



One Heart Bulgaria

HOPE • LIFE • FUTURE
for Orphans

One Heart Bulgaria sponsor: Roger Skrobeck

Roger Skrobeck has had a personal connection to Bulgarian orphanages since the early 1990's when he adopted two boys. He has a tender place in his heart for children and those feelings motivated him to carefully research One Heart Bulgaria and begin a sponsorship for Assenovets Orphanage in November of 2009.

Roger likes a multi-purpose approach to enriching the lives of the Assenovets children and was eager to make a festive impact from the start by providing a sumptuous feast and combined Christmas/New Year's celebration for the kids the first week of January 2010. Since then, his sponsorship has been supplying much-needed medicines and hygiene supplies on a regular basis. *(Continued next page)*



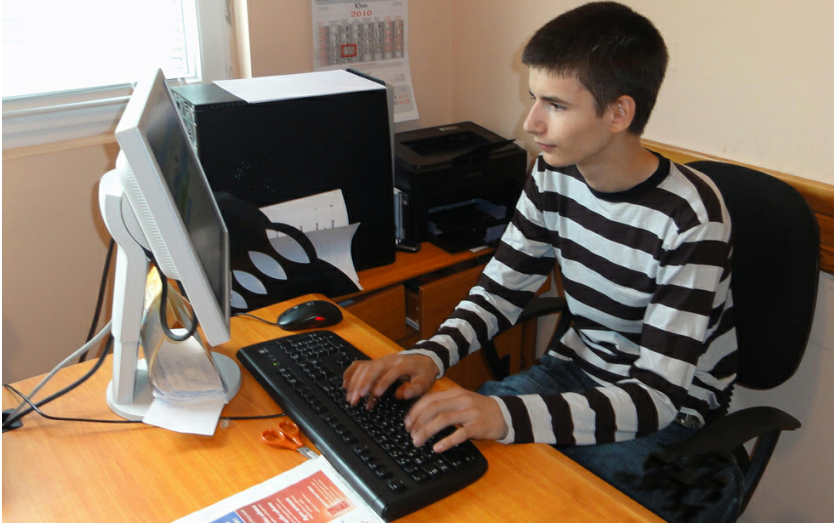
Above: One Heart Bulgaria field director, Nickolai, enjoys his role as Santa Claus. Here he appears at the holiday party Roger Skrobeck provided for the children of Assenovets. Top and middle right: Children at Assenovets orphanage participate in Day of the Child celebrations.

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Roger has a strong interest in providing activities that enrich the lives of the children through providing teachers and classes. One main interest is to provide a “Baba” to nurture the children who are between the ages of one and seven years. There are 18-20 children in this age group.

Another goal is to provide a tutor to help some of the older children with their homework. Roger also wants to establish an occupational training program for the older children. Our field director is making a concentrated effort to find qualified individuals to work with these children during the upcoming school year.

While waiting for these programs to be realized, Roger provided generous funding for the renovation of a library at Slaveikov Orphanage, where some of the older teens are now writing and printing a newsletter for their peers. You can see the impressive renovations in these pictures that show the new desks, tables, and computer.

The Slaveikov Library renovation project has been very important for the children living in the largest orphanage in Bulgaria. Two rooms house the main book collection and a computer, and a smaller room serves as the librarian’s office, and includes a smaller collection of books and a desk for children needing individual help.

We are delighted to have Roger’s support for our programs at Assenovets and at Slaveikov.



Right: A young man receives homework help from the librarian at newly-renovated Slaveikov Library. Above: Slaveikov residents enjoy the computer facilities and comfortable reading area.

HOW DO I BECOME AN ORPHANAGE SPONSOR?

To participate in the Sponsorship Program, sponsors choose an orphanage and make a formal commitment to provide the necessary funding. The orphanage is contacted and the assessment and sponsorship process begins. Then a contract is developed with the orphanage and our field director oversees the expenditure of the sponsorship funds. Sometimes a large orphanage or one with special needs may require multiple sponsorships; in which case, several individuals or groups may sponsor one orphanage.

Email donna.dushku@oneheart-bg.org to sign up or for more information.



The following pages of the newsletter feature projects that One Heart Bulgaria supporters have created to raise funds for the orphans. We hope that you will be inspired by their examples and not only support their efforts in your Christmas shopping, but dream up some innovative projects of your own. Please record your projects with words and pictures, so that they can be included in future newsletters. We wish all of you a joyous holiday season as you give thanks with your families and celebrate the birth of Hope and Love.

