contributions help make their dreams come true. Even when scholarships are available for university-level study, there are expenses for things like living space, books, and transportation. South Africa needs the leadership of these awesome emerging leaders. Some donors earmark their gifts for this program and every effort is made to create communication links between students and their sponsor.

Grandmothers Organized in Global Oneness (GOGO)

Some volunteers offer trainings for the gogos (gogo is Zulu for grandma) who are doing the bulk of the work with the orphaned children. These women have buried their own children who have died of HIV/AIDS and are left to raise the grandchildren. As in many other places around the world, it is not unusual for one gogo to house and feed numerous orphaned children. Volunteers have given Healing Touch workshops to offer skills that caregivers can use for much needed self-care and to assist with symptom management where pharmaceuticals are scarce.

The gogos deserve support and recognition for the tremendous tasks they are managing, having experienced great loss in their lives and yet

continuing to care for the children. It is our hope that we may convey our caring and support to them in their difficult circumstances.

Ancient African Rituals

In July 2009, Sobonfu Some' joined LOVELIGHT volunteers in Cape Town to share ancient African grief rituals and support for the gogos. Sobonfu is from a tiny village in Burkina Faso, West Africa, and travels the world sharing the wisdom of her people. She is considered the "Keeper of the Rituals" by her tribe and has amazing wisdom to share with all of us. Her message was particularly meaningful to the grandmothers who are carrying so much of the burden of the AIDS pandemic.

Sobonfu also visited some of the youth who were deeply touched by her powerful message. These events were sponsored jointly with the Novalis Ubuntu Institute, our project partners in Cape Town.

In the photo below, Sobonfu is joined by Annelise Bure, the CEO of Novalis. (See also <http://www.sobonfu.com>).



Aprons for Angels

Unity churches from all over the U.S. have been creating beautiful Prayer Aprons to send to the grandmothers in South Africa. These are no ordinary aprons—they are hand-made with loving care and imbued with prayers for the grandmothers who will be the recipients. The first batch traveled to South Africa in February 2009 with Trailblazer, Mary Frost.

Sewing groups have reported that this project filled their hearts and blessed them even as they gathered to sew. This apron project demonstrates a sincere desire to reach out to the grannies who work so hard to raise the orphaned children. Each apron is a token of our love and compassion for these unsung heroes of the AIDS pandemic.

Huge gratitude goes to sewing angels and supporters at Unity Center of Vero Beach; Unity of Gainesville; Unity Center of Light in McKinney, Texas; Unity Church of Christianity, Dallas on Greenville; Unity of Irving; The Light Center; and the House of Menuha in Kansas City. Tremendous support has also come from Unity Church of the Hills in Austin, Texas and the dynamic group of Unity, Texas.

Apron Ceremony at Ndileka's:

These grandmothers have all lost their adult children and are raising their orphaned grandchildren



There is a group at the Novalis Institute who has been knitting rainbow shawls to gift to women who have been working so hard as a result of the AIDS orphan crisis. South Africa is known as the Rainbow Nation, in celebration of the ending of apartheid and embracing the diversity of

ethnic groups. With Kansas being the “over the rainbow” state we decided to join in that project. The Unity Church in North Atlanta has a knitting group who made rainbow shawls for the gogos as well. The gogos were so thrilled to have a hand-made shawl from someone in America who cares about their situation.

Riviersonderend Community Center

A dynamic grassroots group of people is undertaking a huge community project to provide skills training and income opportunities for the remote village of Riviersonderend (aka RSE), about two hours from Cape Town. This effort is being organized through the Riviersonderend Community Foundation, spearheaded by John Jacobs.

The vision includes building a restaurant supplied by its own organic gardens, with input from The Naked Chef, Jamie Oliver’s organization. They have asked us to help with their “green” building projects too, so our goal is to send teams to assist with construction. This is an ambitious vision to provide skill and job training for youth and adults, in a village that experiences an unemployment rate of 52%. John has been awarded a piece of property for the community center which includes a large abandoned swimming pool which will be converted into a theatre.

Volunteer Maura Rehfuss with John Jacobs at the RSE Community Center Site July 2009



Our long-term volunteers, Brenda and Kelly, lived among these folks for 6 months and offered numerous Healing Touch classes there. The group there is well known to us and has our deepest respect. The women expressed a dream of learning to quilt and so LOVELIGHT purchased a quilting sewing machine and lessons for the group. A quilting group from Unity Church of Overland Park and folks from Unity Church of the Hills have sent along all of the fabric, notions and quilting supplies to get the quilting project started.

The women in RSE are producing lovely work as they create an enterprise with their new skills. The group of women is expanding and will now embark upon making clothing. The new community center will provide craft booths along the nearby busy highway to draw tourists to support their endeavors. It is our delight to help support the development of this wonderful dream that is emerging in RSE.



Continued Grant Funding

LOVELIGHT has received another grant from the Woodland Public Charity to help our project partners in South Africa. Funds will help the Peer Facilitator program, provide furnishings, office and craft supplies, deliver whole food gardening training, and more. No funds from this grant will be used for overhead or administrative costs, as LOVELIGHT is an all-volunteer project.

The Light Center is enlisting other ministries to collaborate in providing a stronger administrative base for our outreach work. A multitude of Unity centers are involved in support of this amazing outreach work. As we develop our infrastructure, larger groups will travel to be of assistance and enter into the amazing process of growth that is stimulated by stepping into a massive pandemic and orphan crisis.

Every one of us who has traveled to South Africa feels a deep connection to these beautiful people. It really does take a village. What we witness there serves to remind us how fragile life has become on this small planet. Volunteering helps us learn to live in a more sustainable fashion. Americans really do want to make a difference in the lives of the children who have been born into this massive pandemic. LOVELIGHT honors them as the powerful teachers they truly are.

FOR THOSE WHO CHOOSE TO TRAVEL

About South Africa

The Republic of South Africa is a country about the size of Texas, covering roughly 1.2 million square kilometers. There are large numbers of people living in cities, with the rural areas being more sparsely populated. While the cities are quite modern with high rise buildings and “first world” amenities, the rural areas are much less developed and lack infrastructure.

It is estimated that 13% of the world’s population infected with HIV are living in South Africa. Perhaps the spread of HIV infection is related to South Africa’s turbulent past. Apartheid was enforced by legislation in the 1950’s and different races were forced to live in designated separate areas. Before traveling to South Africa, it is essential to learn as much as possible about the history of these amazing people and the overthrow of apartheid—to understand the recent history of the country in order to begin to comprehend the complexities of the culture and the pandemic today.

That system of segregation and brutality has left many scars, with ramifications that are still being healed today. The political upheaval certainly had an enormous impact on the spread of the pandemic and the response to addressing the prevention and treatment of HIV/AIDS. LOVELIGHT is working in the Western Cape region, focusing in Cape Town and the small village of Riviersonderend.

