



One Heart Bulgaria

HOPE • LIFE • FUTURE

for Orphans

One Heart Bulgaria expands programs

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One Heart Bulgaria has greatly expanded programs for the children in our orphanages by establishing classes in carpentry, sewing, cooking, taekwondo, music, dance, and art.

We are very grateful to have Rumiana Taneva as our sewing and cooking teacher for a group of children at Gabrovo Orphanage. Rumiana has shown much creativity and initiative. She has helped the children to sew such items as chef's hats, dress bags, pot holders, aprons, etc. Her students have received recognition for their projects at local festivals. They have even made curtains for another orphanage.

On her own initiative, Rumiana decided to also teach cooking skills to some of the same students. We know from reports and pictures that she has a loving, mentoring attitude and the children *(continued p. 2)*



respond very well to her.

In the following pages we will tell more about the taekwondo and music programs and the sponsors and teachers who have been enhancing the lives of these children.

In addition to these exciting projects and classes, we now employ 19 babas (nurturing grandmothers), 2 nurses, 1 doctor, 1 librarian, 1 therapist, and 1 chauffeur/ handyman. Our field director, Nikolai Gavazov, has carefully selected all of our One Heart Bulgaria staff. Our “kids” — orphans and abandoned or disabled children in government orphanages— crave attention and guidance from caring adults. This is where our staff helps to fill that void by teaching, serving, mentoring, and loving these children.

All of these very vital programs need ongoing funding and that is how you can help One Heart Bulgaria to continue making a significant impact for these kids.





L-R: Nikolai Gavazov, Assen Minkov, and Jack (Asparuch) Voutov

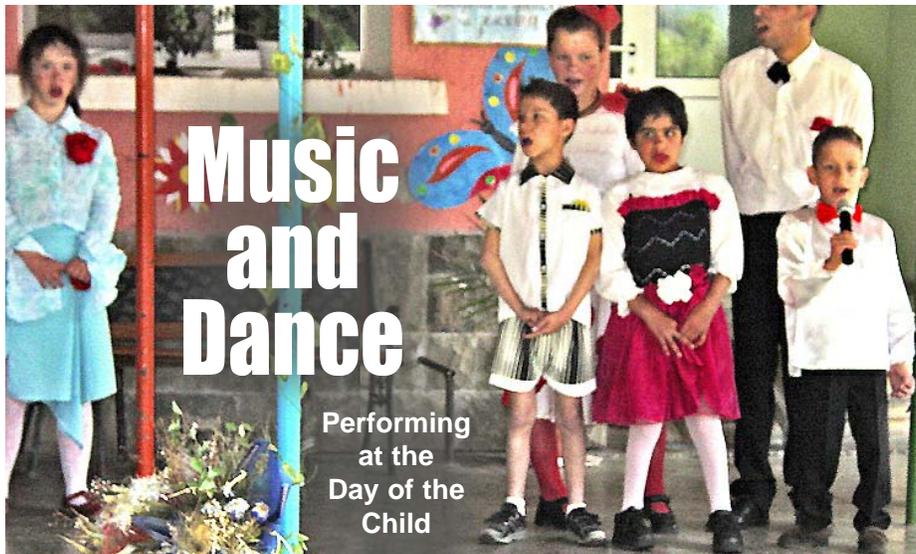
Jack Voutov, one of One Heart’s sponsors and mentors, set up taekwondo classes at Assen Zlatarov orphanage. On Dec. 8th and 9th this year, some of the children took part in a “Friends of the Police” competition in Sofia. Jack himself took gold in the men’s heavyweight division.

regular kids.” **Niki** (below right, with coach **Assen Minkov**, a Bulgarian national sports star) is a very nice and somewhat shy kid. He had to remove his thick glasses while he competed, but won a medal nonetheless.

Two of the children won medals in the event. **Kosta** (below left) received third place. According to Jack, “He fought well and it seemed he had a great time mixing it with the rest of the team and making new friends with

Nikolai Gavazov, One Heart field director, says that taekwondo “is one of the most successful activities we have, because of the kids’ great interest in it and the excellent educational and behavioral benefits.”



