



One Heart for Bulgaria

Volume 2, Issue 1

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Heartfelt thanks

We would like to thank the Peterson Family for their donation to Sveta Mina made in memory of their daughter, Amy Peterson. Sveta Mina is a clinic-type orphanage for young children with severe disabilities and is sponsored by the Garner family of Lake-in-the-Hills, Illinois. Sveta Mina will be highlighted in the next issue of the newsletter

Inside This Issue

Success Story
Gorna Koznitsa2

Ritchie Hill Memorial
Shipment3

What's in a
Container?4

New Director joins
One Heart5

Fresh Food for Summer
Camp5

Announcements
in Brief6

Exciting changes coming

They say that when it rains, it pours—and that has certainly been the case here at One Heart. A million thanks to all who have donated so generously to make a difference in the lives of these precious children. So many exciting changes are coming up this year—the development of new training programs, partnerships with other humanitarian groups in Bulgaria, research into sustainable co-operatives with orphanages—the list goes on and on, and every bit of it is made possible with your help.

In this issue of the One Heart newsletter you can read about many of those changes, as well as updates on some of our orphanages. We'd love to spread the word about what we're doing in Bulgaria.

If you are reading this newsletter online, please feel free to forward it on to your friends, or let us know their address and we'll mail them a hard copy.



They're looking to you for help

—Heidi Glyn Barker, Executive Director, One Heart

Partnership for training workers

One Heart is proud to announce a partnership with the Eyrealm Foundation and their Chairman, Saren Eyre Loosli, to develop training for workers in our participating orphanages.

Generally, the staff at most Bulgarian orphanages receive little job training and their work with the children—day-to-day interaction from morning until bedtime—is usually considered menial labor. In order to improve the life that children have in orphanages, one very important step involves helping orphanage workers understand the important role they play in children's lives and learn to see themselves as professionals doing a vital and rewarding job. Saren Eyre Loosli, an education consultant and trainer, mother of three, and former Bulgarian orphanage volunteer,

will develop a training program to offer Bulgarian orphanage workers some new knowledge and skills to help them do their job more effectively. Saren's experience developing training for child care and enrichment programs all over the United States, as well as her experience with Bulgarian orphanages gives her a unique perspective.

After working with orphanage directors to fine-tune the training topics, we'll likely offer a four-part training series including such topics as methods for positive and effective discipline, creating environments for learning, and understanding developmental milestones in children's lives. One Heart will sponsor the training and orphanage workers will receive incentives to complete the whole series of training topics.

Success story—Gorna Koznitsa



By Heidi Glyn Barker

One of the highlights of my latest trip to Bulgaria was the chance to meet the children and director of our orphanage in Gorna Koznitsa. Fifty-five children from three to twenty years old live in a tumble-down orphanage in this tiny village in a remote area of Bulgaria near the Macedonian border. The beautiful scenery and clean air took our breath away as we wound our way slowly up the mountain road toward the orphanage. Only weeks earlier, the orphanage had been cut off from the outside world because the roads were rarely plowed during the winter, but now the snow had melted and the trees were already beginning to show their buds.

All of Gorna Koznitsa's children have mental or physical disabilities—but that doesn't stop their faces from lighting up when they see a friend or when they cuddle up in their beautiful new fleece blankets, gifts from orphanage sponsor Scott Stringham.

Scott had been looking for an organization to get involved with for a few months when he read an article about One Heart. He and his wife Kathy decided it was something they wanted to try. Two of Scott's co-workers, Randy Sellers and Todd McKinley (all three are CPA's with the accounting firm of

Tanner & Company in Salt Lake City) found out what the Stringhams were doing and have split all the costs of a double sponsorship with the Stringhams.

Gorna Koznitsa's director, Dr. Permakova, is thrilled with Scott's group's involvement. The regular donations provided through One Heart provide food, hygiene needs, and occasional medical help. Although the orphanage does receive help from other organizations, that help is often one-time and does not provide long-term support. Because of Gorna Koznitsa's remote location, it has been very difficult to find specialists to work with the children, but the director remains hopeful that with One Heart's help they will be able to find a physical therapist or other specialist to work with the children on a regular basis.