Weather

Because South Africa is below the equator, its seasons are the opposite of those in North America. Summer falls between November and March, with peak summer months being December and January. Winter is May to August. Most of South Africa enjoys a pleasant, warm climate year-round. Annual average rainfall is less than 10 inches in the west and 40 inches in

the east. Cape Town and the southernmost part of the Western Cape have a Mediterranean-type climate, with warm to hot summers. Winter brings gentle rain showers around Cape Town and the West Coast. Expect a climate much like California's.

For winter in Cape Town, you will want a light jacket and layers of clothing. Take enough clothing so that something dry and warm is available to wear layers. The lack of heat in many buildings can leave rain-soaked clothing wet for days. If you own a hot water bottle, you will appreciate having it with you for the cold winter nights. There can be a dusting of snow on the top of Cape-area mountains.

The interior of South Africa is dry and warm in winter, with cool nights. Summers are hot with more frequent rain.

Currency

The South African Rand is divided into 100 cents. Currency must be declared on entry and is restricted to R500 (duty will be levied on the first R1,000 over this allowance). It is possible to exchange U.S. dollars at international airports, and in Washington D.C. there were no exchange fees. It is advisable to exchange enough money so that when you arrive tired from a long journey, you will have it to spend for food or taxi. The exchange rate fluctuates but at present, is 10 Rand to \$1. Your money will go a bit further in South Africa, but some items will be expensive compared to the U.S. Food prices tend to be comparable.

Major credit cards are widely accepted, with some restrictions in small towns and rural areas. ATMs are situated outside most banks and it is advisable to use ATMs in safe, public areas at banks. There have been scams that can compromise your credit card. We would advise against using your debit card. A pre-paid VISA card might be useful, as well as traveler's checks. There are foreign exchange banks called Rannies (located in shopping malls) that will give the best rate of exchange.

Gasoline must be purchased with cash (full service style and you tip the attendant). It is also customary to tip attendants in parking lots and even for some on-street parking. Americans tend to over-tip, so carry coins with you and keep tips modest. Tip waiters and taxi drivers 10 percent of the bill, unless a service charge has been added. In general, two Rand per bag is recommended for porters (use only official porters in uniform as there are hustlers in the airports.).

Electricity

Only bring electrical appliances that you absolutely need. The Cape Town electrical system is problematic and there can be rolling power blackouts at times. Adapters are needed for any American electrical appliance. Power systems are generally 220/230 volts AC, 50 cycles, except in Pretoria which is 250 volts AC.

WI-FI is becoming more readily available at shopping centers and other places, so you may want to bring a laptop. Internet cafes are available for a fee. Sometimes we have access to email when visiting Novalis.

Telephone

Standard time in South Africa is seven hours ahead of Eastern Standard Time (winter).

The international dialing code for South Africa is 27, which should be preceded by the international prefix 011 if calling from the U.S. When dialing from outside South Africa, omit the 0 at the beginning of the area code, but use it when dialing within the country. Public phones are either coin- or card-operated. You can buy both local and international telephone cards at post offices and airports. Cell phones are in common use in South Africa and inexpensive phones and airtime are sold in many places.

Geography

South Africa is divided into nine provinces, some of whose names have changed in recent years. You may occasionally run across references to the old names. What used to be called the Transvaal is now Gauteng (where Johannesburg is located); the North-West is now the Northern Province; the Eastern Transvaal is Mpumalanga; Natal is KwaZulu-Natal. The Cape Province is divided into the Eastern Cape, Western Cape (where Cape Town is located) and Northern Cape; and the Orange Free State is Free State.

Culture

South Africans have been referred to as the "rainbow nation," a title which illuminates the country's cultural diversity. During apartheid, laws were different for each ethnic group. The population of South Africa is one of the most complex and diverse in the world. Of the 45 million South Africans, nearly 31 million are Black, 5 million White, 3 million "Coloured"

and one million Indian. Coloured is a term used during apartheid to designate any person with “mixed blood” and is still commonly used today. The population density is 32.9 people per km².

The Black population is divided into four major ethnic groups: the Nguni, Sotho, Shangaan-Tsonga, and Venda. There are numerous subgroups of which the Zulu and Xhosa (two subgroups of the Nguni) are the largest. The majority of the White population (60%) is of Afrikaans descent, with many of the remaining 40% having British descent. Most of the Coloured population lives in the Northern and Western Cape provinces, while most of the Indian population lives in KwaZulu Natal. The Afrikaner population is concentrated in the Gauteng and Orange Free State provinces, and the English population is in the Western and Eastern Cape and Kwazulu-Natal.

Apartheid ended in the early 1990's yet there are still many complex ramifications of that era. Please take time to read and watch videos as much as you can before traveling to South Africa (see the media list provided in this packet). It is important for us to be as sensitive as possible about the racial unrest and mistrust that follow the brutal apartheid era. You will have opportunities during your stay to learn more about the complex history and culture of South Africa. Please enter into this experience as a student of South Africa and all that you will encounter.

There is a great deal of poverty and a massive pandemic has been growing unchecked for over 25 years. All of the related issues present a tremendous learning curve for Americans. It is helpful to explore every situation you encounter from the perspective of South Africans who have lived under the rule of apartheid. It is a lot for foreigners to comprehend and digest. Keep an open mind and avoid judgments. Your patience may be taxed at times.

People living in marginalized conditions may see all Americans as being rich. They often see American television, movies and commercials that depict us as rich and famous people. Their children idolize our rock, rap and movie stars just as they do in the U.S. They may ask you for money or gifts and frequently will ask you to take them to America. Consider reflecting to them how very beautiful their own homeland is to you. That situation can arise even among people you have gotten to know very well, and so it would be good to give some thought to what you would say in case it arises. Our friends in South Africa encourage us not to give money to children begging in streets, in order to discourage that behavior.

Languages

South Africa has 11 official languages. Information about the major languages can be found below, with website links to help learn some words and phrases of languages. Everywhere you go, a different language will be in use. Most people have a working use of the English (British) language, which is taught in schools.

IsiZulu is spoken by 23% of the population. The online dictionary at <http://isizulu.net/> translates words from English to IsiZulu and provides the pronunciation of words.

IsiXhosa is spoken by 17% of the population. This link shows some common phrases: <http://www.cyberserv.co.za/users/~jako/lang/xhowrd.htm>.

Afrikaans is spoken by 13% of the population. English to Afrikaans translation can be found at <http://www.freedict.com/onldict/afr.html> provides; this service is free but has many pop-ups and advertisements.

These are the main languages of South Africa. There are others, but knowledge of these phrases and English should get you through most of South Africa.

