

# **RANCHO SANTA MARTA**



## **TEAM LEADER HANDBOOK**

Compiled by Teri A. Benner  
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Revised 2020

Mailing Address:

BETHESDA TEACHING MINISTRY  
RANCHO SANTA MARTA  
P.O. BOX 20028  
EL CAJON, CA 92021-0900

Office Address:

8000 Shir Mar Place  
El Cajon, CA 92021

(619) 258-1358

Fax (619) 258-2109

# TABLE OF CONTENTS

About México - - - - -	4
About Rancho Santa Marta - - - - -	6
Your Team Visit - - - - -	9
Tips for the Leader - - - - -	12
Directions - - - - -	13
In Case of Emergency - - - - -	14
Travel Tips - - - - -	15
Foreign Entry - - - - -	20
Guidelines at Rancho Santa Marta - - - - -	23
Housing - - - - -	25
Food and Preparation - - - - -	27
Schedule and Itinerary - - - - -	29
Points of Interest - - - - -	32
Things to Bring as a Team - - - - -	33
Needed Items - - - - -	34
Medical Tips - - - - -	35
First Aid Checklist - - - - -	37
What To Bring - - - - -	38
Evangelism and Local Church Ministry - - - - -	39
Sharing Your Testimony - - - - -	39
Working with an Interpreter - - - - -	40
Cultural Considerations - - - - -	41
Miscellaneous - - - - -	44
Reference. - - - - -	45



Indoor plumbing – 63.6%  
Households with dirt flooring – 19.5%

## **Economy**

Production:

Agriculture (sugarcane, corn, sorghum, wheat, citrus, tomatoes, bananas, dry beans, rice, soybeans, potatoes, barley, coffee, cotton, tobacco);

Livestock (cattle, pigs, goats, sheep, horses);

Fishing;

Mining (Iron ore, zinc, lead, copper, manganese, silver, gold);

Manufacturing (iron/steel products, transport vehicles, printing/paper products, animal/vegetables oil, beer, plastic/artificial fibers, rubber tires/tubes, electrical machinery, cotton, linen);

Oil



## *About Rancho Santa Marta*

Rancho Santa Marta is a home for needy children, and a school for children with learning disabilities, established in February 1980. It is located on 450 acres of land just 140 miles south of the border. There are currently 40 children in residence. Some of these children are orphans, but most have been taken to the home by parents who are unable to support them or have been placed there by the government due to parental abuse or neglect. When school is in session there are up to 190+ children at Rancho Santa Marta.

Rancho Santa Marta is a branch of Bethesda Teaching Ministry, a non-profit interdenominational organization, based in San Diego, California. The Founders of Rancho Santa Marta are Bill and Kaye Lawrence. Bill is a native of Pennsylvania and graduate of Long Beach Tech College (California) in aircraft mechanics. Kaye is a licensed nurse and teacher with a teaching credential for special education from Faith Baptist Bible College & Seminary (Knoxville, Tennessee) and a doctorate in Clinical Psychology. Both Bill and Kaye have taken Bible courses from Moody Bible Institute (Chicago, Illinois). They have five children who have spent most of their lives in México; four are now married; two live in México - one serving as a teacher in our special education school, one as Director with her husband, and three live in California.

During many former business trips, the Lawrence's occasionally would stop along the way at RSM to have coffee with the woman who was the owner of the ranch. One day in the Fall of 1979 this woman told the Lawrence's, "My husband passed away 7 years ago. His dying wish was that the ranch be used for God's glory. I could sell this ranch today for \$130,000

cash, but I'd like to see it used for Christian ministry to meet my late husband's request.

If you come up with \$50,000 in 3 months, you can move in and pay the rest in quarterly payments of \$5,000." Bill and Kaye believed this was the ministry the Lord had been leading them to, so they agreed with her to purchase the ranch.

A Mexican man who lived in San Vicente, just 5 miles north of the ranch, offered them a house which they could have rent-free for 3 months. There they moved with their 3 daughters, Julia, their friend and cook, her 3 children, and 4 needy Mexican children whom they already had in their custody. They fervently prayed and sent out many letters to people telling them about what God had put on their hearts. Meanwhile, they had already started laying the foundation for a larger kitchen and dining room for the future children's home on the ranch which used to be used for breeding pigs.

One day Kaye was reading the children Roberta Winter's book, Once More Around Jericho, which tells of the faith the Winters had in claiming their property for the Lord, which is now the U.S. Center for World Missions. When the children heard this story, they wanted to demonstrate their faith in the same way by marching around the ranch to claim it for their ministry. Some of the Mexicans at the local church heard of what was happening and realized that by the 7<sup>th</sup> day it would be difficult to walk around the 450 acres 7 times. So, on the 7<sup>th</sup> day instead of walking around 7 times, they invited 7 people to walk around the land, asking the Lord to provide the money needed. When the end of the 3 months had arrived, they had \$52,000; the Lord knew they would need \$2,000 for lawyers' fees for the paperwork.

Since then, many teams and individuals have come and helped to convert the pig pens into dormitories for work groups, classrooms, a sewing room, storage rooms, a carpentry shop, and a vocational trade center. Children's housing has been built, as well as a playground and several staff homes.

The vision of Rancho Santa Marta is not only to provide food, clothes, a home, and medical care for these children, but to also provide an education, and most of all to give them the opportunity to know Jesus as their Savior. The educational program is three-fold for children who may have learning disabilities as a result of malnutrition or neglect; 1) classroom education in areas such as math, science, reading, and social studies; 2) a trade school which equips each child with one or more skills; husbandry, sewing, first aid, carpentry, typing, home economics, basic computers, welding, mechanics, agriculture, English and art; 3) train and equip the children to serve as missionaries.

It is through volunteer staff members and work teams who come with their skills and abilities, and those who support the home prayerfully and financially that this ministry to needy Mexican children continues.

Thus far we have taken teams to Venezuela, Dominican Republic, Brazil, Bolivia, India, Romania, Oaxaca, and Zacatecas, México.

# **Your Team Visit**

## **Team size**

We have three dormitories and several other structures that allow us to accommodate over 70 people. If more space is needed for a larger team, you may bring tents to pitch near the dormitories.

## **Dates**

Anytime of the year is fine to come to the ranch. The rainy season is generally from November to February. We suggest you make your reservations in advance.

## **Length of Stay**

The usual length of stay is for a week, arriving on a Saturday/Sunday and staying until the next Friday/Saturday; or for a weekend, arriving on a Friday night and staying until Sunday afternoon.

## **Married Couples and Children**

Children are welcome to come with your team, but it is recommended that a parent or responsible person be around at all times to keep track of them, to make sure that they don't wander off or come in contact with dangerous tools, equipment, and work areas.

Married couples and families are welcome to bring campers and trailers. Otherwise, there are several facilities available at the ranch for them.

## **Spiritual Preparation**

Then came Jesus saying, "...as a branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in Me. He who abides in Me, and I in him, he it is that bears much fruit, for apart from Me you can do nothing. By this, My Father is glorified that you bear much fruit. You have not chosen Me, but I chose you and ordained you that you should go and bring forth fruit, and that your fruit shall remain." John 15:4-5, 8, & 16

Your team's fruit-bearing will be dependent upon each person's preparation and personal relationship with the Lord Jesus. Your goal in preparing your team spiritually is that each person will come to a position of fullness and rest in the Lord and will be in a position of faith concerning what God is going to do through them and for them. Prayer for your team and with your team are ways that preparation can be reached.

