

One Heart Bulgaria

HOPE • LIFE • FUTURE
for Orphans

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Nikolai Gavazov honored by all who work with him

I have thoroughly enjoyed working with Nikolai these past three years. Though he is in Bulgaria and I am in the USA, I can always count on him to complete assignments at the orphanages efficiently and with good judgment. He just seems to have a natural knack for humanitarian work and getting the job done, no matter how impossible it may seem at times. Most importantly, Nikolai dearly loves the children. Whenever I have visited the orphanages with him, the young children come running up to him and call him by name, while the teenagers just enjoy a quick chat or a pat on the head. It seems he has become a sort of father figure to Bulgaria's orphans.

Deborah Dushku Gardner,
President

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Bulgarian field director loves the kids



Thyrle, Becky and I fell in love with Nikolai's warmth, personable manner and professionalism in all our work together in assessing the orphanages in Bulgaria. Nikolai exudes deep compassion and caring for all the children, directors and caregivers. We all feel One Heart Bulgaria is extremely fortunate to have such a competent field director and he is key to the success of efforts offered to the Bulgarians. He was quick to sacrifice and to go the extra mile.

Gratefully, Roberta Stapley,
Director, CEO
Family Dynamics
International, Inc.

One Heart Bulgaria Field Director, Nikolai Gavazov, PhD, lives in Plovdiv, Bulgaria where he and his wife raised two daughters. He holds a doctorate in Agriculture and has extensive experience in Business Management.

Prior to joining One Heart Bulgaria in 2003, Dr. Gavazov volunteered for over ten years in various humanitarian projects in Bulgaria including delivering food, bedding, and detergents to the Sv. Mina #1 clinic for babies with brain malfunctions; supplying food to Batkun Mental Hospital in Pazardjik; supplying computers for the School for Deaf Children, the Mental Hospital, and the Social Aid Department of Plovdiv; providing materials to the School of Disabled Children in Plovdiv; and providing a medical gas supply system to the Plovdiv Hospital for Pulmonary Diseases.

Dr. Gavazov enjoys interacting directly with the children, who have come to adore him . . .

With his extensive experience and excellent reputation working with orphanages, hospitals and the Bulgarian government, Dr. Gavazov is well qualified to serve as Field Director. He routinely visits the orphanages and holds meetings with the directors to assess the needs of the children and the orphanage facility, setting up sponsorships where necessary. He also facilitates the delivery of diapers, medicines, hygiene items, bedding, food, medical equipment etc.

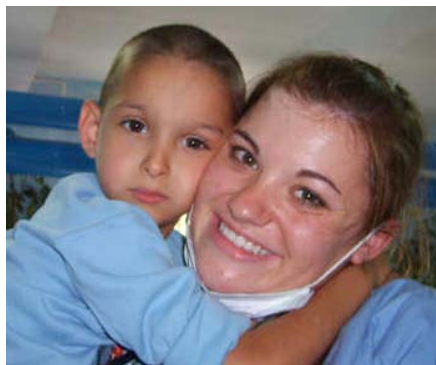
Dr. Gavazov enjoys interacting directly with the children, who have come to adore him as he helps their orphanages. In addition, Dr. Gavazov supervises a staff of 3-4 Bulgarian representatives working in three orphanages in Sofia. Of particular importance is his knowledge of Bulgarian laws and regulations.

Putting their mission where the mouths are

Under the direction of Jan Wray, Dental Programs Director, One Heart Bulgaria had a successful dental mission during Fall 2007. Jan's dental team of 5 dentists, 8 dental assistants and several friends set up a clinic at the Olga Skobeleva Orphanage in Plovdiv. In addition, 20 local volunteers from the Bulgarian community provided transportation and other assistance.

The dental team provided dental care and dental hygiene instruction to 500 children from 10 orphanages. Twenty adults from the community were also treated. Thanks to the Girl Scouts of America, each child was given a bag containing toothpaste, toothbrush, floss, candy and a small toy.