Unfortunately, Gorna Koznitsa's situation is not uncommon. During the communist time, children with disabilities were routinely hidden away in institutions in remote areas of the country. "Out of sight, out of mind" was the motto of the government. Forty years later, that attitude still prevails and thousands of children are separated from family and live their whole lives in deplorable conditions far from qualified medical help.

GORNA KOZNITSA PROJECTS FOR 2004

FUZZIBUNZ DIAPERS

Goal: to purchase Fuzzibunz diapers for the children in Gorna Koznitsa. We have proposed a pilot diapering program, and Gorna Koznitsa has volunteered to participate in it. Fuzzibunz diapers are high quality, reusable cloth diapers made of fleece-like material which wicks wetness away from the child and washes and dries quickly. This project will ease the incredible laundry burden of the staff at Gorna Koznitsa and save the orphanage a significant amount of money. Cost: \$500.

DRYERS

We are looking into the cost of purchasing one or more dryers.

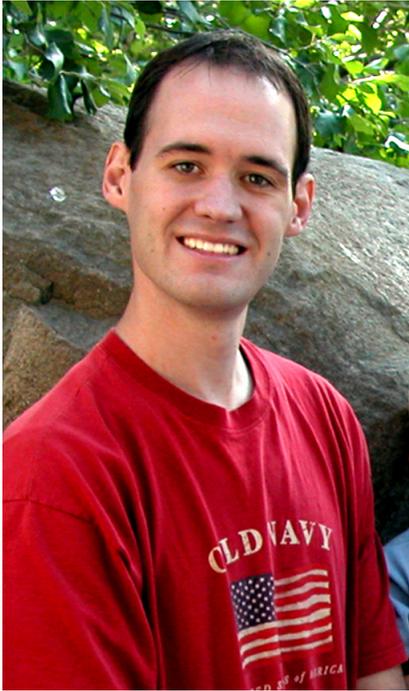
If you would like to participate in these projects, please label your donation for "Gorna Koznitsa diapers" or "Gorna Koznitsa dryers."

Because of the cost involved in relocating whole orphanages, many directors are trying to make the best of their bad situations. Gorna Koznitsa recently received funding to construct another building to house all of the physical facilities for the orphanage—washers, dryers, and the heating system will all be located in a new building by the end of the year. This will be a huge improvement, considering the fact that up until now, Gorna Koznitsa has been doing laundry for 60 children every day—with one washer and no dryer. Because many of the children are unable to use the bathroom independently, and because the orphanage has few resources for diapers, the amount of laundry is truly staggering.

One Heart has been a great help to the orphans of Gorna Koznitsa, but there is more yet to do.

Container shipment memorializes Ritchie Hill

The 2004 One Heart container shipment



which will be sent to Bulgaria at the end of the Summer, is being named the "Ritchie Hill Memorial Shipment" in remembrance of a sincere friend of Bulgarian orphans.

Ritchie Hill was raised in Rexburg, Idaho, the son of Julie and Brent Hill. He had three brothers: Justin, who was older than Ritchie, and younger brothers Michael and Kevin. He certified as an Emergency Medical Technician.

From January 1995 to January 1997 he served as a volunteer missionary for the Church of Jesus Christ of Latter-day Saints in Bulgaria. While there, he learned to love the Bulgarian people and culture. For about six months during his stay in Bulgaria he traveled with other volunteers all over the country visiting hospitals and orphanages and helping with the distribution of humanitarian aid. That time was one of the highlights

of his life as he watched the faces of children brighten at their coming.

After returning from Bulgaria, Ritchie married his wife, Stacey. He graduated from Brigham Young University with a degree in computer engineering in 2000 and then moved to Boise, Idaho, where he worked at Micron Technologies.