You should provide a time when each team member can honestly evaluate and deal with their emotions, sins of the spirit, and relationship with the Lord. What would your team do if someone spits on them or throws something at them while preaching or ministering? How would they deal with anger? This probably would not occur... but could. Each person's reaction will say everything about the Savior they represent. The gospel according to your team will be read very closely, and moral conduct and personal habits should be such as would honor Christ.

### **The Keys to Success**

The following two areas will help your team's ministry to be most effective in a different culture. Please share them with your team members.

**Attitude:** Remember that while in México you are a guest. When you are in their ballpark, play by their rules. You may be asked to do things that you do not necessarily like to do, or that seem unpleasant to you. If God is leading you, then you will find it easier to trust Him to be leading the ones who are in charge of the program.

**Flexibility:** This is when you realize that time is not as important in the Mexican culture as in the U.S. Relax, try to do your best to help make things run smoothly.

### **Before the Trip**

Is your team prepared? There are several things that will help you measure each member's level of preparation for this ministry:

1. Each team member will have a growing concern for and understanding of the Mexican people and will expect to be used by God in reaching the people of México.
2. Each team member will understand and be ready to abide by all regulations and directions given by their Team Leader and Directors of Rancho Santa Marta.
3. Your team should have all preaching, drama, puppets, crafts, testimonies, or other assignments fully prepared before the beginning of the trip. The schedule in México usually is too full to try to prepare there. All outreach should be cleared through the ranch directors and done in Spanish language.
4. Your team should be growing closer to each other and praying for each other regularly.
5. Your team should learn several Spanish songs, phrases, and words to help them communicate across the border. (see page 44)
6. Each member should have made a total commitment of their life to the Lord. To be used of God requires that one be in submission to Him and His leading.

### **Organization of Team**

For larger teams, it might help the leader to assign members to different 'positions' on the team, such as the following:

**WORK GROUP LEADER:** The team can be divided up evenly with 4-6 people in each work group. Upon arrival at Rancho Santa Marta, each group will be assigned to a different work project. For instance, one group might be painting in a dormitory, while another group digs a hole for a septic tank, and another group might do some block-laying or pouring of cement. The Work Group Leader will receive assignments from the Directors of Rancho Santa Marta, explain the project to his/her group, and make sure that the group has the necessary

tools, etc. The Work Group Leader can also help in leading small group Bible studies or other preparations for the team.

FOOD COMMITTEE: The Food Committee could help the Leader of the team by taking the responsibility of planning all of the meals for the team, buying the food, and arranging for team members to cook meals each day.

CHILDREN'S MINISTRY COORDINATOR: This person could help by planning crafts, games, stories, activities, puppet shows, skits, or VBS that the team can do with the children at Rancho Santa Marta, or at evangelistic outings to nearby villages. All activities need to be approved by ranch directors.

FINANCES: It would be helpful to our ministry if each group would raise the necessary funds to purchase materials for their group project. 80% of building projects are funded by teams' donations. Please send funds 2-3 weeks before your group arrival date to allow time to purchase materials.

Other leader positions might be, Music Coordinator for your group, Photographer, or create your own helpful positions.

## **Tips for the Leader**

The success or failure of a group project in México often depends on your knowledge and experience as a leader. We offer a few suggestions for a profitable time in México.

1. As the leader, come down yourself first. Exposure to the people, possibilities, and culture will help you.
2. Bring down a small group of leaders with you to do the same. Be sure to let the Directors of Rancho Santa Marta know in advance so that necessary arrangements can be made. Debrief with your group and discuss plans and projects for your team after your visit.

3. Prepare your team. Have them read and study the guidelines of Rancho Santa Marta, learn some Spanish phrases and songs, learn about the culture, bring appropriate supplies and clothing, and prepare sermons, puppet shows, testimonies, etc., ahead of time. Have your group rested, spiritually motivated and empowered before their arrival.
4. Each day while in México have your group informed as to the general plan of the day (and willing to accept changes):
  - Where you intend to go
  - What you intend to do
  - Whom you intend to meet
  - When you intend to eat
  - When you intend to leave, etc.
5. Have your group cautioned as to the procedure for crossing the border.
6. Let the Directors or Team Coordinator of Rancho Santa Marta know as much in advance as possible of when your team would like to come, how many will be on your team, how long you can stay, and what kinds of projects your team can help with.
7. Know your team members! Know who they are, what their skills, fears and interests are, medical considerations, etc. Have all team members under 18 years of age, who are coming without parents, turn in to you a signed and notarized permission slip from their parents.
8. Passports are a must to cross back into the U.S.A.

### **Directions**

Here's how to get to Rancho Santa Marta from San Diego, California:

Take the #5 or #805 Freeway to the border at Tijuana. After going through the border there is a sign over the highway on the right side that says "La Playa / Ensenada. Get in that lane, which

will take you to the #1 Cuota highway to Ensenada and then on to San Quintin.

See enclosed map and directions to Rancho Santa Marta.

After you have gone through the town of San Vicente, Rancho Santa Marta will be on the right-hand side. There will be a sign with the picture of a hand with a child in it (as on the cover) that says, 'Rancho Santa Marta'. We suggest driving in the daytime, but if it is dark, you will see a small bunch of houses and lights. Turn off the highway and down the driveway to the office to check in with the directors.

This is about a 3.5-4 hour drive from Tijuana.

### **In Case of Emergency**

It is important to leave information behind with your pastor, secretary, church, friends, or relatives as to how to get to Rancho Santa Marta and how to get in touch while your group is there.

Your team will be staying at:

Rancho Santa Marta  
San Vicente, Baja California, Mexico

To reach the team while they are in Mexico, contact our:

San Diego Office:  
Bethesda Teaching Ministry  
Rancho Santa Marta  
PO Box 20028  
El Cajon, CA 92021-0900

619-258-1358

----or----

As a last resort call:

Rod Struik's cell phone in U.S.A. or Mexico: 619-701-5921

**How to dial:**

Cell # from States: 011-521-646-

To a cell # in México from Tijuana: 01-646-

To a cell # in México from Ensenada: 646-

----or----

Ensenada Teen House

011-52-646-177-6772

For roadside emergencies, The Green Angels or Angeles Verdes provide free emergency assistance to tourists and foreigners. Known for their distinctive green uniforms and green and white pickup trucks, it is a government-operated fleet of vehicles which regularly patrol Baja California's major highways daily from 8-8, supposedly passing any given point at least twice a day. They are manned by mechanics (some bilingual) who carry limited spare parts and gasoline (provided at cost) and who can summon assistance by radio. If you need to use a Green Angel, pull completely off the highway and lift the hood of your vehicle.

## **Travel Tips**

### **Transportation**

For larger teams (15 or more) vans or buses are best. They keep the confusion of caravanning with a bunch of small vehicles to a minimum, can carry more luggage and supplies, and their larger engines can make it up the mountain hills more efficiently.

Twelve and fifteen passenger vans can be rented in Southern California but not all rental places allow vans into México. You will need to call and ask the agency if you can enter México. You might check agencies close to airports.

For safety reasons, make sure that all passenger vehicles are equipped with:

Fire extinguisher

First aid kit

Spare tire/tire jack

Flares

Heavy-duty rope

Tools

Gas can	Can of oil
Reflective triangles	Book of matches
Extra gas filter	Vehicle registration
Emergency phone numbers	Flashlight
Proof of insurance	Water container
Change-toll gates/telephone	Directions to Santa Marta

Exchange dollars for pesos in San Ysidro just prior to crossing the border.

