



One Heart Bulgaria

HOPE • LIFE • FUTURE
for Orphans

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Baba boom!

Since the first days of One Heart Bulgaria, we have wanted not only to provide food and clothing, but also interaction and love to the sweet children alone and afraid in the various orphanages we visited. OHB's first field director, Radost Yanakieva, had a fantastic idea: invite older women in the community to be *babas*—grandmothers—to nurture the children. From day one, the program has been a success and we now support eight babas in five orphanages.

OHB babas are hired to work in specific orphanages with the goal of providing loving interaction with the children.

Sometimes, in cases where individual children need extra attention and care, a grandmother may become a
(Continued on next page)



Above: Field director Nikolai Gavazov with Nadya and Baba Ivanka. Below: The Babas at Haskovo orphanage.



(Continued from page 1) special friend—providing the child a loving confidante and mentor. A good example is Baba Ivanka, who has been instrumental in bringing little Nadya out of her shell (see picture, lower right). Nadya had been thought to be mentally handicapped because she doesn't speak, but since Ivanka has been working with her she has shown remarkable progress. Perhaps she only needed love and individual attention. Ivanka has worked all of her adult life helping children in nurseries and we are very fortunate to have her work for our organization. She has consistently shown great compassion and talent in helping the children under her care.

Elena (below left) is another new employee and is also a dependable and compassionate caregiver for the children at Pazardjik.

Get a jump on your holiday planning with this FANTASTIC Christmas gift idea: a Baba Sponsorship! You could give this gift as a family Christmas project or in someone's memory or in the name of the gift recipient. It only costs \$100 per month for One Heart Bulgaria to hire a "grandmother" to be a Baba for needy children. This has been one of our most successful programs.

For more information on sponsoring a Baba, please visit the website www.oneheart-bg.org. Click on **Grandmother Nurturing Program** in the left sidebar and then click on **Donate**. Or you can write a check to One Heart Bulgaria and put Grandmother Nurturing Program in the memo line and mail to

**Jennifer Djambov, Treasurer, One Heart Bulgaria
561 North 150 West
Centerville, UT 84104**



**Babas
Elena (above)
and Ivanka (right)
nurture the children
of Pazardjik Orphanage
under the sponsorship
of Brett and
Youlia Rowland.**

Brett and Youlia Rowland sponsor Pazardjik Orphanage which houses 88 babies, ages 0-3 years. Youlia was born and raised for the most part in Bulgaria and feels great purpose in helping her native country's orphans. She and her husband both feel that OHB's goals and mission are "close and dear" to their hearts and are very involved in the decision-making process of how to help "their" orphans. Their contributions have funded a new floor for the orphanage playroom and are helping to provide two babas—Ivanka and Elena—who nurture the babies and toddlers. In addition, as full sponsors they are providing basic needs of food, medicines, hygiene items, and bedding for all those little children. The orphanage does not have enough staff to manage all the laundry that comes with cloth diapers for 88 babies. For this reason, they go through a tremendous amount of disposable diapers each month. Can you imagine?

At their recent wedding party, the Rowlands requested that guests donate to OHB in lieu of gifts. These donations will fund a special new educational/recreational program for the Rada Kirkovich (Plovdiv) children, ages 7-18. Under the supervision of a teacher, rotating groups of teenagers will be taken on field trips to museums, monasteries in the mountains, classical concerts, opera/theater productions, and other cultural events such as national soccer tournaments and community festivals. These kinds of opportunities are rare or unheard of in the world of Bulgarian orphans. We are very excited to be able to provide this program through the donations of the Rowlands and their friends. We hope to duplicate this program in the other two teenage orphanages in Plovdiv.

A huge "thank you" to the Rowlands for their compassion and generosity!



One Heart Bulgaria concert resounding success

Brigham Young University hadn't seen a benefit concert crowd that large in years. BYU's Club Bulgaria hadn't put on an event that successful, One Heart Bulgaria hadn't seen in-person support that strong, and hundreds of dedicated attendees hadn't seen something that moving. That is, until March 5th, 2010, when BYU students, local families, and great musical talent gathered to support the cause of Bulgaria's orphans.