English	IsiZulu	IsiXhosa	Afrikaans
Hello	Sawubona (singular)/ Sanibonani (plural)	Bhota	Hallo
How are you?	Unjani?	Unjani?	Hoe gaan dit met jou? Or respectfully... Hoe gaan dit met u?
I am fine.	Ngisaphila	Ndiyaphila	Dit gaan goed met my
Please	Ngiyakucela	Nceda	Asseblief
Goodbye	Sala kahle (go well)/ Hamba kahle (stay well)	Hamba kakuhle (go well)/ Sala kakuhle (stay well)	Totsiens
Danger	Ingozi	Ingozi	Gevaar
Excuse Me	Uxolo	Uxolo	Verskoon my
I am sorry	Ngiyaxolisa	Ndicela uxolo	Ek is jammer
Thank you	Ngiyabonga	Ndiyabulela	dankie
Yes	Yebo	Ewe	Ja
No	Cha	Hayi	Nee

Travel to South Africa

Booking flights to South Africa can range from \$1,700 on up, depending on the airline and time of travel. Traveling during holidays can raise the price of the ticket 50 to 100%. Another thing affecting the price is the FIFA World Cup, which will be in South Africa in 2010. The closer that date approaches, the dramatically higher the price of tickets to South Africa will be. Do plenty of online research online and speak with travel agents to get the best deal. It is possible to get cheaper fares by flying through Europe, which may involve long layovers adding to the time for your trip. While not the cheapest, South African Airlines is dependable and offers good service.

LOVELIGHT volunteers are eligible for missionary airfares, which may or may not be cheaper depending on current special fares. The benefit to using missionary fares is that they can be changed without any penalties.

Seat Assignments

For long flights across the ocean, I suggest an aisle seat toward the back of the plane. Usually there is a bank of four seats in the middle section, so ask for an aisle seat in the rows numbered in the 70's. (Visualize empty seats next to you so that you can lie down!) I often check again if anyone has requested a seat next to mine and change it to one with an empty space next to me. Being able to stretch out and even lie down is a tremendous help.

These flights are like an all-nighter sitting cramped in a tight seat. It takes mental focus to adjust to so many changing time zones. There will be a long period when the airplane is darkened and it will help you to sleep all you can. You will have a TV screen and lots of videos to watch. Take a good book with you. Get up often to walk around and keep your blood moving. Drink a lot of liquids, which will be provided. Limiting caffeine and alcohol is generally recommended. South African Airlines provides very good food and snacks. You may bring your own snacks, but avoid a lot of salt.

Entry to South Africa

In order to enter South Africa, you need a valid passport and at least two blank pages for it to be stamped. Passports can be obtained at U.S. Post Offices and processing time varies, so plan ahead. A visa is required for stays longer than 90 days cost about \$100. Visa information is at: <http://home-affairs.pwv.gov.za/documents/bi-84.pdf>. The application

must be sent to the regional South African diplomatic or consular representative for your area. See <http://www.embassiesabroad.com/embassies-of/SouthAfrica#91>.

Crime

During your stay, every effort will be made to avoid any areas of danger or unrest. It is best to stay with South African people and follow their guidance as to where to go and where to stay. We often travel with a guide to help us navigate and speak native languages as needed. While our volunteers have experienced minor crimes, for the most part we have felt safe and welcomed by the people. Though we cannot guarantee your safety, LOVELIGHT has developed supportive relationships with South Africans who provide sound guidance about safety issues. Staying in the consciousness of love and protection during your stay will be the very best way to avoid any problems.

We offer the following information in the interest of disclosure, and not to instill fear. This comes from the US Department of State website at www.travel.state.gov, an "official" website, and reflects that consciousness.

Although the vast majority of visitors complete their travels in South Africa without incident, visitors should be aware that criminal activity, sometimes violent, occurs routinely. Notwithstanding government anti-crime efforts, violent crimes such as armed robbery, carjacking, mugging, "smash and grab" attacks on vehicles, and other incidents are regularly reported by visitors and resident Americans. The best policy is to not leave any belongings visible in your car at any time. Crimes against property, such as carjacking, have often been accompanied by violent acts, including murder, when victims resist or are slow to respond to attackers' demands.

South Africa also has the highest incidence of reported rape in the world. Foreigners are not specifically targeted, but several have been the victims of rape. Victims of violent crime, especially rape, are strongly encouraged to seek immediate medical attention, including antiretroviral therapy against HIV/AIDS. Questions about how to receive such treatment should be directed to the nearest U.S. Embassy or Consulate.

There is a serious baggage pilferage problem at Johannesburg and Cape Town International airports, particularly travelers changing airlines and those flying on smaller airlines. Passengers flying on major international carriers may not be affected to the same degree. Travelers are encouraged to secure their luggage with Transportation Security

Administration (TSA) approved locks, use an airport plastic wrapping service, and avoid placing electronics, jewelry, cameras or other valuables in checked luggage. Make an inventory of items in checked baggage to aid in claims processing if theft does occur.

Credit card fraud, counterfeit U.S. currency, and various check-cashing scams are frequently reported. Do not accept "assistance" from anyone, or agree to assist others with ATM transactions. Travelers should try to avoid using ATMs after bank business hours or in remote locations. When giving your credit card to a store or restaurant employee for processing, do not let them take the card out of your sight. Visitors should also beware of telephone or email schemes, which attempt to win the confidence of an unsuspecting American who is persuaded either to provide privileged financial information or travel to South Africa to assist in a supposedly lucrative business venture.

For Victims of Crime

The loss or theft abroad of a U.S. passport should be reported immediately to the local police and the nearest U.S. Embassy or Consulate. If you are the victim of a crime while overseas, in addition to reporting to local police, please contact the nearest U.S. Embassy or Consulate for assistance. The Embassy/Consulate staff can, for example, assist you to find appropriate medical care, contact family members or friends and explain how funds could be transferred. Although the investigation and prosecution of the crime is solely the responsibility of local authorities, consular officers can help you to understand the local criminal justice process and to find an attorney if needed.

Safety and Security

Travelers are encouraged to be vigilant and avoid any large gathering, particularly protests and demonstrations. The possibility of violence, including threats against American interests, should not be discounted, particularly in times of heightened world tension. While visiting game parks and reserves, it is dangerous to leave one's vehicle or otherwise be on foot, even in the presence of a guide. Several incidents of wild animal attacks on tourists in the region have resulted in death or serious injury. In 2005 and 2006, in the False Bay area of the Western Cape, several people were attacked by sharks; some of the attacks were fatal. Should a shark be spotted close to the shore, local authorities will sound a warning siren to notify the public.

Criminal Penalties

While in a foreign country, a U.S. citizen is subject to that country's laws and regulations, which sometimes differ significantly from those in the United States and may not afford the protections available to the individual under U.S. law. Penalties for breaking the law can be more severe than in the United States for similar offenses. Persons violating South Africa's laws, even unknowingly, may be expelled, arrested or imprisoned. Penalties for possession, use, or trafficking in illegal drugs in South Africa are severe, and convicted offenders can expect long jail sentences and heavy fines. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime, prosecutable in the United States.

Medical Facilities and Health Information

Private medical facilities are good in urban areas and in the vicinity of cities and game parks, but they may be limited elsewhere. Pharmacies are well stocked, and equivalents to most American medicines are available. Several LOVELIGHT volunteers have used South African medical and dental services and have received adequate or good care. Doctors and dentists are available in Cape Town and costs are generally less expensive than in the U.S.