### **Vehicle Rentals**

If you plan to rent a vehicle, make sure the rental company allows you to drive into México – not just to the border towns, but to ALL of Baja. Some teams have used the following companies:

California Baja, Rent-A-Car  
9245 Jamacha Blvd  
Spring Valley, CA  
619-470-7368  
[www.cabaja.com](http://www.cabaja.com)

ASAP Rent to Baja  
8869 Balboa Ave., Ste A  
San Diego, CA  
858-278-9889  
[www.asaprentavan.com](http://www.asaprentavan.com)

### **Gasoline**

All gas facilities in Mexico are federally run by the Pemex Company. Stations on major highways are spaced at adequate intervals, but it is good to always keep your tank at least half full. There are different grades of gasoline sold at Pemex stations. The Red Premium grade is called Extra/Magna Sin. It is unleaded, with an octane rating of 91. The Green Magna is unleaded, with an octane rating of 87. Nova is the regular grade, contains lead, with an octane rating of 80 and is dispensed from blue pumps. Diesel fuel is sold from red pumps marked Diesel. Agencies found near larger towns along the highways sell propane and butane gas.

### **Driving Precautions**

Always be alert to road conditions and aware of other drivers. Bus, truck, and other drivers who are more familiar

with the highways, will be able to drive faster and with greater ease than foreigners, who might find the highways to be narrow, winding, and weathered. Driving in the dark is dangerous and should be avoided if possible. Besides poor visibility, there is the hazard that vehicles which sometimes have only one headlight, might suddenly swerve to your side of the road to avoid a pothole. In addition, bicycles often have no lights or reflectors. Since most highways are not fenced, livestock such as cattle, horses, sheep, and donkeys may unexpectedly appear on the road. Slow down and let them get out of your way; if hit, they can cause tremendous property and physical damage.

The speed limit is generally 80 kilometers (50 miles per hour) or as posted. In most towns the limit is 40 km/h (25 mph). Most cities have one-way streets. Signs on each corner indicate traffic direction by an arrow; tow-way streets have an arrow with two points. Most road signs are international symbols, some older signs are in Spanish. Refer to the chart on page 17 for the definitions of road signs. Most all California driving laws are applicable in Mexico. Always use a seatbelt, respect and obey traffic signs, and do not use a cellular phone while driving in the state of Baja California. It is a traffic violation. Remember, everything is marked in kilometers and meters.

## **Insurance**

Mexican authorities only recognize insurance policies issued by Mexican-licensed companies, it is essential that anyone planning to drive in México purchase a special policy before crossing the border. U.S. automobile insurance is not valid in México. Mexican law differs from that in the United States. All accidents or claims should be reported before leaving México. If involved in an accident, you and your vehicle are usually held whether guilty or not until payment of the damages or claim. Therefore, arrange for full coverage, including property damage and public liability. Note: In the event of an accident, a report should be filed with your

Mexican insurance company before returning to the United States (A list of adjusters is provided with your policy). There are many locations to purchase auto insurance. Here are a few locations:

Mex Insur

I-805 @ Bonita Road  
619-425-2390

I-805 @ Via De San Ysidro  
619-428-1121

Mexican Auto Insurance by Oscar Padilla  
Corporate Office 800-258-8600

I-805 @ Via De San Ysidro Blvd  
Ysidro Blvd  
619-428-4406

I-5 @ Via De San  
Ysidro Blvd  
619-428-2221

24-hour service for auto, RV, aviation and boat insurance, tourist cards, vehicle permits, daily road-condition reports, money exchange, fishing licenses, boat permits, lockers, restrooms, maps, and tourist information.

AAA Auto Club Insurance  
569 Telegraph Canyon Rd  
Chula Vista, CA 92010  
619-421-0410

A trailer measuring more than 8 feet in width and 40 feet in length requires a special permit which is obtainable only in Tijuana at the Federal Highway Police Road Office. Permits are issued at the discretion of the officials, since road conditions in much of Baja make trailer travel prohibitive; many back-country roads and some paved highways are not wide enough for large trailers.

### **Travel Recommendations**

- Travel during the day, and do not travel alone.
- Stay on the main roads.
- Do not exhibit large amounts of cash. Keep small amounts handy for tips which can often free you from further hassles.
- If you encounter an unofficial roadblock, it is important that you remain calm, patient and polite.

- In order to get out of a tight situation, it might help to tell the official that you are not alone, that there is a car behind you that is with you.
- If you are in a traffic accident, dial the state-wide Emergency Response Hotline -066 (like 911 in the States) from any phone to notify the authorities. Ask a policeman or investigator to come to the scene. Do not move the vehicles that are involved in the accident and wait for the investigator to arrive. Any questions call the Tourist Assistance Hotline -078. You should call your vehicle insurance company representative. Once the police investigator has determined fault, everyone will be asked to go to the nearest police station to discuss possible mutual settlement agreement concerning payment for repairs thus avoiding the State DA's office. If someone is injured in the accident, no matter how slightly, the person alleged to have been at fault must go before the States DA's office.

### **Toll Gates**

Along the #1 freeway from Tijuana to Ensenada there are 3 tollgates. Have your "cuota" or toll ready to give to the officer. The cuota can be paid in dollars or pesos. In 2020, the amount for each of the three tolls was the same: 42 pesos or about \$2.15 US dollars. This will give you a good idea of what to have ready. Knowing current value of Peso to Dollar is very helpful while in México.

### **Driver's License**

Any valid driver's license is also valid in México. But when driving any bus (any vehicle transporting over 10 passengers including the driver), any one vehicle with three or more axles, any of these vehicles towing another vehicle weighing not more than 6,000 pounds fully loaded, the driver must have a Class 2 license and a medical certificate (the license is not valid without a current medical examiner's certificate in possession). (V.C. Sec. 12804, V.C. Sec. 12517 and Secs. 100.10-100.13 of Title 13, California Administrative Code). Further information on how to obtain the proper license may be obtained from your Department of Motor Vehicles.

# Foreign Entry

## Crossing the Border

Crossing the border into México is easy. However, once across, differences in laws, standards and customs are immediately apparent.

If anyone is under the age of 18, make sure that his/her notarized parent permission slip is in the same vehicle in which they are riding. If you are asked who you are and where you are going, let the officials know that you are visitors and are going to visit a ranch (Rancho Santa Marta) in San Vicente for several days. Do not tell them that you are coming to work or preach.

U.S. Border Crossing Requirements have changed. Make sure you are compliant. U.S. Citizens returning home from Canada, México, the Caribbean or Bermuda, by land or sea, are required to present one of the travel documents listed on the [cbp.gov/travel](http://cbp.gov/travel) (U.S. Customs and Border Protection) website. U.S. citizens will need:

### 1. **Proof of Citizenship:**

- U.S. Passports are the best proof of citizenship and are required. There are two types of Passport:
  - a. U.S. Passport – This is an internationally recognized travel document that verifies a person’s identity and nationality. Is accepted for travel by air, land and sea.
  - b. U.S. Passport Card – This is a new, limited-use travel document that fits in your wallet and costs less than a U.S. Passport. It is only valid for travel by land and sea.