Mindy Gledhill, Sam Payne, and Peter Breinholt took the stage after a rousing opening act by local musician Brittany Darrohn. Russ Dixon from the band "Colors" also performed with Sam Payne. The popular musicians shared their talents and time in support of the Bulgarian orphans they had come to love. Laura Chukanov, Miss Utah USA 2009, emceed the event, sharing her love of Bulgaria as a native Bulgarian.



The concert was made possible by One Heart Bulgaria president Deborah Dushku Gardner's extensive work with the artists, including their 2009 humanitarian trip to Bulgaria. The trip made an impression on them, as was plain to

all who were in attendance that night.

Aside from deeply impacting those in attendance, the concert was a success on many other levels. It made news in Utah and in Bulgaria, making One



Club Bulgaria members sponsored the concert



Front row: Skyler Payne, Craig Minor, Sam Payne, Peter Breinholt. Back row: Brad Luppino, Jeff Swift, Kelly King Anderson, Jeremy Barron, Ryan Tilby, Kevin Dee Davis, Mindy Gledhill, Deborah Gardner, Laura Chukanov.

Heart Bulgaria's first large-scale benefit an internationally-heralded success. This success covered both the social and financial spectrum—the concert raised significant levels of awareness and an impressive sum of money, all for the orphans. And finally, the impressive showing of support by volunteers, donors, and attendees was quite possibly the largest gathering, ever, of people expressly caring about the orphaned children of Bulgaria. Many of them have never been thought, or cared, about by anyone other than an overworked orphanage staff. On March 5, 2010 they each had hundreds of supporting, loving, and generous individuals caring about them.

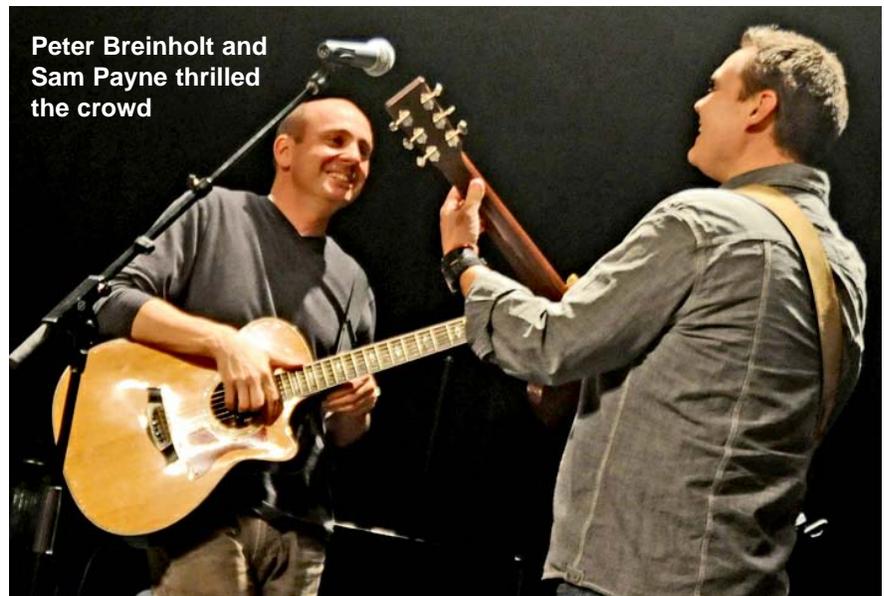
Thanks to all who supported us in this endeavor, and who continue to support us every day. We couldn't do it without you!



Russ Dixon dedicates "Lullaby" to orphan babies



Mindy Gledhill signs the t-shirt of a happy fan



Peter Breinholt and Sam Payne thrilled the crowd



ONE HEART BULGARIA BENEFIT CD

includes some of the artists from the concert. Songs featured on the CD include: **Mindy Gledhill** "Child of Light," **Sam Payne** "Rise Up and Shine," **InsideOut** "Dona Nobis Pachem," and many others. The CD costs \$9.99 plus shipping and handling. To order, please visit the One Heart Bulgaria website at oneheart-bg.org