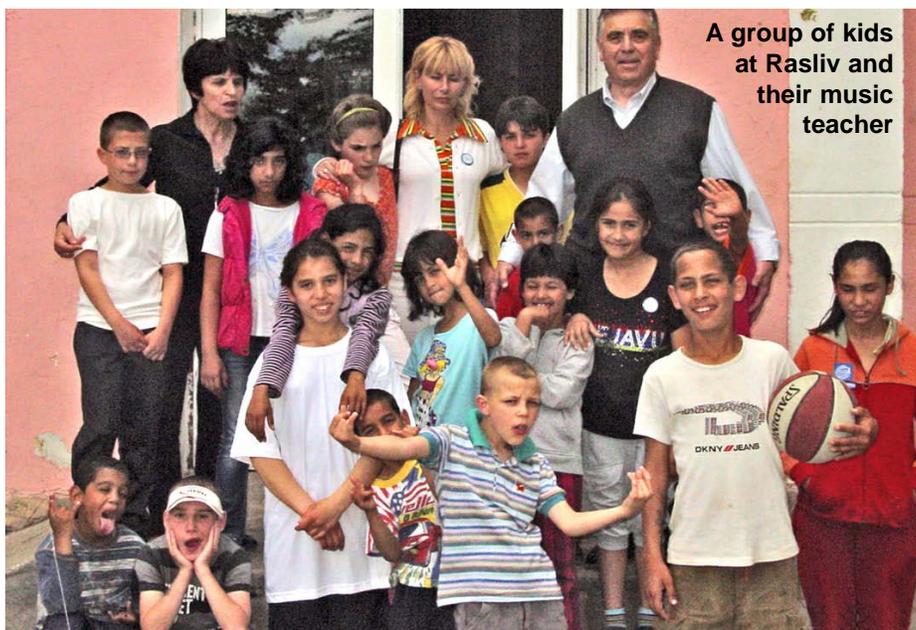


Music and Dance

Performing at the Day of the Child



Rositsa teaches folk dance at Assenovets



A group of kids at Rasliv and their music teacher

One Heart is making a big difference in the orphanages through music and dance programs.

At **Buzovgrad** orphanage there are 82 children up to age 12 who have brain/spine malformations. Rumelia, our music teacher, is doing a wonderful job. The children love her and enjoy singing with her. There was an inspection by the Ministry of Health and everybody was fascinated by those disabled children singing with her although some of them are not even able to talk. This talented teacher needs an accordion which will cost \$93. Can you help?

The music group at **Razliv** orphanage took part in the local spring festival (Day of the Child) where their performance was warmly received.

Vidrare orphanage has 84 special needs children. We are pleased with Iskra Trayanova, our music/ dance teacher. She always has the children perform for Nikolai, the One Heart field director, when he visits. The children are very happy with the new costumes One Heart provided.

The **Bratsigovo** orphanage complex has a folk dance group and a music group. Both groups are working on their upcoming Christmas program for the local bazaar. It will also be a fund raising event for these groups.



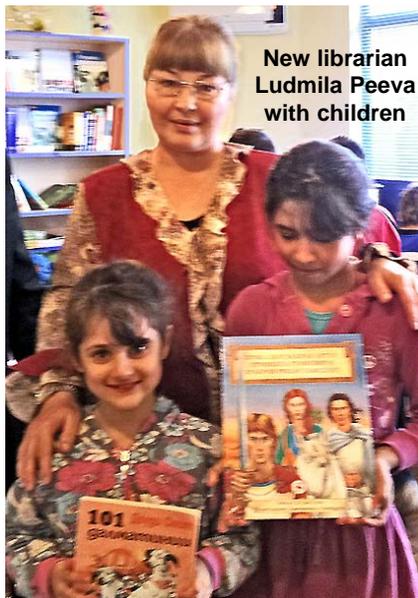
Audience at the Day of the Child

Library opens at Assenovets; another library to follow

One Heart Bulgaria's new library is now up and running! Assenovets Library was established thanks to a generous grant from the **Dorothea Haus Ross Foundation**. The opening ceremony, which took place on November 1, received television and radio coverage and was attended by several municipal officials and directors of nearby orphanages. Dr. Nikolai Gavazov, our field director, oversaw the entire process, which made such an impression in that community that a radio station now wants to do a broadcast about One Heart's work in Bulgaria.