\*NOTE -A driver’s license is not proof of citizenship. (An original, certified copy of Birth Certificate is still accepted but a passport is required for re-entry.) Knowing what documents are required and having them ready when you return home will help

streamline the entry process and ensure your return to the U.S. is as smooth as possible.

2. **Travel Visa:**

Currently (2011) persons from the U.S. do not need a visa. Visitors to Rancho Santa Marta who will be coming to visit and then return home are considered **visitors** in Mexico, not workers, ministers, tourists, or travelers.

3. **Tourist Visa:**

Currently (2011) this Visa is required for all persons who intend to stay for longer than 180 days or are going to the lower parts of Baja like Cabo. Please check online at the [embamex.sre.gob.mx](http://embamex.sre.gob.mx) website for current requirements.

**Tourist cards are required** if your stay is for more than 72 hours. Currently, if you are staying less than 7 days, the card is free. To find out the current details, go to the Baja México website [-descubrebajacalifornia.com](http://-descubrebajacalifornia.com). The cards can be turned in at the border crossing in the far-right lane that states ‘volunteer declaration.’ Park your car and take visa to the immigration window or at the immigration office in Ensenada. Keep this card in a safe place.

You must be out of the country within the given time limit established on your card by the Mexican official or you will be subject to fine. Your card must be returned to Mexican immigration officials upon leaving México. If you do not, it should be sent to the address on the back of the document. Do not sign tourist cards until validated by immigration officials in México. Carry your card and other documents with you at all times while in México. Tourist cards are also issued to minors (under 18 years). They must have proof of citizenship and if traveling without parents, must present a notarized letter of consent signed by both parents or guardians.

Canadian Citizens will need:

1. Passport as proof of citizenship
2. Tourist Card

Citizens of countries other than the U.S. and Canada should obtain proper documents from the nearest Mexican consul.

### **What You May Take Across the Border**

If you are bringing large quantities of food, tools, or supplies across the border, it is advisable that you distribute it evenly amongst all of your vehicles so that it is not easily noticeable upon going through the border crossing. Permits are usually required for large quantities of any one item; tools, building materials, electrical appliances, and the like. If you are asked what your items are for, let the officials know that they are not for sale, but are only for your group to use and eat during your stay in México.

**U.S. currency** in any denomination may be taken into México. In Mexico, the Mexican Peso is the official currency. It comes in various denominations of bills and coins. The exchange rate changes daily so to find the most updated information, please visit the Bank of Mexico's website at [www.banxico.org.mx](http://www.banxico.org.mx).

Tourists are not permitted to import pistols, revolvers, or automatic **firearms** of any type.

If you require, **medicine** containing habit-forming **drugs** or narcotics, take precautions to avoid any misunderstanding. Properly identify all drugs, carry only the necessary quantity and have with you a prescription or written statement from a physician.

**Sports and camping equipment**, portable radios and televisions are allowed provided the amount is not excessive.

If you must bring a **pet** into México, you are required to have both a U.S. veterinarian's certificate (International Health Certificate for Dogs and Cats, form 77-043) stating the pet is in good health and a separate rabies inoculation permit valid within the past 6 months.

## **Returning to the United States**

Upon crossing the border to enter the United States all persons should be prepared to show a passport and to declare all items that you are bringing back into the United States.

To prevent the introduction of plant and animal pests and diseases into the U.S., fruits, vegetables, plants, livestock, poultry, and meats may not be brought across the border. If you attempt to conceal agricultural items, you can be fined by U.S. Customs.

## **Guidelines at.....**

### **Rancho Santa Marta**

1. Please do not bring firecrackers, knives, slingshots, guns, darts, or the like. Hallucinating drugs and alcoholic beverages are not permitted.
2. Please ask permission of the Directors before giving food or candy (the children may be getting ready for lunch or dinner).
3. Clothes, toys, shoes, etc., should only be given out to the children with the permission of the Directors. (You may not know the ones with the greatest needs).
4. Do not ever give money away! These children have been told not to ask for money.
5. It is advisable not to leave valuables around; camera, purse, etc. This will tempt the children to steal. Please keep vehicles locked. (To many of these children brought to the home, stealing has been a part of life, having to steal in order to exist and survive.) If there is something missing of yours, take all measures to check that it has not been misplaced. Tell the Directors or Team Coordinator, and they will try to locate it. Leave your address and you will be contacted.
6. Girls are not allowed into the boys' bedrooms and vice versa.
7. Ask the Directors or Team Coordinator before taking on any projects. If you do work on a project, please make

- every effort to complete it. Then leave everything clean and in order as it was before you started.
8. Find and abide by the home boundaries and designated areas. Children are not to be taken past the point without permission. (They are not allowed in the team dormitories or kitchen).
  9. When playing with children, do not play dangerous games. Do not abuse their toys. Please do not compete (Mexican vs. American)! It is good to involve them in mixed teams. Do not do anything that would encourage skin or color division. Be cautious when teasing and messing around, not to hurt feelings.
  10. Drive slowly and carefully around the home. When backing up, post someone outside your vehicle to see that children are not in the way.
  11. Be kind when making remarks about different cultural conditions (dirt, runny noses, strange smells, no shoes, etc.). Negative comments never help the situation and many of the children understand enough English to get the point.
  12. Dress conservatively. Shorts to the knee (both men & women), tight or revealing clothing, or tank tops. Fancy jewelry, excessive makeup, braless blouses (undergarments should always be worn), and bikini swimsuits are not acceptable. This dress code is in respect to the culture. Thank you for your cooperation!
  13. Try not to waste water. Water is scarce. Please use water for projects with permission. Ask the directors where to find drinking water.
  14. Rancho Santa Marta is a ranch. Therefore, there are many animals (cattle, sheep, chickens, rabbits, dogs, cats, rams, horses, and pigs) located on the land. Keep an eye on small children around all animals. Please do not feed these animals or go near their corral. There are several horses that are still a little wild. It is wise not to stand behind them to avoid being kicked.
  15. Rancho Santa Marta is surrounded by other ranches. Each land owner takes great care in maintaining his fence

lines and boundaries. They keep a very close eye out for trespassers. Please stay within the fence lines of Rancho Santa Marta to avoid any unpleasant experiences.

16. Make a special point to say “good-bye” to all as you leave.

## **HOUSING**

### **Dormitories**

There are 3 dormitories, each capable of housing up to 20 people (60 total), and additional housing for couples.

Each dormitory has bunk beds which have mattresses and covers. Team members are to bring their own bedding; sleeping bag, or sheets and blanket, and pillow.

There are no heaters, carpeting, or complete insulation, thus it is recommended that team members come prepared with warm pajamas, slippers, an extra blanket (especially in the winter months), and a good sleeping bag.

Each dormitory has indoor overhead fluorescent lighting and fans.

### **Bathroom Facilities**

Located in each dormitory is a bathroom equipped with 2 showers, 2 toilets, 2 sinks, 2 mirrors, 110-volt electrical outlet, shelves for personal belongings, and hooks for towels.

As mentioned before, water is scarce. It is recommended that teams ration their showers. “Military” showers are a way to also help conserve water (turning on water initially to get wet, turn it off while soaping up and shampooing, and then turn water back on to rinse). This usually takes about 5 minutes. The same type of procedure can be applied to brushing teeth, washing faces, and shaving.

Hot water is available when gas is available to heat the water heater. Check with the Directors upon your arrival as to how to turn on the gas for hot water.