Ritchie and Stacey had three children: Allie (5), James (3), and Cameron (1).

In June of 2003, Ritchie was diagnosed with advanced lung cancer, though the doctors were never able to determine the cause. He died on February 23, 2004.

Stacey is carrying on Ritchie's interest in the welfare of Bulgarian orphans with her involvement in One Heart. She is grateful that the shipment is honoring Ritchie and thanks everyone who is participating in this project.

Get involved!

You can still get involved in the Ritchie Hill Memorial Shipment. In-kind donations for the container shipment this August should be sent to:

One Heart
Attn: Kelly Anderson
2154 East 1710 South
Spanish Fork, UT 84660

Please contact Kelly at (801) 798-3036 with any questions regarding this year's container shipment.

The following items are still needed for this shipment. Collected items must be new (except where noted).

- Sleeper pajamas, sizes 0-4 yr.
- Pajamas, in warm, modest styles,

sizes 5-18 yrs.

- Socks, sizes 0-18 yrs.
- Shoes, sizes 0-18 yrs. (all sizes, new condition, no sandals or dressy shoes)
- Training pants (thick, all cotton undies) sizes 3-7 yrs.
- Underwear, in plain, comfortable styles, sizes 7-18 yrs.
- Winter coats in like-new condition, for sizes 3-18 yrs.
- Twin size flat sheets
- Twin size quilts or comforters (must be washable)

Above right: Chidaah, our little friend at Sveta Mina in Plovdiv.

Right: Petya enjoys some time in the swing we delivered last year. She was only three weeks old when we first met her.



What's in a container?

When you hear the word "container," you probably think of a little box, or even a big Tupperware container, but the "container" we're talking about may be twice the size of your living room. Think "semi-trailer." Think 8 feet by 8 feet by 40 feet, stacked floor to ceiling with clothing, bedding, medicine, baby equipment and toys. That's what is going to Bulgaria in August from One Heart. And it is because of the generous hearts of people like you that it is going.

Although not everyone can be mentioned, we'd like to tell you about some of the groups and individuals that have contributed their time and skills to filling this container, and give them (and all other participants) a hearty thanks.

The PhileSophians Provo Utah Chapter held a clothing drive.

Kathy Wiersdorf and the Best Ever Book Club contributed blankets and baby swings.

Sandra Schut worked with a group of young women to put together educational kits and art supplies.

Laurie Ransom worked with her church women's group on a clothing drive.

Amy Henderson headed up a neighborhood group putting together care kits.

Jana Elcock and family provided care kits, clothing, and hygiene supplies.

The 8- and 9-year-old Achievement Day Girls of Sugar City Third Ward tied a baby blanket.

Curtis and Nettie Atkisson organized a drive in their Arlington Heights, Illinois, neighborhood that netted 17 boxes of clothes and toys

The Church of Jesus Christ of Latter-day Saints Crystal Lake Third Ward, collected over 75 pair of shoes.

Emily Edwards and her church group in Lodi, California, put together 36 "pillow-case kits."

Pedie McLaws made a bunch of cute, warm hats for the children.

Some other youth groups connected with the Church of Jesus Christ of Latter-day Saints that have participated in One Heart projects are the Kirtland Ohio Stake Youth and the Mia Maids of the Sterling Parks Ward.

One of the biggest projects is being done in two parts. In April, the Brigham Young University Women's Conference offered a number of humanitarian activities for the participants, one of which was cutting fleeces fabric for blankets. Now One Heart board member Kelly Anderson is going to be speaking at five "Especially for Youth" gatherings following which the young people will fringe and knot the blankets to be included in the container shipment. They anticipate completing 2,800 blankets over the next five weeks.

One Heart projects aren't just for girls and women. Several young men have chosen One Heart for their Boy Scout Eagle projects, including Rod Tamanaha from Maryland, who organized a care kit drive. Toby Thacke collected 60 boxes of clothes and Grady Steed collected shoes for his eagle project.