"It has been very satisfying to take care of the children. Many of them have what we refer to as "rampant decay," which is all over their mouth. It is not always easy to decide where to start or how much to do. We have had a Bulgarian Dentist helping us with diagnosis. It has been fun to see the way they do things," explained Jan.



BONNIE JAN BREZOFF WRAY, was appointed president of the Utah State Dental Assistants Association in October 2007 after 30 years of working as a dental assistant. She teaches dental assisting at Davis Applied Technology College in Kaysville, Utah where she and her husband, Dr. Sydney E. Wray, reside.

Jan has been actively involved with fund raising for humanitarian causes for the last 15 years. Jan is half Bulgarian and still has family residing in parts of Bulgaria. After touring many orphanages in Bulgaria she has an even stronger desire to help the orphans there.

"Children for Children" Concert by Loosli Family

By Saren Eyre Loosli

In early December 2007, we held our First Annual "Children for Children" fundraising concert for One Heart Bulgaria - and it was a great success! My kids helped put together a 30-minute program showcasing their various talents (piano pieces, dances, songs, readings, art on display, etc.) and we invited friends and neighbors to come and enjoy the children's program and donate the amount of their choice to help the Bulgarian orphans. We had about 60 or 70 people come. After the children's talent program, we watched a video of the orphans from my last trip to Bulgaria and ate refreshments.

Everyone gave generously. After the concert, the kids and I counted up hard-earned pennies and nickels that got thrown into the donation box along with lots of generous checks and dollar bills - and we raised \$880!

The kids who participated were so excited to do something meaningful to help other children and we were able to offer a great Christmas giving option and a fun festive evening to a lot of people who really enjoyed it.

As I tucked my 7-year-old into bed after the last guests left on the night of the concert, he said, "Mom, this was the best day of my whole life! We got so much money for the orphans!" THAT really made the whole thing extra worthwhile for me. We're definitely making this concert a holiday tradition.

For invitation ideas and general tips on how to put on your own children's talent show/concert, please email Saren at saren@joyschoolco.com



We are grateful to Eyrealm, which generously matched the donations the Loosli family and friends raised. Donations supported a recent research trip for Family Dynamics International which is partnering with One Heart Bulgaria in creating a unique Training Program for Bulgarian orphanage caregivers (see article in this edition).

More orphanages served by One Heart Bulgaria

One Heart Bulgaria has recently added six new orphanages to their programs for a total of twenty now served. The new orphanages are:

HASKOVO-NADEJDA houses 55 children ages 3-7. They need funding to hire Bulgarian "grandmothers" to nurture the children.

BRATSIGOVO #1 is home to 60 children ages 7-18. They need funding to continue dance and sports programs for 2008.

NARETCHEN houses 55 children ages 3-7. Their needs include funding to hire Bulgarian "grandmothers" to nurture the children plus a part-time nurse.

TANYO VOIVODA is an orphanage for 65 older children ages 7-19. They need a sponsorship for basic needs. They also

especially need powdered milk and a washer and dryer.

STOIKITE is home to 60 "at risk" children ages 7-15.

ZELENOKOVO has 45 children ages 4-7 who need a sponsorship for basic needs.

Contact Donna Dushku to sponsor these new orphanages. donna.dushku@oneheart-bg.org



One Heart Bulgaria - Family Dynamics International, Inc. Bulgaria Orphanage Assessment Trip Report, April 2008

Family Dynamics International directors Roberta and Thyrle Stapley along with associate Becky Johnson just completed an eleven orphanage assessment for curriculum in partnership with One Heart Bulgaria. OHB directors and Bulgaria field director Nikolai Gavazov provided the itinerary, contacts and appointments with orphanage directors and city governmental officials, mayors and vice-mayors. OHB provided funding along with translation and travel means though Nikolai's services for the nine-day assessment trip April 1-9, 2008. Nikolai previously translated FDI assessment materials, FDI credentials and resumes, which were sent out to orphanage directors and city mayors for evaluation and input several weeks in advance. Roberta Stapley reports as follows:

FDI is extremely impressed with the efforts and relationships which have been established between OHB and the orphanage directors, children and various city officials. We loved the warmth and professionalism of Nikolai's services and efforts in behalf of OHB-FDI.

