



One Heart for Bulgaria

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One Heart family is growing

One Heart welcomes new babies to our “family.” Spencer Ellis Brown was born to Kimball and Valentina Brown, our webmaster and translator, on Nov. 18, 2004. Saren Eyre Loosli and her husband Jared are the parents of twin boys, born Jan. 14, 2005. The boys will be named Oliver Stanley and Silas Richard. Saren is developing the One Heart Bulgaria representative training program.

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Compassion cannot be restrained

In the days since the Tsunami disaster, I have been encouraged and gratified by the outpouring of help from all over the world to the victims of that devastating event. To tell the truth, though, I wasn’t really surprised. During my involvement with One Heart, I have come into contact daily with wonderful, generous people who want to do all they can to relieve



the suffering of others. I know that many of you will be doing double duty this year, giving even more to support relief efforts for the people of Asia. We also will be taking part in those efforts, by redirecting all donations of in-kind items to help relieve some of that burden.

Beyond the sheer magnitude of the event, I think one reason why so much help and relief has been pouring into Asia is because of the comprehensive media attention the situation has received. And rightly so! When people are aware of a situation, they cannot be restrained from trying to help—a sometimes overlooked, but very real aspect of human behavior. People love people—we are moved to action when we see the suffering of the innocent. Let’s learn a lesson from this and do all we can to get the word out about One Heart’s work with the children in Bulgaria. Let your friends and family know what we are doing—invite them to participate with you in these children’s lives, and sign them up to receive the newsletter. We’d love for our “family” to grow.

I think that this issue of the newsletter will communicate some of the excitement we are feeling about 2005. Director Nikolai Gavazov is doing a fantastic job—you’ll get to see a picture of him dressed as Santa Claus on page 2. Deborah Gardner will report on her latest trip to visit the orphanages, and Brittany Daw will be introducing our new spring fundraiser.

Thank you all again for your support of One Heart. We wish you all a very happy and peaceful new year!

—Heidi Glyn Barker, Executive Director, One Heart Bulgaria

One Heart brings hope and happiness

"St. Nikolai" distributes gifts to children in Sveta Mina Hospital



In the last newsletter, Heidi Glyn Barker described a visit to Sveta Mina. Dr. Nikolai Gavazov follows up on that report.

Sveta Mina Hospital has the only specialized ward in Bulgaria for children born with cerebral malfunctions, including micro and macro-encephalia, cerebral paresis, etc. Almost all of these newborns have been left by their parents to the hospital forever. The ward, run by Dr. Shumanska and a staff of 22 nurses and associates, looks after 60-80 children until they reach age 3. Many do not survive to that age, while the life span of the rest rarely exceeds 7 to 10 years. Conditions in the ward have been very bad for many years, with a permanent shortage of diapers, shampoos and detergents, baby food, clothes, even bedding. They also lacked proper medical equipment and, despite the great job done by the staff, the ward was just reduced to a "morgue" as some used to call it.

Children who have macro-encephalia have been in a particularly sad situation. A shunt placed in their heads at the proper age would give them a great chance of survival but they pass that age without surgery because of a lack of funds to pay for shunts (costing up to \$800 each) and are thus doomed to sure death in the near future. There have been at least 5 to 10 cases like this every year. The kids with other diagnoses are in similar situations.

The children have had no teachers to teach

them and play with them. The management of the hospital considered it a waste of time and money for the teacher's salary. In addition, the kids had absolutely no toys and no music was played whatever. The building was likewise in very poor condition. The roof leaked and the walls were ugly and stained.

Since One Heart Bulgaria established a close relationship with Sveta Mina in the last year and a half, the situation in this children's ward has greatly improved. Due to the supplies of diapers, clothes, food and other necessities, the children are in much better condition. They look happier with cheerful children's music played by the cassette and CD player provided by One Heart. For the first time they had a Christmas party with lots of gifts, toys, sweets, a puppet show and St. Claus distributing gifts to each child. This was an unforgettable experience for both the kids and staff. The children particularly liked their new toys (they never had any before) and played happily with them. The whole place doesn't look like a "morgue" any more.