Due to the use of septic tanks, and a delicate plumbing system, team members are asked not to deposit toilet paper or other paper articles into the toilets, but rather to deposit them in the can next to each toilet area. Team members should empty cans in designated areas outside periodically so that contents can be burned.

### **Electricity**

The voltage of electricity is the same as in the United States. Hair dryers, curling irons, electric shavers, and irons are discouraged due to the high cost of electricity. The electricity cannot always be counted on, thus flashlights, wind-up alarm clocks, and candles should be brought.

### **Kitchen**

There is a kitchen/dining area available for team use. Equipment in the kitchen includes a refrigerator, large freezer, 6 burner stoves with grill and two ovens, double sink for dish washing, electrical outlets, running water, plenty of counter space, cooking pots & pans, cooking utensils, garbage can, silverware, plates, cups, folding chairs (about 100), and 8 ft. tables.

Teams are encouraged to bring paper plates and cups so that time can be used for other things instead of dishwashing. Bring popcorn makers and coffee makers if desired. Teams should bring their own large 40-gallon trash bags, dish drying towels, dish washing soap, matches (for the stove & candles), cleaning fluids and sponges, insect spray, and the like.

As well as for cooking and eating, the kitchen/dining room can also be used for team meetings and activities, however we have a chapel on the property for your use.

**TRY TO MAINTAIN ALL FACILITIES CLEAN AND ORDERLY. BEFORE LEAVING, MAKE SURE ALL AREAS ARE READY FOR THE NEXT TEAM THAT COMES. BE A BLESSING TO ALL WHO COME AFTER YOU.**

### **Self-Contained Teams**

If more than one team is staying at Rancho Santa Marta, one team may need to come “self-contained.” This type of team needs to come prepared with tents, sleeping bags, extra blankets, flashlights, camping stoves, coolers, and the other items needed for camping outdoors. In most cases, there will also be a separate full bathroom from the dormitories for this team to use. If your group would like to come self-contained, the Team Coordinator or Directors should be contacted for further information as to what to bring.

## **Food and Preparation**

Usually, it is recommended that teams purchase their food in the United States and bring it with them to the Ranch. This is because it is easier to find the types of food and items that you want. Food can be bought in bulk at many stores such as Price Club or similar stores, and all food can be bought at once in one place.

Plenty of beverages should be brought as well as light snacks (trail mix, popcorn, fruit, granola bars, raisins, etc.) Items such as eggs, milk, sodas, butter, coffee, breakfast cereal, vegetables can be purchased in San Vicente if your team should run short on these items.

Other items that your team should also remember to bring are: salt, pepper, cooking oil, spices, foil, plastic wrap, paper towels, napkins, coolers, ice, tablecloths, trash bags, dish rags and towels, paper products (plates, cups, bowls), plastic ware (knives, forks, spoons), can opener, and those other small items which sometimes are forgotten.

Meals should be simple and easy to prepare, requiring little time and expense. Two to four people should be assigned to cook a meal, set the tables, and clean up afterward. The team leader or another designated person on the team should be responsible for planning meals, buying the food, and planning who will prepare each meal.

## Drinking Water

The well water on the Ranch is drinkable and has been analyzed as good water. If you feel uncomfortable about the water at the Ranch, we suggest you bring your own bottled water.

## Sample Menus

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
Breakfast	Hot chocolate	Coffee	Hot
Chocolate	Hot tea	Hot tea	Coffee
	Orange juice	Apple juice	Grape juice
	Scrambled eggs	Pancakes	Cold cereal
	Bacon	Grapefruit	Toast
	Milk	Milk	Milk
Snack	Apples	Trail Mix	Carrots
	Granola bars	Oranges	Celery
	Soda	Iced tea	Kool-Aid
Lunch	Tuna sandwiches	Burritos	PBJ
sandwiches	Chips	Corn	Chicken
noodle soup	Soda	Iced tea	Kool-Aid
Snack	Same as morning snack		

Dinner Helper	BBQ Chicken	Chili dogs	Hamburger
	Rice	Chips	Salad
	Salad	Soda	Cornbread
	Iced tea	Iced tea	Kool-Aid
Dessert	Popcorn	Cookies	Brownies

## **Your Team's Schedule and Itinerary (BE FLEXIBLE)**

It is important to make a rough schedule of what your team plans on doing and where it will be going each day. Teams function better when they have an idea of what the day's plans are and it will relieve the leader from many questions as to the next activity.

Even though planning is important, it is also important to keep in mind that each day is a new day and holds new challenges or projects perhaps not anticipated the day before. It is important to be willing to be flexible with your schedule once you arrive in Mexico. You will be involved in conditions that you cannot foresee or change and conditions you will have no control over.

It is essential to consider the culture and to realize that time is not a controlling factor in the lives of the Mexicans. When an activity is planned, usually most people will not arrive on time, they will arrive "a la hora Mexicana."

**Please advise your team to be alert and ready for schedule changes at all times. An easy way to keep your team updated on what's happening each day is to write it down on a piece of paper and tape it on the door to the kitchen or bring a small chalkboard to put in the kitchen which can be erased**

**each day and used again. There is a white board in the visitors dining room for your use also. Do the best you can and be assured that it is most appreciated!**

If possible, please send a copy of your schedule to the Team Coordinator or Director before your team arrives.

Most likely most of the days that your team will be at Rancho Santa Marta, they will be working all day and ministering to the children and staff there. If your team will be staying at Rancho Santa Marta longer than 3-4 days, it might be beneficial to plan a day or an afternoon when your team can relax and go to the beach, shopping, or sightseeing. (Please see pg. 32 for places to go and points of interest to add to your itinerary).

# Sample Schedule

<u>Time</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Monday</u>
6:30 am	Wake up	Wake up		Wake up
7:00 am	Breakfast	Breakfast	Wake up	Breakfast
7:30 am	Devotions	Devotions	Breakfast	Devotions
8:00 am	Meet for work assignments	Meet for work assignments	Devotions	Meet for work assignments
8:30 am	Work	Work	Get ready for Sunday Service	Work
9:30 am			Church Service	
12:30pm	Lunch	Lunch	Lunch	Lunch
1:30 pm	Work	Work	Go to Beach	Work
4:30 pm			Return to Ranch	
5:00 pm			Dinner	
5:30 pm	Clean up	Clean up		Clean up
6:00 pm	Dinner	Dinner	Dessert & Games	Dinner
7:00 pm	Team prayer	Team games		Free Time
8:00 pm	Free Time	Planning session		
8:30 pm				
9:30 pm	Bed	Bed	Bed	Bed
10:00pm	Lights out	Lights out	Lights out	Lights out

This is a sample schedule to help you prepare the one for your team. Evenings can be used for planning sessions, games, activities, prayer meetings, small group Bible studies, etc. Sunday morning service is

at the ranch and starts at 9:30am. Adjust wake-up, work, meal and bedtimes according to your preferences.

## **Points of Interest**

### **La Bufadora**

After going through Ensenada on Highway #1, just before arriving at Maneadero, there is a sign pointing to a paved road off of the highway leading to Punta Banda or *La Bufadora*. This road leads out about 23 miles from the freeway on a peninsula lined with olive trees, fields, and campgrounds. At the end of the road is La Bufadora, which is a natural sea spout that shoots water high into the air. There are also several curio shops and food stands. (Parking lot fee).