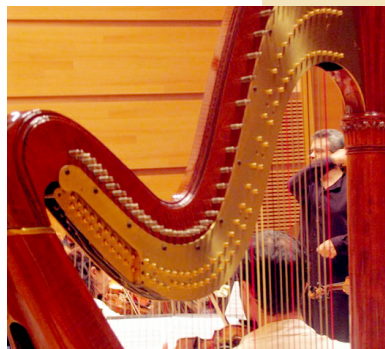
Emily Hinchey: One Heart Bulgaria angel with harp

Emily Hinchey of Arlington, VA, has produced a new CD of harp music which she offers for sale on-line at one-harp.com. She says, "I read a touching article about One Heart Bulgaria the day after I made my CD and knew I wanted to help the children I was reading about." She donates half of the price of each CD and so far has raised over \$250 for One Heart Bulgaria. This money will go toward promoting music programs in the orphanages, programs invaluable in giving the children something to look forward to and smile about.

Emily has been playing the harp for 20 years. She began performing at weddings at the age of ten and participated in the Carl Karlson Harp Competition in Monterey, California at 15. At Brigham Young University she played with the University Orchestra and the Harp Ensemble, which gave her the opportunity to perform with the Mormon Tabernacle Choir on Music and the Spoken Word.

One Harp Lullabies is Emily's second CD. The play list includes the following melodies:

1. Baby Mine
2. Sunday Prelude Medley
3. Pie Jesu
4. La La Lu
5. Clair de Lune
6. Scheherazade
7. Canon in D
8. So This Is Love
9. I Am a Child of God
10. Somewhere over the Rainbow
11. The Prayer
12. When You Wish upon a Star
13. Ashokan Farewell
14. Laura
15. Brahms' Lullaby



"Emily's harp music is not only magical, but soothing and delicate. Whenever I play her lullabies, the atmosphere in my home calms and my children settle down immediately! Emily's talent for music is matched by her great compassion for Bulgaria's orphans. We are grateful for her support with our music programs on their behalf."

*Deborah D. Gardner
One Heart Bulgaria,
President & Co-founder*

You can order **One Harp Lullabies** by visiting the website one-harp.com. The CD costs \$8 plus a \$3 fee for shipping. It would make a lovely Christmas gift and benefits the orphans at the same time.

Merrily we roll along



The word was out, “Michelle’s baking again!” The news spread quickly throughout the neighborhood and beyond that the book club in Michelle Olsen’s home school group was selling Christmas Morning Cinnamon Rolls as a fundraiser for One Heart Bulgaria’s music programs. Michelle is known for her homemade bread and cinnamon rolls so orders flooded in through emails and phone calls. The rolls sold for \$15/dozen. Earnings totaled \$700.

Eight children and their moms helped with this fundraiser by cutting out baking instructions, making the cinnamon rolls and helping to deliver them. This is a fundraiser that should be held early in the fall and not left until the busy Christmas season.

When asked why she chose OHB, Michelle remarked: “Our family decided to help because it was kids helping kids. We chose to put the funds we raised towards music programs because I learned how much those programs were helping the children with their self-confidence through music and performing. I wanted the kids to feel the joy that comes with developing their talents. The music programs give them something positive to do that lifts

their spirits and builds a sense of accomplishment. Those kids don’t have much else to look forward to.”

CINNAMON ROLL RECIPE

Makes 4 dozen.

Pour into a microwavable bowl and heat in microwave for about 4 minutes. You want the mixture to be REALLY warm but not boil.

2 1/2 C. tap water, cold
2 1/2 C. cold milk

Put into Bosch (or any bread mixer like Kitchen Aid, Etc.) and mix:

3/4 C. sugar
3/4 C. oil
2 Tbs. Salt

Add heated water and milk mixture. Sprinkle 2 heaping tsp. yeast on top of mixture. Mix a little to moisten yeast. Let yeast rise for about 5 minutes.

Add 12-13 C. flour, 1 C. at a time, as you mix. Keep adding flour until the dough no longer sticks to the sides of the bowl, but is still sticky. Do not add too much flour! Let mix for 4-5 minutes.

Roll out 1/4 of dough at a time into a rectangular shape on lightly floured

surface. Spread 1/4 C. of melted butter, then sprinkle with 2 handfuls of the cinnamon and sugar mixture described below:

1/2 C. packed light brown sugar
1 tsp. cinnamon

Roll up dough along the long length of rectangle like a jellyroll and slice with a very sharp knife into 12 sections. (Cut them about 1 inch apart).