One Heart plans to secure funds to buy an electrocardiograph (EKG) and electroencephalograph (EEG), to repair the roof and renovate the interior. Further-more, One Heart is seeking donors to establish a fund to pay for surgery, shunts, cat-scan testing and other procedures required for proper therapy for the children. This

This email was received shortly before Christmas from Bulgarian One Heart Executive Director Dr. Nikolai Gavazov.

Nikolai reports success at Gorna Koznitsa

I am pleased to report that Lubo Kolev and myself made a very exciting visit to Gorna Koznitsa on Dec. 14. It was on the occasion of inauguration of the new building which was sponsored by British people through *Daily Mirror*, British Airways and Hope Foundation. I brought a big bag full of candies for the kids and the guests. The event was attended by many people, it was very nicely organized and directed by Margarita Parmakova, director, and was enjoyed by everybody.

We, One Heart, have been specially introduced in front of many people, including TV, other media, other sponsors and the mayor. The TV people recorded an interview with me, which will be shown on several cable stations. The public relations was so successful that many people made an effort to contact us, asked for business cards and wanted us to participate in their projects, too.

Our project with the roof repair has started by purchasing the materials. Small part of the money have been used, with my permission, for finishing the new building just before the event, mostly for some floorings. The dryers we provided, four of them, will be operational within a week or so.

We made these people happy and they showed much gratitude.

**Best regards and happy holidays!
Nikolai**

would allow the lives of many children to be saved and turn the ward into a modern facility for true treatment and care.

Catch the vision of One Heart

One Heart Bulgaria Representatives Vanya, Vikki, and Georgia show their new supply bags.



Even a simple "boom box" brings music to kids' lives



Another beautiful baby at Sveta Paraskeva



Sara Gardner Holmer plays with the babies at Sveta Sofia



Sponsorship Director Deborah Gardner has story time with the 3 and 4 year olds at Sveta Paraskeva



Left: Bulgarian One Heart Executive Director Dr. Nikolai Gavazov shows one of the four dryers provided to Gorna Koznitsa.



Right: Nikolai Gavazov blowing bubbles with children at Gorna Koznitsa.



Wanted: Team leaders for fundraising project

One Heart Bulgaria needs at least ten people to volunteer to be Team Leaders for a fundraising project selling flower bulbs. Team Leader responsibilities include finding at least 5 people to be on their "team" and motivating them to sell at least 50 bulbs each. Team Leaders would organize the bulb information, handle money, and assure victory for their team. The team that sells the most gets a prize. Each team should have the goal of selling 300 bulbs!

Dutch Mill Bulbs Company provides a brochure of a variety of bulbs. Sellers

find people to order bulbs, collect money, and the Team Leader sends off the request and payment. Half of the money we collect, we keep! Team members assure that bulbs reach the people that ordered them once they come in the mail. The flowers and plants are really great—they even have a guarantee. I have bought several myself and am waiting for them to bloom in the spring. The bulbs ordered now will bloom middle to late summer.

This is an easy way for our organization to raise money. Everybody loves

flowers, and these are such a good price. Without trying I was able to sell 35 bulbs—just to neighbors. That's \$87.50 for One Heart! Imagine what we could do if we sold just 3000 bulbs! That is much needed money for this great organization.

If you are interested, please contact me, Brittany Daw at brittanydaw@hotmail.com or 801-302-5910. You will receive more detailed information about the fundraiser and your responsibilities. If you just want to order bulbs, please also contact me and I'll get you set up.

Summer blooming flowers to be planted this spring (after March 15th) available from Dutch Mill Bulbs include: Gladiolus, Stargazer Lilies, Hanging Begonias, Bleeding Hearts, Fancy Leaf Caladiums, and many other colorful delights.