### **Beaches**

Along the way from Tijuana to Rancho Santa Marta there are several beach resorts common to tourists: Rosarito Beach and Estero Beach, Ensenada, both whose signs can be seen from Hwy 1.

San Antonio beach is a nice, less-frequented beach and is about a 30-minute drive southwest from Rancho Santa Marta.

### **Shopping**

In downtown Ensenada are located many shops where pottery, jewelry, baskets, ceramics, guitars, leather goods, embroidered clothing, and blankets can be found.

Most of the department stores and bigger shops have fixed prices, but in the small shops bargaining is permitted. U.S. currency is accepted, and many shop clerks speak English. Items are duty-free and can be found at substantial savings compared to U.S. prices.

# Things to Bring as a Team

## **Water Igloos**

Several igloos or thermoses should be brought to store iced tea, Kool-Aid, water, and the like to take to work sites and to keep in the kitchen area.

## **Ice Chests / Coolers**

Have ice chests big enough to hold all of your frozen/refrigerated foods in your vehicles to keep them from melting on the way down to Rancho Santa Marta, and also to hold some of your food which may not fit into the refrigerator or freezer in the kitchen.

## **First Aid Kit**

This is a must! There are dozens of minor first aid needs that occur that can easily be handled within your own team. (See pg. 33 for a checklist of items to include in your first aid kit).

## **Sunscreen**

This is very important to have as the sun can burn quickly. #15 through #30 spf is necessary to suppress sunrays. Some use stronger. Also hats, scarves, and sunglasses will help protect you.

## **Other Items (Optional)**

Flashlights, sports equipment, craft materials, and musical instruments. Also make sure to bring plenty of spare batteries for your equipment.

## **Emergencies**

For emergencies, there is a nurse on staff at the ranch and the president of Santa Marta's board is a doctor in San Quintin. For extreme emergencies, hospitals are located 60 miles both north and south of the Ranch.

## **Needed Items For Rancho Santa Marta**

Often the Directors of Rancho Santa Marta are asked, “What do you need at Santa Marta?”

Food is really important, and it takes a lot of food to feed a bunch of growing children every day. Canned goods, oil, cooking grease, powdered milk, flour, rice, beans, cheese, and lentils are always welcome. Money is needed too and can be given as an undesignated contribution to be used where needed most or can be given as a designated contribution for whatever project we are working on currently.

### **Other needs:**

Dish soap	Bath soap	Dish towels
Plastic dishes	Silverware	Kids shoes
Bath towels	T-shirts	Socks
Underwear	Pencils	Coloring books
Belts	Flashlights	Twin size sheets
Crayons	Pillows	Clothes (all sizes)
Pillowcases	Sports equipment	Laundry baskets
Water hoses	Hand tools	Blankets
Shovels	Rakes	Brooms
Hoes	Bicycle parts	Bicycles

Medical supplies (Contact Team Coordinator for a list)

Cloth material (pieces of 3 yds or more for sewing class)

Building Materials: If your team would like to help purchase the building materials for your work projects, please let the Team Coordinator or Directors know in advance of your team’s coming. Advise them of the amount you would like to contribute and mail a check to the main office in San Diego. Just before your team’s arrival, the Directors will purchase the materials for your team in México and have them ready for your team’s projects. This is a much easier process, since it is difficult to get materials through the border crossing and often require a special permit from the Mexican government.

All checks should be payable to Bethesda Teaching Ministry and sent to: PO Box 20028, El Cajon, CA 92021-0900

# Medical Tips

1. Please have team members with allergies bring the medicine that they usually take. Warn your team members about the dust!
2. Make sure that any member with asthma bring his/her own medicines for it.
3. It is suggested that each team member bring their insurance card or a copy of their parent's card. A release form should also be signed ahead of time by each team member and /or parent of team member if under 18 years old, releasing your church, school, or organization from any liability.
4. It is recommended that each team member be current on their Tetanus injections and childhood shots.
5. Rubber thongs or shoes should be worn at all times when walking around to protect feet from glass, insects, parasites, and fungus.
6. Foot powder is essential for helping with blisters and sore feet.
7. If your team is planning on spending more than a few days in Mexico and will be coming in contact with food and drink at restaurants and food stands, prepare yourselves by eating a lot of yogurt for one to two weeks before your trip.
8. To help avoid getting diarrhea, when eating from food stands and restaurants, eat only foods that are peeled or cooked, and drink only liquids that are bottled or boiled.
9. Self-treatment for diarrhea for adults: Do not eat solid foods for at least a day. Broths and thin soups are fine but go easy on fruit juices. Persons with lactose intolerance should especially avoid dairy products. Do drink plenty of water to maintain electrolyte balance. If you are vomiting, suck on ice to bolster fluid intake. Flat ginger ale or cola may help settle the stomach.

After the first day, return to mild, semi-solid foods such as gelatin, applesauce, baked potatoes, soft boiled eggs, brown rice, mashed bananas, etc.

Avoid coffee and alcohol (cough syrups, etc.) as well as foods high in roughage such as lettuce, peanut butter, and raw fruits. Remain on this diet for at least a day or two.

Pepto Bismal or Lomatil can help also, but to be beneficial, large quantities are required. Pepsin tablets and magnesium (500mg a day) may help subdue diarrhea.

10. Remember: The Team Leader is the first line of defense for medical problems. Please be prepared to handle such things as simple colds, headaches, bug bites, sunburns, upset stomachs, diarrhea, splinters, etc.
11. Summer is rattlesnake season in México! Team members should be careful when outdoors: move rocks with a stick first, always wear shoes that cover the whole foot (boots or tennis shoes) when working, always keep an eye out no matter where you are for rattlesnakes.
12. Black widow spiders, centipedes, and scorpions are also common critters, especially during the summer. Centipedes and scorpions are not poisonous in México. If bitten by a black widow, contact the Director or other staff person immediately.

# First Aid Kit Checklist

Band-Aids (Assorted sizes)  
Antiseptic (Bactine, etc.)  
First Aid dressings (2 x 2 and 4 x 4)  
Triangular sling bandage (42 x 42)  
2 wooden splints (rolled up magazines or newspapers can be used as  
splints also)  
Rolled absorbent cotton  
Safety pins  
Adhesive tape  
Rubbing alcohol  
Scissors  
Antibiotic ointment  
Tweezers  
Mosquito repellent  
Pepto Bismal  
Mylanta  
Diarrhea medicine (Kaopectate, etc.)  
Aspirin/Tylenol  
Sore throat tablets  
Cough syrup  
Aspergum  
Antihistamine  
Dramamine  
Eye drops  
Vaseline  
Noxema  
Methiolate  
Aloe vera gel  
Bee sting kit  
Kleenex/Toilet paper

# What to Bring

## For a one week stay during the summer:

___	Flashlight	___	Dirty Laundry Bag
___	Rubber thongs for shower	___	Tennis Shoes/Work Boots
___	Spending money (for in town)	___	3-4 T-Shirts
___	Alarm Clock (wind up)	___	Pillow
___	3-4 Bath towels, hand towels and wash rags	___	Personal toiletries (toothbrush, comb, shampoo, soap, deodorant, etc.)
___	Notorized permission for minors	___	6-7 Pairs of Socks
___	Pencil/Pen & Notebook Paper	___	Camera (Plenty of batteries)
___	I.D. –Passport/Birth Certificate (Driver's license, Mexican insurance if you bring car)	___	Music Player (Optional) (Rock music not allowed)
___	Bandana Scarf, Hat for Sun	___	2 Warm Sweatshirts/Sweaters
___	Bottled Water / Personal Water Container	___	2-3 Pairs Jeans or Workpants
___	Warm jacket/sweater	___	Pajamas, robe & slippers/warm socks
___	Sleeping bag or Bedding	___	Bible
___	Sunglasses	___	Allergy or Asthma medicine (if needed)
___	Mirror	___	Work Gloves
___	Toilet Paper	___	Insect Repellant
___	Beach towel / Sunscreen	___	Small Carrying Bag
___	Bathing suit (1 piece w/shorts for females) (If summer) Shorts / Beach attire	___	<b>For Winter:</b> Long Underwear
___	Board Games (for free time)	___	3-4 Warm sweatshirts
___	General cleaning supplies for area (paper towels, trash bags, Clorox cleanup, dish washing detergent, soap, etc	___	Extra Blankets – remember there is no heating / air conditioning on the Ranch.