Our assessment goals and hopes for caregiver training and curriculum development, governmental relationships and approval were significantly exceeded. Our experiences reflected the providential hand of Him whose work this really is. We also recognize the element of serendipitous timing.

Since Bulgaria's acceptance into the EU in 2007, they have been under pressure to make significant changes in their orphanages. Previously, orphanages were under the direction of national governmental agencies. They are now under city governments. The emphasis on intellectual education only has been changed to socialization skills for caregivers and children. Orphanage directors and caregivers are expected to care for post-traumatic stress and attachment disorders, lying and stealing problems, and many other areas affecting proper healthy socialization. Government officials are seriously seeking NGO training for orphanage directors and caregivers for these required changes.

In our assessments, from the orphanages ranging from 0-3 years, 3-7 years, 7-18

years, and 18 years to transition, we found their feedback and needs to be a good fit for the caregiver training and orphan curriculum which FDI has established in other countries. We took about 1200 pictures from which we will select those to use in the curriculum.

Meetings with the mayors of Sofia, Plovdiv and Bratsigovo proved very favorable. We committed to produce materials for training caregivers; a nine-month curriculum for orphans, to begin with a four to five-month pilot curriculum; and we will address parenting skills and foster care training. They seek ongoing training.

The Sofia vice-mayor proposed that OHB-FDI be given one floor of the large Slaveikov Orphanage to provide for and maintain long term. The city currently is processing renovation of all five floors. Authorization for all the training we can provide to Sofia's orphanages was given. The Plovdiv vice-mayor was enthusiastic and invited us to register on the mayor's list of NGO's. He invited us to future meetings with himself and coalitions of NGO's. He offered OHB-FDI work in conjunction with himself and his staff to provide caregiver training, orphan curriculum and parenting to the Plovdiv orphanages. He was enthusiastic in offering a building for an opportunity home and stated they had buildings that need repair and others with less need of renovation. The Bratsigovo mayor was also highly motivated and asked us to commit to return in October and do training. We further received permission and have committed to train orphanages in the Rodopi Mountains region.

FDI will complete a customized curriculum, provide printed materials and return with extensive long term training for caregivers. We feel confident this current project will affect hundreds of orphans, caregivers, and parents for generations to come. Our vision is to expand this project to other districts of Bulgaria. The primary limitation is funding. If you would like to donate to this project, please contact One Heart Bulgaria.

Gratefully, Roberta R. Stapley, Director, CEO
Family Dynamics International, Inc.



Becky Johnson, Thyrle Stapley, and Roberta Stapley meet with the Vice Mayor of Plovdiv and his assistant.



Meeting with the Mayor of Bratsigovo



Opportunity home in Plovdiv

The Ginn family turns tragedy into hope

Maya and Kate Ginn with their parents, Vicki and Tyler.



By Victoria Ginn

It never occurred to me to ask Tyler to accompany me to my doctor's appointment. It was our third pregnancy and our 2 1/2 and 1 year old daughters kept us so busy, I was happy I made it out the door that morning with matching shoes.

In an instant, time stood perfectly still. I could hear the words being spoken to me "incompatible with life". Our third child had Trisomy 18, an incurable genetic disorder. My practical side shifted into high gear: remain calm, listen and process; but the tears were uncontrollably falling from my face. You know the risks of pregnancy, but it takes on a whole new reality when you are the less than 1% to which this can happen. It was more than likely that the baby would die before birth and if we did make it to birth, would die shortly after.