While most of South Africa is malaria free, malaria risk exists throughout the year in rural low-altitude areas of Northern (Limpopo) and Mpumalanga provinces, including Kruger National Park and neighboring game reserves. Risk also exists in the coastal lowlands of KwaZulu-Natal north of the Tugela River (including in Zululand, but excluding urban areas of Richards Bay). In all risk areas, risk is much lower from June to September. Visitors should prepare accordingly and use malaria prophylaxis.

Anyone who travels this far basically needs to be fit and healthy in body, mind and spirit. No one is perfect but we defer to your judgment if you are considering travel with LOVELIGHT. If you have any physical or dental challenges, please consult with your doctor and dentist before traveling. The trip alone can be taxing and it is a huge adjustment to be over there. Your body will change from day to night and winter to summer. The jetlag can be considerable. It is a good idea to take an immune builder during your travel and stay.

In Cape Town, the drinking water is good and does not present a health risk. Outlying areas may not have healthy drinking water and bottled water is available for purchase.

Vaccinations

Although there are no vaccines required for traveling to South Africa, it is still best to consult with your doctor about any vaccines the doctor might recommend. Some immunizations require a series of injections, so consult with your doctor well ahead of the time of travel. The Department of State recommends the following:

Hepatitis A or Immune Globulin (IG): Transmission of Hepatitis A can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.

Hepatitis B: Recommended especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

Rabies: Recommended if you might have extensive, unprotected outdoor exposure in rural areas, such as would occur during camping, hiking, or bicycling, or engaging in certain occupational activities.

Typhoid vaccine: Typhoid fever can be contracted through contaminated drinking water or food, or by food or beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors.

Other vaccines: As needed, booster doses for tetanus-diphtheria, measles, and a one-time dose of polio vaccine for adults might be advisable. Talk to your health care professional about how to prevent malaria while in the country, and what to do in case you think you might be at high risk of getting malaria by mosquito bites or parasites. Malaria has not been an issue in the Cape Town region.

Other Diseases

Dengue, filariasis, leishmaniasis, onchocerciasis (river blindness), and trypanosomiasis (sleeping sickness) are other diseases carried by insects in this region, though mostly in rural areas. Protecting yourself against insect bites will help to prevent these diseases. African tick bite fever, a rickettsial infection, is common in South Africa, Botswana, Swaziland, Lesotho, and Zimbabwe. African sleeping sickness can occur in Botswana and Namibia. Wearing protective clothing and avoiding rural areas or areas of dense vegetation along streams, is the best protection. Schistosomiasis, a parasitic infection, is found in fresh water, particularly in Botswana, Namibia, South Africa, and Swaziland. Do not swim in fresh water (except in well-chlorinated swimming pools) in Southern African countries.

Medical Insurance

The Department of State strongly urges Americans to consult with their medical insurance company prior to traveling abroad. Confirm whether your policy applies overseas and if it will cover emergency expenses such as a medical evacuation. Companies (like IMG International) offer coverage for international travel. The Light Center's insurance provider can offer Global Guardian coverage for a fee.

Traffic Safety and Road Conditions

While in a foreign country, U.S. citizens may encounter road conditions that differ significantly from those in the United States. The information here is provided for general reference only, and may not be totally accurate in a particular location or circumstance.

Unlike the United States, where traffic moves on the right hand side of the road, traffic in South Africa moves on the left. Travelers should use caution at all times when driving, and especially avoid nighttime travel outside major cities. Care must also be taken when crossing streets as a pedestrian. Road conditions are generally good in South Africa, except in outlying rural areas. Excessive speed, poor lighting on rural roads, and insufficient regulatory control of vehicle maintenance and operator licensing have resulted in a high and rapidly increasing number of traffic fatalities.

Take care to avoid pedestrians crossing the road, which frequently occurs on major highways. "Smash and grab" robberies are common throughout South Africa, particularly in urban areas, at traffic lights and on highway off-ramps. Be particularly careful and avoid carrying anything of value

(briefcases, purses, cell phones, etc.) inside the car that might attract potential assailants. It is common for local police to perform routine license checks on roads. If you are stopped, be polite and present your international driver's license as well as your valid state driver's license. You must have an international driver's license to legally drive in South Africa. You can get one for about \$15 at your local AAA office; you simply present your valid state driver's license and fill out a short form, with no testing involved.

Travelers are advised to carry mobile phones. U.S. mobile phones may not work in South Africa, but rental mobile phones are widely available and may be rented from kiosks at major airports. The nationwide emergency number for the police is 10111, and the nationwide number for ambulance service is 10177 (no area code required). Callers from mobile phones may not immediately be connected to the nearest emergency service. The rate of response varies from area to area, but is generally slower than response to 911 calls in the United States. Visit the website of South Africa's national authority responsible for road safety: www.nra.co.za. You may also contact South Africa's national tourist office at (800) 593-1318.

Parking

Wherever you park, it's typical to have security guards, formal or informal, on hand to watch the cars. It is customary to thank the guard and give him about 5 Rand. Keep small change handy for that purpose.

Other Transportation

Private Taxi services can be used from the airport and around town. The general rule is a 10% tip. Public Taxis are less formal, stop frequently and are very inexpensive. In some areas, public taxis may not be safe for American visitors and should be used with caution. There is a system to riding those public taxis and hand signals to learn. Buses and trains also may be used with awareness and caution. Many of our South African friends discourage us from using public transportation.

Aviation Safety Oversight

The U.S. Federal Aviation Administration (FAA) has assessed the Government of South Africa's Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of South Africa's air carrier operations. For

more information, travelers may visit the FAA’s website at http://www.faa.gov/safety/programs_initiatives/oversight/iasa.

U.S. Embassies in South Africa

U.S. Embassy	U.S. Consulate, Cape Town	U.S. Consulate, Durban	U.S. Consulate, Johannesburg
PO Box 9536	PostNet Suite 50	Old Mutual Building	PO Box 1762
Pretoria 0001	Private Bag x26	303 West Street	Houghton 2041
877 Pretorius St	Tokai 7966	Durban 4001	1 River St, Killarney
Arcadia, Pretoria	2 Reddam Ave	Tel: (27 31) 305-7600	Tel: (27 11) 644-8000
Tel: (27 12) 431-4000	Westlake 7945	Fax: (27 31) 305-7691	Fax: (27 11) 646-6916
Fax: (27 12) 342-299	Tel: (27 21) 702-7300		
	Fax: (27 21) 702-7493		

HIV/AIDS Pandemic

Approximately one-quarter of the population of South Africa is infected with HIV, the virus that causes AIDS. The first cases of HIV surfaced in 1982, at the height of political unrest in South Africa. Initially, infections occurred among white gay men, as was the case internationally. The virus spread rapidly into other sectors of society, particularly between 1993 and 2000, when major political and social changes were a main focus. Prevention education became widespread only after the virus spread widely. Public awareness about how to protect against infection has increased, but addressing stigma and accepting preventative behaviors are essential. Myths and stigmas about the infection abound and are difficult to eradicate, interfering with effective treatment and prevention methods.