Thanks, everyone!



Women's Conference attendees cut fleeces for blankets

Whom do I contact to ask questions, get ideas for projects, or send a donation?

General questions:

Heidi Glyn Barker
9778 Cedar Road
Novelty, OH 44072
(440) 338-6754

Donations (monetary) and financial questions:

Jen Djambov
561 North 150 West,
Centerville, UT 84014
(801) 298-5070

Donations in kind and ideas for projects:

Kelly Anderson
2154 East 1710 South
Spanish Fork, UT 84660
(801) 798-3036

Orphanage sponsorships:

Deborah Gardner
165 North Main
Providence, UT 84332
(435) 792-3508

Website

www.oneheart-bg.org

New Executive Director joins One Heart

We would like to welcome Dr. Nickolai Gavazov to our team as the new Executive Director of One Heart's foundation in Bulgaria. Nickolai's years of



Even before he had heard of One Heart, Nicolai organized his church congregation to help the orphans. Here he is shown presenting a quilt they made to a resident of Rada Kirkovitch orphanage.

experience in both the for-profit and non-profit sectors, as well as his English fluency, make him a great fit with One Heart. His Ph.D. in Agronomy and Agriculture will certainly be put to good use as he researches ways to help the orphanages become more sustainable and as One Heart develops training programs and co-operative work agreements for the young adults transitioning into society. Nickolai lives in Plovdiv with his wife, Tania, and they have two daughters.

One Heart wishes to thank former director Radost Yanakieva, for her dedicated service over the past years. She will be taking a much needed break, but we hope to see Radost continue her involvement with One Heart after she returns from her vacation.



Director Nickolai Gavazov, his wife, Tanja, along with Gil Rieger, legal advisor to One Heart in America, visit the YMCA in the town of Gabrovo. The YMCA is involved in volunteering at the orphanage in Gabrovo.

Immediate need for fresh food for Summer Camp

One Heart has been informed of the immediate need for a fund for fresh fruits and vegetables for children attending summer camp.

It is the custom for the 30 children from the Rada Kirkovich orphanage in Plovdiv to spend the summer vacation in the village of Boykovo in the Rhodope mountain region. Transportation for the trip to and from the camp is usually paid by donors. The children will be at the camp from June 28 to September 5th, 2004.

While at camp, it is more economical to buy fresh fruits and vegetables locally either from grocers or directly from the growers. Because the government Ministry of Education and Science works through the "SEBRA" transaction system, the orphanage does not have cash available for such purchases of fresh produce. Jordanka Georgieva Paunova, principal of the orphanage, has asked for help from One Heart and the

board of directors of the orphanage has set up a bank account for donations to this fresh food fund. Our director, Dr. Nickolai Gavazov, has investigated this request and finds that it would be a worthwhile project for One Heart. The total cost for fresh produce for the ten weeks of camp is estimated at \$462.

If you would like to donate to this project, please indicate on your check that it is for the "Summer Camp Fresh Food Fund." All checks/donations need to be sent to the One Heart accounting office: 561 North 150 West, Centerville, UT 84014, to the attention of Jen Djambov.



Announcements in brief

OneHeart now tax exempt.

We are happy to announce the official notification by the IRS of One Heart's tax-exempt (501c3) status. All donations to One Heart are tax deductible retroactive to March 10, 2003. If you need a copy of our determination letter, or if you need a statement of donation, please contact Jen Djambov at (801) 298-5070.

Change of Address:

In an effort to centralize our finances, we are hoping to direct all donations through our finance officer. All checks/donations need to be sent to the One Heart accounting office: 561 North 150 West, Centerville, UT 84014, to the attention of Jen Djambov.

We've lost Matt!

Last year we received a donation from T. Matt Hanson and a note written on Nationwide Insurance note paper. Unfortunately, we recorded his address incorrectly and now we can't find him! We really want to send him a thank you for his donation—Matt, if you're out there, would you give us a call? Thanks!