Lots of space on the shelves for more books . . .



New librarian Ludmila Peeva with children



Please spread the word that we still need funds for more books.

**One Heart Bulgaria,
c/o Jennifer Djambov,
561 North 150 West,
Centerville, UT 84104.**

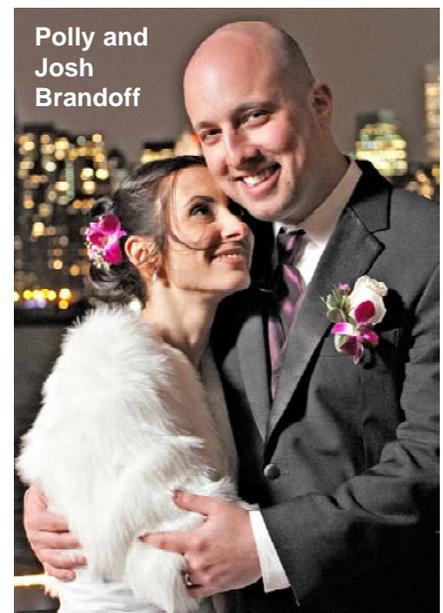
Please specify on your check
"Books for Assenovets Library."

We are also moving forward with a library for Bratsigovo orphanage.

Josh Brandoff of New York City has donated funding for the establishment of a library in honor of his

Bulgarian wife, **Polly**. Polly has a degree in Bulgarian language and literature. She is working on her doctorate in anthropology and is currently the director of the Bulgarian Language School at the Bulgarian Consulate in New York. Polly and Josh plan to visit Bulgaria in the near future. While there, Polly has agreed to speak to the children at the library and encourage them to read children's literature.

Our thanks to John Gochnour for his expertise in writing up the legal agreements for both libraries and to Lilly Ilieva for her help with translating all the paperwork involved.



Polly and Josh Brandoff

Michelle Parker: my dreams of serving the children . . . were coming true



Michelle Parker was an intern for five weeks at Slaveikov Orphanage in Sofia. Michelle loves children. Here she is shown with her own nephews.

From the moment I exited the doors of the Sofia, Bulgaria airport into the thick, hot and moist air, I felt right at home. It was the morning of the day I was to begin working in the orphanage and the realization of all my dreams of serving the children of this world were coming true!

There are few words that describe the experiences I had while working there. My heart has definitely been

changed for the better. Though it is not an easy task to love, it is always worth it in the end. It was a blessing and a privilege to see the beauty in each of those children . . .

Each morning, upon arrival, the little girls would all desire their hair to look similar to mine. As I braided their hair— gave them pigtails or french braids or buns almost every-day I worked there—their true beauty radiated. Inquisitively, they asked questions about where I was from, what we do there and for how long I would be staying with them. Curiously, they would look into my eyes, wondering why I had traveled so far to be with them. The answer to their questions unfolded as the weeks passed. Love and peace is something that is acquired with understanding over time.

I learned the importance of the roles of women in the lives of children. Never did I know how powerful one decision, one person could have on the world. In the course of my time with the age groups from age 5 to age 12, I realized the impact of kind

words and patient intervention amongst the children. I knew my responsibility for these children was great when the director gave me the opportunity to take a select group to the park each day. There we read books, played on the jungle gyms, ate ice cream and popcorn, sang songs such as “Head, Shoulders, Knees and Toes,” made new friends and did daily morning exercises of sprints, stretches, and jumping jacks.