The lack of access to healthcare and treatment continues to be of major concern and only a very small percentage of those who could benefit by antiretroviral treatment actually receive the drugs. There are multiple challenges to distribution of treatment. Even with some government programs in place to provide medication, people may not have access to clinics. Multiple political, cultural and social factors have slowed the

response to containing this pandemic. Some people have had fear and doubt about many prevention and treatment options, causing further spread of the virus. There is still a huge stigma about HIV and many infected people continue to live with shame, causing them to hide their HIV status from others. While the statistics are staggering, they do not reveal the full scope of the problem.

Travelers are advised to exercise appropriate precautions if engaging in sexual activity, or if they become exposed to a blood source other than that supplied by a hospital for transfusion purposes.

Estimated Trip Costs

This is only an estimate of what to expect for a three-week trip to South Africa. These numbers are based on our July 2009 trip and can vary at different times of the year and according to the number of people traveling together. Please see the Appendix article "53 Ways for Board Members to Raise \$1000" for grassroots fundraising ideas for your journey! (www.grassrootsfundraising.org).

\$1,900	Airfare
670	Local transportation
500	Lodging
250	Food (not including group meals)
<u>180</u>	Misc. (cell phones, translator, etc.)
\$3,500	TOTAL

A Handbook for HIV and AIDS Mainstreaming
January 8, 2008 www.undp.com

The Sub-Saharan region continues to be the worst affected by the HIV/AIDS epidemic. By mid-2004, an estimated 25 million people in this region are living with HIV/AIDS, bearing over two-thirds of the global burden. Approximately 3 million individuals were newly infected, and AIDS killed roughly 2.3 million, accounting for 77% of global deaths.

In the sub-region, 57% of infected adults are women; they are at least 1.2 times at greater risk for infection in relation to men. This ratio is highest among young people aged 15–24 years, where 75% of those infected are girls and are two-and-a-half times as likely to be HIV infected.

A recent study estimated that Africa's income growth per capita is being reduced by about 0.7% per year because of HIV/AIDS. Had the HIV prevalence not reached 8.6% in 1999, Africa's income per capita would have grown 1.1% per year, or nearly three times the growth rate of 0.4% per year achieved in 1990-1997 (World Bank, 2000b). A country specific economic model of the South African economy suggests that overall GDP will be 17% lower by 2010 than it would have been without AIDS, and that average per capita will be 7-10% lower because of AIDS (Lewis and Arndt, 2000).

The already dismal health status of mothers in poor countries is getting more complicated due to HIV/AIDS causing more maternal deaths. Teenage girls and young women are five to six time more likely to be infected. New infections are disproportionately concentrated among poor and illiterate adolescent women.

Guide to an Effective Human Rights Response to the HIV Epidemic
December 31, 2007 www.undp.com

Researchers estimate that 10.8% of all South Africans over 2 years old were living with HIV in 2005. Among those between 15 and 49 years old, the estimated HIV prevalence was 16.2% in 2005. About 571,000 people were newly-infected with HIV in 2005 in South Africa, a rate of about 1,500 new infections each day, the Human Sciences Research Council (HSRC) said.

According to the UNAIDS AIDS Epidemic Update of 2006, approximately 39.5 million people were living with HIV in 2006 and 2.9 million people died of AIDS worldwide in the same year. The HIV epidemic has had a dramatic effect on sub-Saharan Africa, and in particular on Eastern and

Southern Africa, where the majority of people with HIV in the world live. HIV prevalence among adults age 15 to 49 (South Africa) is 18.8%. In nine Southern African countries, at least 14% of adults age 15 to 49 years are currently living with HIV (<http://www.avert.org/aidssouthafrica.htm>).

At the end of 2007, there were approximately 5.7 million people living with HIV in South Africa, and almost 1,000 AIDS deaths occurring every day. The South African Department of Health Study estimates that 28% of pregnant women were living with HIV in 2007.

Estimated HIV Prevalence Among South Africans

Age (years)	Male prevalence %	Female prevalence %
2-4	4.9	5.3
5-9	4.2	4.8
10-14	1.6	1.8
15-19	3.2	9.4
20-24	6.0	23.9
25-29	12.1	33.3
30-34	23.3	26.0
35-39	23.3	19.3
40-44	17.5	12.4
45-49	10.3	8.7
50-54	14.2	7.5
55-59	6.4	3.0
60+	4.0	3.7
Total	8.2	13.3

The report reveals that the annual number of registered deaths rose by a massive 91% between 1997 and 2006. Among those age 25-49 years, the rise was 170% in the same nine-year period. Part of the overall increase is due to population growth; however, this does not explain the disproportionate rise in deaths among people age 25 to 49 years. In 1997, this group accounted for 29% of all deaths, but in 2006 it accounted for 42%. UNAIDS/WHO estimate that AIDS claimed 350,000 lives in 2007—nearly 1,000 every day.

Children Being Orphaned by the Pandemic

Worldwide, it is estimated that more than 15 million children under 18 have been orphaned as a result of AIDS. Around 11.6 million of these children live in sub-Saharan Africa. In countries badly affected by the epidemic such as Zambia and Botswana, it is estimated that 20 percent of children under 17 are orphans, most of whom have lost one or both parents to AIDS.

Number of Orphans Due to AIDS, Alive in 2007

South Africa	1,400,000
Uganda	1,200,000
Nigeria	1,200,000
Zimbabwe	1,000,000
Tanzania	970,000
Ethiopia	650,000
Zambia	600,000
Malawi	560,000
Côte d'Ivoire	420,000

AIDS Orphans as Percentage of All Orphans, 2005

Zimbabwe	77%
Botswana	76%
Swaziland	66%
Lesotho	64%
Malawi	57%
Zambia	57%
South Africa	49%
Kenya	46%
Uganda	45%

Statistics from Seeds of Light Website

South Africa cannot provide enough treatment for those with HIV/AIDS. In North America, AIDS was limited to specific high-risk groups and brought under control through intensive education, vigorous political action and

expensive drug therapy. The problems in South Africa are complex and the cure for this epidemic is not national but international. The battle will only be won by initiatives at grassroots levels.

The equivalent of two September 11's occurs every day due to the AIDS pandemic. September 11th killed 3,000 people and today alone, 8,000 will die worldwide from AIDS.

In South Africa, the country with the highest rate of HIV infection in the world, where an estimated 1,800 new infections occur every day, life expectancy will be 35 years of age by the year 2005. By 2007 South Africa will lose 1 million persons a year due to complications from HIV/AIDS.

36% of pregnant women are HIV+ and most babies born to infected women will die in four years. This figure can be greatly reduced when the nevirapine drug is more available.

In Sub-Saharan Africa, approximately 3.5 million new infections occurred in 2001 with an estimated 28,500,000 total infected. 5,000,000 of those infected are in South Africa. As a comparison, the total infected in North America is 950,000; in Latin America, its 1,500,000; and in South and Southeast Asia, it's 5,600,000. South and Southeast Asia are the next highest compared to Sub-Saharan Africa.