## CHURCH ATTIRE:

___	Ladies: Casual skirts or dresses, no fancy jewelry or makeup	___	Men: Collared shirt, tie not necessary, casual dress slacks or nice jeans.
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# Evangelism

Many times, teams come and are interested in Evangelistic Outreach. It is an exciting way to reach out to others for Christ's Kingdom and to increase our faith. There are several ways that your team can become involved in Evangelistic Outreach if desired and if it fits into your schedule, such as VBS in the community or at the ranch. Let us know if you want to do any outreach.

## Local Church

During Sunday morning service, 9:30 a.m., at the ranch teams are encouraged to share in ministry through testimonies, special music (solos, duets, instrumentals, etc.), Spanish dramas or puppet shows, mimes, and sometimes preaching. Usually, a staff person from the ranch or if possible, a member of your team can assist in interpretation.

## Sharing Your Testimony

### **Why:**

Not only is your message important, but you also must share what Christ is doing with your total self – intellect, emotion, and will, so that other believers may be encouraged and so that non-believers may be witnessed to about the power of God.

### **How:**

Your testimony may be communicated by sharing one of the following:

1. **Salvation:** It is always helpful in explaining salvation to a person to tell them how it happened to you, using pertinent scripture.
2. **Significant Events:** Such as death in the family, a time of personal commitment, an accident, a healing, or anything where God's work is clearly seen.

3. **Meaningful Scripture:** You may have been particularly blessed and helped through the realization of some scriptural truth and want to share it.
4. **Other:** You may share a testimony by singing a song, playing a musical special, or being involved in a skit, drama, etc.

### **Some basic do's and don'ts:**

1. Be real and genuine, creative in the way you begin.
2. If possible, use illustrations that apply to the Mexican way of life.
3. Use scripture wherever possible – God has promised to bless His Word.
4. Don't say that "Jesus has taken away all my problems." He has not promised to solve all of our immediate troubles; He has promised to go through them with us.
5. Write out your testimonies in full, make an outline to help you when the time comes for you to give it in church or another place; or better yet, practice it a few times out loud so that you will be able to give it without any help.

## **Working with an Interpreter**

1. Know your material by having it divided into short meaningful sentences.
2. Use simple, common language – avoid big and strange words and American slang or idioms.
3. Stand up straight, to the side of the interpreter, and have eye contact with the whole audience, do not face the interpreter as if you are only speaking to him/her.
4. Speak loudly to the audience, being sure that your interpreter hears you.

5. Always show respect for one another – do not inadvertently, place the blame elsewhere for your own mistakes.
6. Practice ahead of time if possible, during free time, etc.
7. Give any scripture references you may want to read to the interpreter ahead of time.
8. Speak in short phrases, thoughts, and ideas, then pause and let the interpreter interpret what you have just said, wait for him to finish, and then proceed with another short phrase, thought, or idea.

## **Cultural Considerations**

The people in México are much more conservative and modest than most people in the United States and Canada. To be effective in ministry and in respect for our Mexican brothers and sisters, here are some hints for your team:

### **Dress Code**

When not working, clothing should not be sloppy, worn out, or cut. Girls should look feminine. Men should look neat and respectful (Men should not wear earrings). Shoes must be worn at all times. Appearances should never be suggestive. Nothing should be worn that would detract from the work that you are doing. Nothing should be worn that obviously draws attention to the body. This should include: patches, lettering, alcohol advertising T-shirts, etc. Shoulders, waist and hip areas should be covered at all times. No shorts above the knee, 2-piece swimsuits are not acceptable, and shorts should be worn over swimsuits. Makeup should be worn in moderation.

### **Relationships**

Mexican people are very reserved. Team women should not be spending time with Mexican men alone, and likewise, team men should not give special attention to Mexican girls.

Couples on teams should also have a reserved manner. Hand holding, kissing, or outward demonstrations of affection should be avoided. “Making out” in dark corners or in vehicles is not acceptable.

## Attitude

“Consider others better than yourself.” You may note that many of the Mexican people you work with do not have much in the way of education; therefore, do not ever act as if you are talking down to them, or treat them as if they are ignorant. Be humble servants of God. Be warm, friendly, and courteous, and most of all, SMILE! Even though you don’t know the language, a smile can transcend all cultural barriers.

TEAM MEN TOWARDS MEXICAN MEN: Towards Mexican men be sincerely forward. Break the ice with a handshake or smile, even if you can’t speak a work of Spanish. Be aware that you are a visitor in their country and home and express your appreciation for their hospitality. Give him your first name in Spanish. Make it a point to learn names and to get to know them! Older men should be addressed as “Senor” or “Hermano”.

TEAM MEN TOWARDS MEXICAN WOMEN: Be respectful and courteous by giving your first name in Spanish and by a handshake. You may say “Senor le bendiga” (God bless you) if the situation is appropriate. Older women should be addressed as “Senora” or “Hermana”. Girls should be addressed by their first name. Do not hug or give gifts to women or girls.

TEAM WOMEN TOWARDS MEXICAN MEN: Towards Mexican men smile pleasantly, be respectful, answer directly when asked a question or greeted, but do not be forward or show eagerness. Show respect also for the men on your team, when in public approach them formally since the Mexican people will notice this. Older men should be addressed as “Senor” or “Hermano”. Boys should be addressed by their first name. Do not accept gifts so not to give wrong intentions.

TEAM WOMEN TOWARDS MEXICAN WOMEN: Show respect also for Mexican women but feel free to be open with them, to ask

questions, and to start conversation. Hugs and handshakes are appropriate as well as giving your first name in Spanish and saying “Senor le bendiga” (God bless you) when appropriate. Older women should be addressed as “Senora” or “Hermana” unless they indicate to you otherwise, and girls should be addressed by their first name.

## **Doctrinal Distinctives**

Because you may be involved with a church, school, or organization which is not of the same denomination or doctrine as yours, it is best to emphasize what you agree on, and not what the differences are between your and theirs: (baptism, communion, Holy Spirit, eternal salvation, healing, and displays of charismatic speaking in tongues).

# Miscellaneous

## Adoption

Many people ask about adopting the children at Rancho Santa Marta. We wish that we could be encouraging on this but the Mexican government discourages adoption. Many of the children are not true orphans, and those who are seldom have the proper papers. It is only the business of the social department in Ensenada to handle adoption. Rancho Santa Marta is not involved in the adoption business.