Place these disks on a cookie sheet and freeze. Once frozen, scrape rolls off the pan and put into gallon size ziploc freezer bags. There are specialty bags with snowflakes and candy canes on them at Target for those interested in them. Separate the rolls into bags of 1 doz. each. Include the cream cheese frosting (1 cup) in a small ziploc bag and place that inside the gallon size bag.

The person who buys the rolls will put them in the freezer until the night before making them. Don’t forget to include baking instructions with the rolls.

When ready to thaw, place 9 to 12 rolls in a 9x13 baking dish and let sit over night on the counter. In the morning they should have risen sufficiently to cook. Bake at 350° for about 20 minutes or until golden brown on top. Remove from oven and frost with cream cheese frosting. Recipe below:

CREAM CHEESE FROSTING

1 cube softened butter
1 pkg cream cheese
3 1/2 C. powdered sugar
1 tsp. vanilla

Beat all ingredients together thoroughly and frost the rolls.

Nicholas puts ideas into action to help orphans

Nicholas has family members who are very involved with One Heart Bulgaria. From them he heard about the plight of children in orphanages. He was touched and wanted to help, too. He wrote this article about his fundraising project.

I was actually kind of sad about how the people live in Bulgarian orphanages and I heard that Davin my cousin was doing a fund raiser and I thought, "why not!" I got the idea to collect recyclables. I asked two of my best friends, Grant and Bene, to help me. My mom, sister, and brother heard about it and decided to help. We collected recyclables to have crushed and get the money and use it for the benefit of the orphans.

I made flyers using power point and put them on each of the neighbors' front doors. Soon there were tons of bags in the driveway. People just started showing up and then we went door to door to ask for more recyclables. What got the most cans was going door to door. People thought that was a good idea so they just started giving us their recyclables.



Nicholas, from Trabuco Canyon, CA, is pictured above on the left with his family who helped with the project. His sister, Sydney, is wearing an OHB tee-shirt, available for \$10 from oneheart@oneheart-bg.org.

We made \$300 and I felt really excited about that--that I'd done the right thing. My advice to other kids is to put a lot of work into it because you'll really be

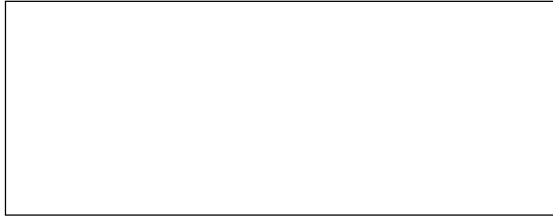
pleased with the outcome and how happy you're making others. --Nicholas, age 13.

With the funds Nicholas raised, OHB was able to purchase three bicycles for the children at Gorna Koznitsa.

Pretty pendants make great presents



Jen Walker, creator of these pendants, enjoys using her talents to help Bulgarian orphans. 100% of the profit of these pendants goes to OHB. In addition, Jen donates 3% of her overall sales of beautiful stained glass creations to OHB! Jen lives in Provo, Utah with her husband and 3 kids. Check out her amazing creations at GlitzGlassStars.blogspot.com. All pendants and keychains are double-sided and cost \$18-21 ea. Keychains come with rings. Chains for the necklace pendants can be ordered separately. To order, please contact us at oneheart@oneheart-bg.org.



www.oneheart-bg.org
 435-792-3508
 Sugar City, ID 83448
 P. O. Box 475



Music at Vidrare

Iskra Trayanova is the song leader at Vidrare Orphanage. One Heart Bulgaria pays her salary, has bought costumes for the children, and supports their music program. The children have put on performances for their town.

Despite the fact that all of the children in this orphanage are disabled—many severely—and cannot care for themselves, there is a feeling of family and hope. Sadly, this orphanage is constantly short of food and heating fuel. They have a greenhouse in an attempt to provide fresh fruits and vegetables. There is also a mini-farm with pigs and chickens that provides some food. They need more help and our Grandmother Nurturing Program would also be very desirable for this orphanage.



TO SEND YOUR CONTRIBUTION RIGHT NOW, CUT OUT AND MAIL TO 561 North 150 West, Centerville, UT 84014
 Do you want to make automatic monthly donations? Visit www.oneheart-bg.org and click on "donate" to learn how.



I want to help! Enclosed is my donation to One Heart Bulgaria

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Please send me more information about One Heart Bulgaria, a non-profit tax-exempt charitable organization.



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