Almost a quarter of South Africa's workforce is already infected with HIV/AIDS, and the figure will rise to nearly 30 percent by 2005.

In KwaZulu-Natal, an estimated 23,000 babies are born HIV+ every year, about 63 every day, or 7,560 in four months. It is estimated that between 30 and 50 percent of these babies could have been saved with nevirapine.

South Africa has more people living with AIDS than any other country in the world, with one in nine people infected by the deadly disease.

Final Comments

While the statistics vary, the pandemic is highly concentrated in the informal settlement areas where the infection rate may be as high as 40 to 80% of the population. Entire extended families have been infected, causing acute loss and hardship. Unemployment in many areas is as high as 40% or more. The high numbers of orphaned children are also concentrated in these same population zones. Many children fall into a category called 'vulnerable children' and are not counted as orphans.

These vulnerable children may have lost one parent but the other is in some way unable to care for the child. The remaining parent may be experiencing illness, drug or alcohol dependency, or leave the area due to fear. The children themselves leave home sometimes, in the hope that life on the streets will be safer for them than where they are. Extremely high numbers of people have not been tested for HIV, so the statistics may not reflect the actual scope of the problem. There are not enough social workers or government officials to address the situation.

In closing, LOVELIGHT is a work in progress and we are learning as we go. We welcome you to join in and bring your own special talents to the mix as we create an exciting new model of international outreach. There are so many ways that people can be involved, whether in South Africa or right at home. It takes all of us to discover new ways to live together on this little planet, being learners and teachers at the same time. Whatever your role, becoming involved with LOVELIGHT is likely to change your perspective and could change your life. We welcome you!

ADDITIONAL RESOURCES

Books

Born To Serve: The Evolution of the Soul through Service (Susan Trout)

Children of AIDS: Africa's Orphan Crisis (Emma Guest)

Claiming Your Place at the Fire (Richard Leider & David Shapiro)

Country of My Skull: Guilt, Sorrow and the Limits of Forgiveness in the New South Africa (Antjie Krog)

Creating a World That Works for All (Sharif Abdullah)

Cry the Beloved Country (Alan Paton)

God Has a Dream: A Vision of Hope for Our Time (Desmond Tutu)

God's Golden Acre: A Biography of Heather Reynolds (Dale le Vack)

Grandmothers Counsel the World: Women Elders Offer their Vision for Our Planet (Carol Schaefer)

Kaffir Boy, An Autobiography: The True Story of a Black Youth's Coming of Age in Apartheid South Africa (Mark Mathbane)

Left to Tell: Discovering God Amidst the Rwandan Holocaust (Immaculee Ilibagiza)

Power Lines (Jason Carter)

Presence: An Exploration of Profound Change in People, Organizations and Society (Peter Senge, Otto Scharmer, Joseph Jaworski, Betty Sue Flowers)

Push-Push (Sinddiwe Magona)

The Great Silent Grandmother Gathering (Sharon Mehdi)

The Life and Times of Michael K. (J.M. Coetzee)

The Long Walk to Freedom (Nelson Mandela)

Truth & Lies: Stories from the Truth and Reconciliation Commission in South Africa (Jillian Edelstein)

We Are All the Same (Jim Wooten)

Video & Music

Amandla

(The power of music during the liberation struggles)

Beat the Drum

(South African film about a young boy who ends up on the streets)

Gumboot: Rishile Gumboot Dancers of Soweto

(A form of dancing developed by the diamond miners)

Yesterday

(Feature film made in South Africa; story of a woman with AIDS)



Fifty-Three Ways for Board Members to Raise \$1000

by Kim Klein

All good fundraising plans have one thing in common: they show a diverse number of sources for their income. The board of directors plays a crucial role in selecting, implementing, and evaluating fundraising strategies. In addition to other ways that board members may participate in fundraising, they individually commit to raising and giving a certain amount of money, or commit to working by themselves on specific strategies with no financial goal attached.

It is a good idea for board members doing fundraising on their own to write up their plans. This “contract” allows staff to know when they might be called on to help, ensures that events don’t happen on the same day or the same donors aren’t solicited by several board members, and also helps to remind board members of their commitments.

In order for this method to work, the organization or the board fundraising committee should think of many specific ways board members could actually raise money by themselves. The fifty-three ways suggested below are not an exhaustive list, nor will they all work for every group. Few board members could use all fifty-three ways, but

almost any board member should be able to use two or three of them.

All of these methods have been used by different volunteers in a wide variety of organizations. Some methods are much more popular than others. Some depend on access to certain resources.

Presenting board members with fifty-three ways that would work for your organization helps counter the excuse, “I would help but I just don’t know what to do.” Having each board member write out a plan, with goals and a timeline, also gives them a sense that if they do their best with this plan, they will have helped significantly. Many board members feel that fundraising is never ending, and that no amount of effort is enough. “Whatever I do, I could have done more and probably should have,” they say. This feeling of inadequacy leads to high turnover, burnout, and resentment in boards. Specific fundraising contracts can help avoid that result.

Following the description of the fifty-three ways board members can raise funds, there is a suggested format for a contract and examples of some completed contracts.

1. Give it yourself. This is the easiest way for those who are able, although if you are able to give this much money you should be helping to raise much more than \$1000.

2. List all your friends who are interested in your organization or similar organizations. Decide how much you want to ask each one for. If you are not sure of an amount, use a range. Write to them on your own stationery, include a brochure from the organization and a return envelope. Phone those people who don't respond in two weeks. Some people will need 10 friends to give \$100, and some people need 50 friends to give \$20. Most people will need a combination of gifts of \$100, \$50 and \$25.

3. Give part of the \$1000. Then ask your friends to join you in giving \$50, \$100, or whatever amount you gave. This is most effective because you are not asking them to do anything you haven't done.

4. Set up a challenge campaign. Challenge gifts can be quite small. Tell people you'll give \$5 for every \$25 they give, or will match every \$50 gift up to ten gifts. For added suspense, make this challenge during a fundraising event. You or the host can announce, "We now have the Dave Buckstretch Challenge. For the next five minutes, Dave will give \$5 for every new member that joins Worthy Cause."

5. If your organization has several grassroots fundraising strategies in place, use them all:

Sell 100 raffle tickets (@\$2)	\$200
Give \$200	\$200
Sell 10 tickets to the annual event (@ \$25)	\$250
Buy two gift memberships (@ \$25).....	\$ 50
Get 12 friends to join (@ \$25)	\$300

6. Help with your organization's phone-a-thon. Bring the names of people you think would like to join and call until you have raised \$1000. Or trade names with someone in the organization and call their friends until you have reached \$1000. This is particularly effective for people who are shy about asking their own friends for money but are not afraid to ask people they don't know.

7. Acquire mailing lists for your organization. If you belong to another group, perhaps you can set up an exchange, or perhaps you have access to a list of members of some other group. You can ask all your friends to give you the names of 10 to 15 people they think would like to join. You would need to recruit about 25 members at an average gift of \$40. Depending on how "hot" your list is, you might need as few as 200 names (to do a bulk mailing) or as many as 1500-3000 (if you expect a 1-2% response). You would have to have a greater response if you wanted the mailing to pay for its costs and also generate \$1000.