## Weather

In January the temperature is approximately 45-55 degrees in the daytime. In April it is approximately 60-70 degrees. In July it is approximately 85-100 degrees. In October the average temperature is 75-95 degrees. The rainy season is from November to March with 65-90 degrees.

## Money

The monetary unit in México is the “peso”. The U.S. dollar is widely accepted in México, but if pesos are desired, there are many exchange houses on both sides of the border. Contact your Mexican Tourist Office or Consulate for the current exchange rate.

## Communication

It would help your team to learn some Spanish words and phrases before your trip to help you communicate better in times of emergency and need, to help each member build relationships with the Mexican people, and to minister more effectively. The Mexican people always appreciate it when you try to fit in and to adjust to their culture.

It is best if team members do not “make up” Spanish words in an effort to communicate; they might be saying something offensive without being aware of it.

It is also important to be careful of your gestures. Hand and arm movements when speaking is ok, but you should try to keep them to a minimum. Ones used in the U.S. may not have the same meaning in México.

# Spanish Expressions

a = ah (as in ball)	y, ll = y (as in yellow)
e = eh (as in men)	y = ee (when alone, not part of another word)
i = ee (as in teen)	h = silent
o = oh (as in over)	j = h (as in hello)
u = oo (as in zoo)	qu = k (as kept)
n□ = ny (as in canyon)	

## Language

Do you understand English?	¿Entiende usted el ingles?
I don't speak Spanish.	No hablo espanol.
Yes, sir; no ma'am.	Si senor; no senora.
Very little.	Muy poco.
I don't understand.	No entiendo.
Please speak slowly.	Por favor habla despacio.
What time is it?	¿Que hora es?

## At the Border

Passport -Pasaporte	Tourist card -Tarjeta de turista
Age -Edad	Marital status -Estado civil
Single -Soltero(m) -Soltera(f)	Married -Casado(m) Casada(f)
Widowed -Vuido(m) -Vuida (f)	Profession -Profesión
	Driver's license -Licencia de manejar
	Car registration -registración del carro

## Numbers

1. Uno	7. Siete	13. Trece	19. Diez y nueve	60. Sesenta
2. Dos	8. Ocho	14. Catorce	20. Veinte	70. Setenta
3. Tres	9. Nueve	15. Quince	21. Veinte y uno	80. Ochenta
4. Cuatro	10. Diez	16. Diez y seis	22. Veinte y dos	90. Noventa
5. Cinco	11. Once	17. Diez y siete	23. Veinte y tres	100. Cien
6. Seis	12. Doce	18. Diez y ocho	24. Veinte y cuatro	

## On the Road

Highway	-Carretera	Corner	-Esquina
Road	-Camino	Block	-Cuadra
Street	-Calle	Avenue	-Avenida
Left side	-Lado izquierdo	Right side	-Lado derecho

## Food

Breakfast	-Desayuno	Chicken	-Pollo
Lunch	-Almuerzo	Egg	-Huevo
Supper	-Cena	Milk	-Leche
Spoon	-Cuchara	Water	-Agua
Fork	-Tenedor	Fish	-Pescado
Knife	-Cuchillo	Lobster	-Langosta
Napkin	-Servilleta	Meat	-Carne
Bill	-Cuenta or Nota	Beef	-Res
Receipt	-Recibo	Fried	-Frito
Tip	-Propina	Bacon	-Tocino
Glass	-Vaso	Pork	-Carne de puerco
Sausage	-Chorizo	Shrimp	-Camarón
Beans	-Frijoles	Corn	-Elote
Onion	-Cebolla	Potatoes	-Papas
Rice	-Arroz	Tomatoes	-Tomates
Bread	-Pan	Toast	-Pan tostado
Crackers	-Galletas	Coffee	-Cafe
Tea	-Te	Cake	-Pastel
Candy	-Dulce	Ice cream	-Helado
Apple	-Manzana	Avocado	-Aguacate
Banana	-Plantano	Fruit	-Fruta
Lemon	-Limón	Nuts	-Nueces
Orange	-Naranja	Peach	-Durazno
Pineapple	-Pina	Strawberries	-Fresas
Sugar	-Azucar	Salt	-Sal
Pepper	-Pimienta	Butter	-Mantequilla
Soup	-Sopa	Sauce	-Salsa
Salad	-Ensalada	Cheese	-Queso

## Polite Phrases

Good morning	-Buenos dias	Good afternoon	-Buenas tardes
Good evening	-Buenas noches	Goodbye	-Adios
Thank you	-Gracias	Please	-Por favor
Excuse me	-Perdoname	I am sorry	-Lo siento

## Time

Today	-Hoy	Morning	-La mañana
Tomorrow	-Manana	Noon	-El mediodia
Yesterday	-Ayer	Afternoon	-La tarde
Tonight	-Esta noche	Midnight	-La medianoche
Last night	-Anoche	Night	-Noche

## Days of the Week

Sunday	-Domingo	Thursday	-Jueves
Monday	-Lunes	Friday	-Viernes
Tuesday	-Martes	Saturday	-Sabado
Wednesday	-Miercoles		

## Colors

White	-Blanco	Pink	-Rosito
Black	-Negro	Blue	-Azul
Gray	-Gris	Green	-Verde
Brown	-Café	Purple	-Morado
Red	-Rojo	Yellow	-Amarillo

## Useful Adjectives

Bad	-Malo	Hot	-Caliente
Good	-Bueno	Cold	-Frio
Beautiful	-Hermoso	Large	-Grande
Clean	-Limpio	Small	-Pequeno
Dirty	-Sucio	Short	-Corto
Fast	-Rapido	Slow	-Despacio
High	-Alto	Ugly	-Feo
Long	-Largo	Early	-Temprano

## Other Phrases

Stand up	-Levantense	Sit down	-Sientense
Raise your hand	-Levante la mano	Make a circle	-Hagan un circulo
Silence please	-Silendio por favor	God bless you	-Senor le bendiga
Let's pray	-Vamos a orar	Young people	-Jovenes
Hold hands	-Agarrense de las manos		
What is your name?	-¿Como te llamas?		
How old are you?	-¿Cuantos anos tienes?		
Come and play with us	-Ven a jugar con nosotros		
Pay attention	-Pongan atencion(pl.)		
Come here	-Venga		
Very good	-Muy bien		
Run!	-Correle		
Jesus Christ	-Jesu Cristo		
Bible	-Biblia		
The United States	-Los Estados Unidos		
May it go well with you	-Que le vaya bien		
Girls	-Ninas / Muchachas		
Boys	- Ninos / Muchachos		
I'm glad to meet you	-Mucho gusto conocerle		

# Road Signs

				
Stop	Speed Limit	Truck Speed Limit	Trucks use right lane	Inspection
				
Yield	No Trucks	No Parking	No Passing	No Entry
				
No Horns	No Horse Carriages	No Crossing	No U Turn	No Right Turn
				
Parking	No Passenger Unloading	No Farm Vehicles	No Bicycles	No Left Turn
				
2 Way Traffic	Weight Restriction	Height Restriction	Max Clearance	Center Divide
				
Turn Right	Turn Left	Railroad Crossing	Railroad Crossing	Railroad Crossing
				
2 Way Traffic	School Zone	Lane Ends	Height Restrictions	Low Clearance
				
Road Narrows	Speed Bump	Speed Bump	Men Working	Hospital or Clinic
				
Dip In Road	Falling Rock	Narrow Clearance		

# NOTES