The next few days were a soul searching, logical versus spiritual, emotional roller coaster for us. Tyler and I had decided to continue the pregnancy. It was very personal decision that was the absolute right one for our family.

On July 29, 2006, seven months into the pregnancy Sara Ann Ginn was stillborn. Despite the inevitable outcome, we felt very blessed during this entire experience and it has drawn our family even closer. Tyler and I had decided that we would honor the memory of Sara by setting up a fund in her name. We had been sponsors to One Heart Bulgaria for several years and were made aware of the alarmingly large number of deaths in children from hydrocephalus. It was very disturbing because with minor surgery, these children would survive. Deborah Gardner had been fearlessly working to provide medical care and supplies needed to perform these surgeries. We had the faith, strength and courage to realize sometimes miracles appear in different packaging. The outpouring of love and support from our family, friends and peers was overwhelming. The Sara Ann Ginn Hydrocephalus Fund was created.

It has been truly inspiring to witness the generosity and love from everyone. Through the dedicated work of One Heart Bulgaria and the Sara Ann Ginn



Hydrocephalus Fund, over thirty-seven surgeries have been performed! You are all living testimony that reaching out makes a difference and saves lives. With Sara's death, other children received life. That is a miracle.

We feel very fortunate to be associated with One Heart Bulgaria. Tyler spent two years in Bulgaria during his mission while attending BYU. He spent much of that time doing humanitarian work, including witnessing the dire straits that the Bulgarian orphans are living in. We have had the honorable privilege to sponsor several orphanages over the years in which basic supplies and care have been made available to the children. We believe strongly in the work of One Heart Bulgaria and their dedication to improving the lives of Bulgarian orphans.

Students serve in Bulgarian orphanages as BYU interns

One Heart Bulgaria recently planted the seeds for a long and fruitful partnership with Brigham Young University. The well-established OHB internship program, under the direction of Chelsia Evans up until January 2008, has sent interns to many different orphanages over the past years. Starting this year, students at Brigham Young University will be able to earn academic credit for their service. The internship director for BYU's School of Family Life will work with each intern on a series of assignments: interns will research, read, set goals, exchange regular emails with the director, and evaluate their experiences.

One of the advantages of this new internship partnership is the potential for an increased number of interns--they will be drawn from the BYU population as a whole rather than the relatively small group of recently-returned missionaries. Even if many interns will not be fluent in Bulgarian, they will quickly pick up the basics.

The biggest challenge the program faces is funding. The strong connections and good relationships at BYU have already

attracted the attention of a large number of students: at a recent internship fair 25 students expressed interest. But while many internships pay the interns, we require students to provide their own tickets, food, VISA registration, passport work, housing, and medical coverage. We're grateful for the support of Eyerealm, which matches up to \$500 each for four interns each year. OHB's internship directors are looking for additional sponsors to help augment interns' financial resources.



One Heart Bulgaria's internship program is doing very well. We are hoping to add participation at other universities and colleges, and look forward to changing many lives in Bulgaria through these selfless interns.

Internship directors Jeff and Sheri Swift

Skyler Hutchison reports on successful internship

By Skyler Hutchison

Every day was a challenge. I will not lie, this was one of the most painful and challenging experiences in my life. There were times I left back to my apartment with tears streaming down my face. A couple times I physically vomited in the street being so repulsed by the mentality of others toward these poor children.

I felt successful after the concerts and events, when the kids had enjoyed themselves. I felt successful when I was the only person to go visit a little girl age 8 in the hospital after having a ruptured appendix. I felt successful every time I knew one of the kids had more reason to live, realized there was more to life than just this barren building in which they lived. I felt successful seeing their eyes light up when I walked into the cafeteria.

I felt successful after seeing Milka resolve a conflict between her sister and another girl after an argument. I felt successful after cleaning up the yard, hardly putting a dent in it, but throwing away six full boxes of trash and litter. I felt successful sticking up for one of the littler kids against the teasing of one of the bigger kids. I felt successful in explaining the reason not to engage in drug use, and seeing the sincere effort of Krasimira to quit smoking.