8. Give the organization something they need that is worth \$1000, such as a new computer, filing cabinets, couch, software program, etc.

9. Pledge \$28 a month, and get two others to do likewise.

10. Teach a seminar on a topic you know: fundraising, knitting, organic gardening, organizing, proposal writing, environmental impact reports, gourmet cooking, dog grooming, starting your own business. Charge \$50-75 per person, with a goal of 15 to 20 people. Either absorb the cost of promotion, or have enough participants to cover it.

11. Give some or a lot of things to your organization's garage sale, making sure they are worth \$1000, and then help to sell them all.

12. With four or five friends, have a spaghetti dinner at a temple, church or union hall or other big room with a large kitchen. Charge \$10 per person and feed more than 100 people. You can charge extra for wine or garlic bread, or for dessert.

13. Have a fancy dinner at your home or a regular dinner at someone's fancy home. Serve unusual or gourmet food, or have special entertainment. Charge \$40 or more per person, and have 25 or more guests.

14. Get three friends to help you have a progressive dinner. Start at one person's home for cocktails and hors d'oeuvres, progress to the next person's house for soup or salad, the next person's for the main course, and the last person's for dessert. Either charge by the course or for the whole package. To make it extra special (and much more expensive), get a limousine for the evening that carries guests from house to house, or have live music at each site.

15. Host a house party. Do not charge admission and invite as many people as you can. During the party, give a short talk about your organization and ask everyone to consider a gift of \$25, \$50, \$100 or more (depending on the crowd). Either pass out envelopes and ask people to give then, or after the party contact everyone individually who came and ask for a major gift. Indicate that you have given and, if appropriate, how much you have given.

16. Get your gambling friends together. Charge a \$5 entrance fee and have a poker evening, asking that every "pot" be split with the organization. Individuals win and so does the organization. You can charge extra for refreshments, or include one or two glasses of something with the price of admission. (Watch the laws in your community on this one. In some communities it is illegal to gamble, even in your own home.)

17. Do one fundraising event every other month. This might look like:
 Poker Party..... \$200
 Fancy dinner (8 people \times \$50)..... \$400
 Sell 50 raffle tickets @\$2..... \$100
 Book sale \$200
 Recycle newspapers \$100

18. Solicit small businesses, churches, synagogues or service clubs for \$1000. If you are active in a church or you own your own business and are involved in business organizations or service clubs, this can be very effective. You can often raise \$200-\$1000 with a simple proposal and oral presentation.

19. Take a part-time job in addition to your present work and give everything you earn up to \$1000.

20. Ask five to ten people to save all their change for three to five months. You save yours. Count it at the end of the prescribed time and use one of the other methods to raise the rest. (You may not need to.)

21. Ask two to five friends to help you put on a bake sale, book sale, or garage sale. You and your friends bake the goodies or get the books or the other stuff required for the sale, staff it and clean up afterwards. This is an excellent way to get people involved in fundraising without ever actually asking them for money.

22. For the fairly rich: Give your organization \$13,000 as an interest-free loan for a year. They invest it, earn 8%, and at the end of the year, they give your \$10,000 back.

23. Sell your organization's materials, buttons, T-shirts, bumper stickers, or whatever else they have for sale. Also, help distribute these to bookstores or novelty shops.

24. The Farming Out Method: Entice five friends to sell 100 raffle tickets at \$2 each, or invite ten friends to raise \$100 however they like. Share this list of suggestions with them. Give them a nice dinner at the successful end of their efforts (or a bottle of good wine, or a weekend away).

25. Get a famous or popular person to do a special event. Watch the costs on this, or you may lose money.

26. Invite people to your birthday party and ask that in lieu of gifts they give money to your organization.

27. Conduct a volunteer canvas. For one evening, you and a group of friends take literature to all the neighborhoods around you and ask for money at the door. Be sure to comply with city and county ordinances.

28. Lead or get someone to lead a nature walk, an architectural tour, a historic tour, a sailing trip, a rafting trip, or a horseback ride. Charge \$15-\$25 per person, or charge \$35 and provide lunch. Advertise the event in the newspaper to draw in people from outside your organization.

29. Start a pyramid dinner, or a chain dinner. Invite 12 people and charge \$12 each. Get two people of the twelve you invited to invite 12 people each at \$12, and two people from each of those two dinners to have 12 people at \$12, and so on. Here's the income:

Your dinner $\$12 \times 12$ \$144
 From your dinner $\$12 \times (12 + 12)$ \$288
 From those dinners $\$12 \times (12 + 12 + 12 + 12)$ \$576
 From those dinners $\$12 \times (12 \times 8)$ etc.

Twelve is used in this example because it worked very well for the Nuclear Freeze Campaign in California, which was Proposition 12. In many communities, most of the income for the campaign was generated by 12×12 dinners.

30. Collect cans for recycling. Ask all your friends to save their cans and bottles for you and turn them in to a buy-back recycling center.

31. Sell your frequent flyer miles to friends or donate them to the organization for a raffle. Watch the rules of the airline on this, but some airlines let you give away miles, and you may be able to sell your miles as long as you don't go through a mileage broker.

32. If you live in a nice house or own a getaway cottage in a beautiful place or an expensive city, rent it out for a week or a weekend two or three times during the year and give the proceeds to your organization. Or rent a room in your home for much less than the cost of a hotel room to people needing a place to stay while they are on business in your city. You may even make a new friend in the process.

33. Organize a service raffle. Get four people (one can be you) to donate a simple but valuable service that many people could use and sell raffle tickets for \$10-\$20 each. Keep the price a little high so you don't have to sell so many and so that the buyers have a higher chance of winning. Services can include childcare for a weekend or for any weekend night two weekends in a row; one day of housecleaning; yard work; house painting (interior or exterior), etc. Sell the tickets to neighbors, work mates and to other board members. Encourage people to buy several by offering discounts for multiple purchases, such as one for \$10, 2 for \$20, but 3 for \$25, 4 for \$35, 5 for \$40. If you are really bold or live in a more affluent area, or have few friends, sell the tickets for \$50 each. A full day of housecleaning for \$50 is a real bargain, and buyers have a high chance of winning with fewer tickets sold.

34. Offer to do something your friends and family have been nagging you to do anyway and attach a price to it. For example, quit smoking on the condition that your friends donate to your group, or get your friends to pay a certain amount for every day you don't smoke for up to 30 days. Agree to match their gifts at the end of thirty days if you didn't smoke and to give

them their money back if you did. (This method could be applied to other healthy behaviors, such as exercising or not eating sugar.)

35. Find out what items your group needs and try to get them donated. This is good for people who really hate to ask for money but who don't mind asking for things that cost money. Items that one can sometimes get donated include computers, office paper and other office supplies, office furniture (second-hand from banks and corporations as they redecorate), fax machines, adding machines, food, even cars.