Triathlon time for fundraising

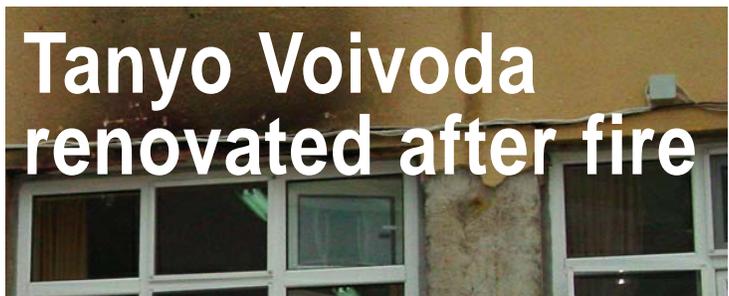
Fundraising for Bulgaria’s orphans is a way of life for OHB President, Deborah Dushku Gardner. “I turn everything my family and I love to do or need to do into a fundraiser for the orphans,” laughs Deborah, “When you have a big family, there are just too many schedules to work with. You have to get creative about fitting in time to serve others.”

At her children’s schools, Deborah volunteers for career and cultural days and assemblies. This way she fulfills her “mommy volunteering time” and can share about Bulgaria’s orphans. It is the same at church where Deborah helps with youth programs. “They are always looking for service projects and I have plenty of them! Every chance I get, I tell them about the babies and the teenagers in the orphanages. It makes them want to help.” She also encourages the women’s organization to get involved,

Finding time to exercise regularly has been a challenge, so Deborah turns that into a fundraiser, too! In August Deborah completed her fourth triathlon—her first olympic distance—and raised \$1470 for educational field trips for the teenagers at the Slaveikov orphanage. “When I start feeling discouraged or too tired to train, I remind myself why I am doing this and think of the people who are supporting me, then I put my running shoes on,” says Deborah. “People ask how I have time to do all this, but the orphans are a part of our family. They need us, and honestly, we need them.”



Tanyo Voivoda renovated after fire



After a fire devastated some bedrooms at Tanyo Voivoda orphanage, One Heart Bulgaria assisted with renovation, donating several lovely new wardrobes. Tanyo Voivoda is located in Assenovgrad, 14 miles south of Plovdiv in the foothills of the Rodopi Mountains.

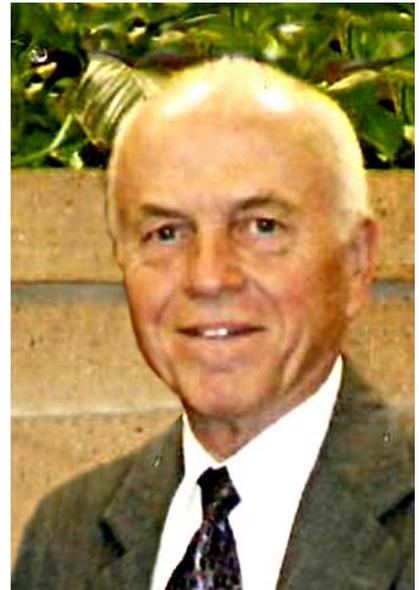


A tribute to Dr. John R. Clark

One Heart Bulgaria board member and friend Dr. John Clark passed away on June 8th from pancreatic cancer. Dr. Clark was monumental in establishing the medical initiatives supported by One Heart Bulgaria, particularly the Hydrocephalus programs. Not only did he travel to Bulgaria himself, working in the hospitals and training neurosurgeons, he also facilitated the visit and training of three Bulgarian doctors at the XIV World Congress of Neurological Surgery in Boston in 2009, John also served medical missions in Guatemala, Singapore, Tanzania, and China. He regularly traveled to Ethiopia as a volunteer humanitarian doctor, treating patients and training medical students at the University of Addis Ababa and the Black Lion Hospital.

John Russell Clark was born in Chicago, Illinois on November 19, 1933. His early interest in medicine was encouraged by his father, a well-established physician in Chicago. He attended Stanford University where he met his wife, Antoinette Evans. They were married April 18, 1955. They were the parents of 6 children.

Dr. Clark served Heavenly Father's children all over the world, and was a tremendous example to us all. He will be greatly missed. Donations may be made in his memory to the medical programs of One Heart Bulgaria, which he so devotedly supported.



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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