Love for Rosie, came easily as she would greet me each morning with, “Good morning, Mishewa!” Ivalin’s tear-stained face was easy to love as well, for he had only been there for a couple weeks and was not acclimated to living there quite yet. Maria would always ask for french braids with a smile and a thank you. Elena, who has Down syndrome, was as bright and funny as could be. Although she had difficulty speaking, you always knew what she was trying to say as she pointed and others around helped translate her desires. Stephanie greeted you with a bear hug and you were lucky if she let go after five minutes!

There were many occasions where the kids were fighting with one another. I think they mainly wanted attention and this was their way of claiming it. Yet, after spending day after day together, they were learning to get along with one another. It was not until the end of my stay with them that I realized how much their behavioral problems changed for the better. This suggests the adult influence on a child’s life is great and can improve it for good. If anything, I hope to continue to find these opportunities to serve these



children. They just needed to know someone cared.

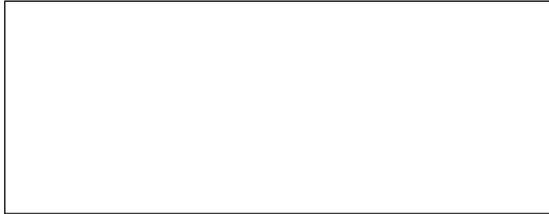
What an honor it was, upon asking my family and friends to donate money that would be directly used for the benefits and use of humanitarian goods for these children, to receive such a generous amount as to take care of these needs for half of the year. The attitude changed in the orphanage between the older children and the little children. They were all filled with gratitude and knew the price of such items as laundry detergent, hand soap, toilet paper, shampoo and conditioner, to name a few. Because there was such a great response, I was able to purchase more than just necessities for these children. We bought around 60 pairs of shoes. They had coloring books, markers, colored pencils, new books to add to their library, new soccer balls, volleyballs, and rubber bouncy balls to add to their daily activities.

There was plenty of laughter and games were played during our time together. Never will I forget their graciousness and the love they so freely gave me. I hope to return to see them or maybe even take some home with me next time!



WOULD YOU LIKE TO HELP THE CHILDREN?

You can provide necessities or even extras for the children in the orphanages by donating using the form on the opposite side of this page. Imagine how much brighter Christmas can be with your help.



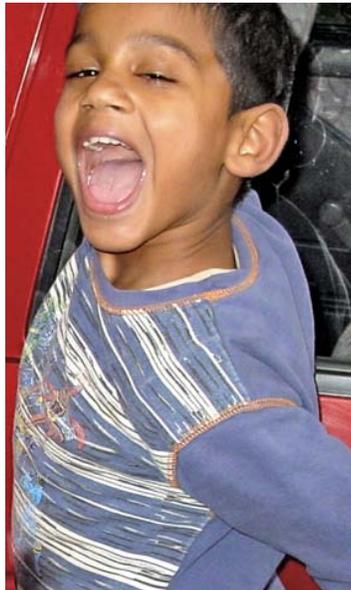
www.oneheart-bg.org
 435-792-3508
 P. O. Box 475
 Sugar City, ID 83448



Merrily we roll along . . .

Consider a family fundraiser project to support our Teachers' Fund. Read about **Christmas Morning Cinnamon Rolls** in our Fall/Winter 2010 newsletter by going to www.oneheart-bg.org and clicking on Newsletters Archives.

Please correct the recipe to read:
Add heated water and milk mixture. Sprinkle 2 HEAPING TABLESPOONS YEAST on top of mixture. Mix a little to moisten yeast. Let yeast rise for about 5 minutes.



News of note

Looking for a way to get your last minute Christmas shopping done . . . and give something at the same time? If you do your online shopping through the following portal, One Heart Bulgaria gets a percentage of the profits! Go to

<http://www.igive.com/welcome/lp2/cr27.cfm>
 and select One Heart Bulgaria.

MERRY CHRISTMAS TO ALL!

Our Internship Director, **Leslie Kawai**, now has a much-needed assistant, **Carolyn Haynie**. Carolyn, who has a degree from BYU in public relations, will help with interested contacts. Contact Leslie at: lakawai@comcast.net.

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! (Project) _____ General fund

Name _____

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



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