36. If you or someone you know owns a small business that has regular customers who receive a catalog or announcements of sales, write them an appeal letter for the organization. Your letter can say something like, "You are one of my best customers. As such, I let you know about sales coming up and good things happening in my store. Today, I want to tell you about another good thing—what I do when I am not minding the store." Then go on to describe the group and ask for a donation.

37. Similar to #36, post this letter on your Web site. Link to the organization's Web site and ask people to donate.

38. If the organization doesn't have a Web site or doesn't keep their Web site up, ask all your techie friends to donate \$100 each and hire a Web Master.

39. Give it yourself. (This is so good I have to say it twice.)

40. Strategy with a long-deferred payoff (we hope): leave the group a bequest.

41. With similar hopes as above, get friends to include the group in their wills.

42. Ask friends who belong to service clubs, sororities, antique collecting groups, support groups, bridge clubs, etc. to discuss your organization in their group and pass the hat for donations. A once-a-year sweep of even small groups can yield \$100 from each.

43. For the church-going: ask if your organization can be a "second collection." The church passes the plate for its own collection and then you or someone from your organization gives a brief talk (or sometimes the whole sermon) about your group and the plate is passed again; the proceeds go to your group.

44. A variation on the above is to organize a "second collection Sunday" and get as many churches as you can to take up a second collection for your organization on the same Sunday. Someone from your group will need to be at each service and give a brief talk. Second collection Sundays can be very lucrative: the Catholic Campaign for Human Development collects as much as \$20 million on one Sunday in all the participating Catholic churches in the United States.

45. If, as a child, you collected something avidly that you now store in a basement, consider selling it. Coins and stamps are particularly valuable and have usually increased in value over the years. But your collection of rocks, toy ships or rockets, arrowheads, or dolls can also be valuable. When you donate the income from the sale, you can deduct that amount from your taxes—an added bonus of this strategy, since you probably paid little or nothing for the items in the collection.

46. Have a sidewalk sale or garage sale for your whole neighborhood or building. Go around to your neighbors and tell them you will take their stuff outside and sit with it all day to sell it if they will donate half or all of the proceeds to your group. Since this is stuff people want to be rid of anyway, it is a good deal for them. In one apartment building with ten units participating in donating stuff, an organization netted \$3,000 in one day. Three people from the organization helped with the selling. With a few high-ticket items, such as a washer/dryer or some nice lamps, you can make good money.

47. If you have an artistic bent, offer to design greeting cards to specification for organizations or individuals for a fee. If you are good at calligraphy, sell your skills to schools for graduation announcements, friends for classy but low-cost wedding invitations, or just fun certificates such as "World's Greatest Dad" for Father's Day or "Outstanding Friend." Create unique Halloween costumes or masks. Donate the proceeds from your artistry.

48. Create a take-off on the "adopt-a-highway" technique by naming budget items of your group as available for adoption. You could develop a flyer that reads, "The following items have been found near death from negligence and abuse. Won't you help? \$25 per month will ensure that our computer is maintained. \$100 per month will release our photocopy machine from toiling with no toner and a dying motor. (We can lease a new one.)"

49. An idea for people who live in border towns: Get permission to place a large container in stores or even at the airports of towns near national borders. Have a sign that asks people (in several languages) to throw in any coins or paper money they have not exchanged. Many times people leaving Canada or Mexico don't have time to exchange all their money or cannot exchange their loose change. Multiply this times hundreds of shoppers or travelers and you can make a lot of money. UNICEF does this in many European airports.

50. Hold an "I'm Not Afraid" Auction. You can do this with just a few friends or hundreds of people if you have enough items to auction. You survey a few people (and use your own common sense) about what things need to be done in their home or office that they are afraid of or would really

rather not do. This is different from a service auction—there has to be an element of dread in the activity. For example, some people cannot wash their windows because their apartment is too high or the second story of their house is too high and they suffer from vertigo. If you are not afraid of heights, you can sell your window-washing service (bring a sturdy ladder). This goes for drain cleaning, minor roof repairs, antenna fixing, etc. Or, if you are unafraid of cockroaches or spiders, you can offer to clean out that dark corner or garage or basement for a small fee. Snakes can be found in gardens and woodsheds, but maybe that doesn't bother you. The problem doesn't need to be as serious as phobia. How about allergies to dust, pollen, weeds? If you don't have them, you can mow, sweep, clean for a fee. By marketing it as an "I'm Not Afraid" Auction, you also have the option for people to name something they need done to a group of volunteers, and then have a volunteer say, "I'm not afraid to do that." In that case, you will need a set fee for service.

51. Similar to the suggestion above is the "Details Auction." This is for all your friends whose desks are overflowing with papers or who can't get their receipts in order to give to the tax preparer or who complain they can never find anything. If you are a well-organized person, offer to clean up their

desk, get their Rolodex in order, file their papers, etc. If you like to shop, sell that to people who don't and do their holiday shopping for them, or buy birthday, baby shower or niece/nephew presents for them. Anything that people feel they cannot control is the organized person's fundraising dream come true.

52. Find out which of your friends (perhaps this is true for you also) work in corporations with matching gift programs. Then ask them to donate and get their gift matched for your organization, and ask them to ask their co-workers to donate and get their gifts matched.

53. Think of a store or service related to your organization or where a lot of your members shop. Ask the store to donate a percentage of profits for a certain day or week, or even forever. You can also explore this with mail-order firms. Then you advertise widely to friends, family and members that Joe's Florist will give 2% of each sale during Valentine's weekend to anyone identifying themselves with your group.

As you can see, almost all of these strategies involve asking for money and giving money yourself. These are the basic premises of fundraising—you must ask, you must give. Everything after that involves creativity, imagination and a sense of fun.

Samples of Fundraising Commitments by Board Members or Other Volunteers

Sample agreement form to be filled out by volunteers:

I, _____, will help Effective Organization raise \$ _____.

My Gift: \$ _____.

Indicate how payment of this gift is to be made. (i.e. by pledging monthly or quarterly, or one lump sum, etc.)

I will also:

1. _____

Goal: \$ _____.

Staff help needed: _____.

Date of event: _____.

Date to begin planning event: _____.

2. _____

Goal: \$ _____.

Staff help needed: _____.

Date of event: _____.

Date to begin planning event: _____.

I am interested in more training in fundraising. ___ YES ___ NO

You may contact me for other fundraising efforts. ___ YES ___ NO

Here are three examples of how people filled out similar agreements. Their names and organizations have been changed.

Example 1

I, Matthew Cornwall, will help Community Organizing Project to raise \$250.

My gift: \$5/month = \$60

I will also:

1. Ask four friends to pledge \$5/month. I hope at least 2 will say yes, which makes \$120. No help needed.
2. I will sell \$70 worth of raffle tickets. (If any of my friends win the cash prize, I will ask them to donate half of it.) No help needed. I will ask my friends by May, and sell the raffle tickets before the drawing. You can also ask me to help with other events if you need me.

Signed: _____.