It's difficult to gauge success in our culture unless you see a percentage on a sheet of paper or a letter or a number like A or C+ or a 8.8, but I gauged it on how the behavior of the kids changed, either for worse or for better. Also I gauged in on

how well I felt leaving at the end of the day. There were days where I felt like I was on cloud nine and loved the work I was involved in and felt as if I could change the world.

Skyler Hutchison interned at Slaveikov orphanage in Sofia and in Plovdiv at Rado Kirkevich from Oct. to Dec., 2007.



One Heart Bulgaria helped many orphanages in 2007

Bratsigovo	13 sports uniforms, soccer equipment, tennis rackets, 4 handball sets, net, 2 handball metal doors, 15 folk dance costumes, English class; teachers/coaches for all of the above.	Slaveikov	Diapers, sanitary pads and hygiene supplies monthly, fabric for sewing classes, replacement of 96 doors with locks and 48 office-size windows (\$25,000+) plastic mattress covers, sweat suits and sleepers, 55 faucets repaired/replaced, 2 washers and 2 dryers, salary for full-time physician.
Gavrovo	Dryer, washer, hygiene supplies, craft supplies, new floor for social room (OHB paid 50%).	Sv. Marina	Fresh fruits and vegetables monthly, diapers and hygiene supplies, detergents, medicines, 10 student desks and chairs, aluminum window and door.
Gorna Koznitsa	Fresh fruits and vegetables, medicines, hygiene supplies, repair of boiler and 2 bathrooms.	Sv. Paraskeva	Pajamas, toys, OHB representative, monthly birthday parties, diapers.
Haskovo-Nadejda	Pajamas.	Vidrare	Fresh fruits and vegetables monthly, washer and dryer.
Ivan Rilski	Monthly birthday parties, food, diapers, sweat suits and sleepers, OHB representative, toys.		
Kotel Hospital	30 plastic mattress covers and 30 mattresses, 10 beds, extra days of rehabilitative care, medicines.		
Maria Louisa	Dental care, incentive awards, beads and other craft materials		
Naretschen	Washer.		
Olga Skobeleva	12 beds, 3 stoves/ovens, dental care.		
Pazardjik	Diapers.		
Rada Kirkovich	Dental care, new floor in social hall, talent show awards.		
Razliv	Music teacher.		



Sports outfits, equipment and dance costumes provided by OHB



New titles, new names on One Heart Bulgaria's board

There have been some changes on the One Heart Bulgaria board. The title "Executive Director" has been changed to "President" and the title "Board President" has been changed to "Chairman of the Board." Although the names are different, the responsibilities remain the same and the office holders are still Deborah Gardner, President and Ivan Djambov, Chairman of the Board.

The Board now consists of the following members:

Brooke Bates, Medical Programs
Chelsia Evans
John R. Clark, MD, Medical Programs
Craig Winder, Legal Advisor
Janet Lapray Petersen

Other members of the One Heart Bulgaria team are Heidi Glyn Barker, Co-founder; Kelly King Anderson, Trustee.

Directors of the various programs are:

Donna Dushku, Sponsorship Director
Jan Wray, Dental Program Director
Jeff and Sheri Swift, Internship Directors

Jeff and Sheri Swift are our newest team members. Jeff, from Provo, Utah, graduated from Brigham Young University with a degree in English. He plans to earn a doctorate and become a university professor. Jeff has volunteered for OHB since a mission to Bulgaria from 2005-2007. Sheri, from St. George, Utah, is graduating in nursing. Jeff and Sheri recently helped set up an internship partnership with BYU, allowing student interns to receive academic credit for their work at the orphanages.

Of her experiences with One Heart Bulgaria, Sheri comments: "I can't think of a better way to be of service than to spend my time helping these children get an honest chance at life."

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