Inside Slaveikov

"How can humans possibly live like this?" I thought, overwhelmed with sadness as I walked the halls of Slaveikov. "How does a child survive here?" The smell of urine was strong in the air, even though there was a constant draft due to the broken windows in almost every room. The children's beds were horrendous with rotting mattresses, tear stained yellowed pillows and tattered, dirty blankets unfit for even a stray dog. Do I dare even mention the bathrooms?

The lady who had just let us in ten minutes before explained that Slaveikov is the oldest and largest orphanage in Bulgaria and the largest in the Balkan area. About 180-200 children ages 7-18 live at Slaveikov. I met some of them. One boy, who was about 9 years old, followed us around the halls the entire time we were there. "Can I show you my room?" He was very eager and we couldn't turn him down. He led the way to a space shared with four other kids

and directed our attention to one corner. He smiled proudly while pointing to a pathetic collection of old Legos. He had arranged what few pieces he had into a circle. I thought of my 4-year-old boy at home with his big, heavy bag of numerous Legos which he, too, adores.

I am so concerned about the Slaveikov orphans and the conditions they live in. There is a sensitive place in my heart that urges me to make some sort of dramatic difference there and through our dedicated sponsors, changes *are* taking place! We have funding to help the orphans at Slaveikov in several ways.

One of the most exciting changes has been the hiring of Lubo Kolev to work with the orphanage director in setting up programs for the kids such as art, drama, gardening, book clubs, sports programs, occupational and life skills training, and social skills. These activities will enable the orphans to learn and to spend time constructively--keeping them out of trouble and building self-worth and confidence. We hope

that through these programs, they will have some sort of future when they are released from the orphanage into the streets at 18-19 years of age. We also hope that in time, Lubo will become a sort of mentor and trusted friend, giving them the emotional support and direction in life they have craved for so long.

I have learned from the orphans at Slaveikov that holding onto a hope for a better future and a better life can enable a child to live through another day. We can honor that hope by continuing to help and support these children! Thank you so much to our 2005 sponsors Tyler and Vicki Ginn, Kelly and Matthew Anderson, The Best Ever Book Club, and all others who have sacrificed time and efforts to help Slaveikov.

Deborah Dushku Gardner
Sponsorship Director

To donate towards special projects or become a sponsor for Slaveikov, please email me at deborah@oneheart-bg.org or call 435-792-3508.

Update on our activities

FALL TRIP 2004

Stuffing our luggage with a combined total of 420 lbs. of supplies for the orphanages, Sara Gardner Holmer, Saren Eyre Loosli, and I headed off for Bulgaria in the Fall of 2004. Between the three of us we packed 144 bottles of children's medicines, 653 pairs of underwear, 153 blanket sleepers, and 131 tubes of diaper rash ointment all donated by generous folks from Providence and Orem, Utah, and San Jose Stake, California. We also crammed \$700 worth of Fuzibunz cloth diapers (thanks to the Don Thorton family) into those bulging bags. Not only that, but once we arrived in Bulgaria, we were able to purchase (with donations also given by the above mentioned folks) pounds and pounds of laundry detergent, bath soap, baby wash, over \$200 worth of children's educational books and novels, and \$500 worth of hygiene supplies (thanks Robert and Barbara Pinkerton). Is it any wonder with all that community support, supplies, excitement, and prayers, that we were well received in each of the eleven orphanages we visited?

Not only were we able to meet personally with the orphanage directors—to assess the needs of the children and the conditions of the orphanage in general—but we were also allowed to play with the children as we danced to music, read stories, passed out little homemade pocket dolls (thank you Raeleen Anderson) or sticks of gum and blew and chased after soap bubbles. Most importantly, we were able to hold and cuddle countless infants who normally receive minimal physical contact during the first 15 months of their lives. What a gratifying work this is!

In assessing the orphanages' needs, we came to understand that those currently in the greatest need are the ones that house the handicapped, disabled, or special needs children as well as orphan-

ages for children ages 7-20. This may be due to the fact that foreigners and other humanitarian groups seem to be drawn to or focus most of their efforts on the infant/toddler orphanages while the special needs orphanages go somewhat undiscovered and those for older children may not seem as "high priority" or appealing. Most importantly, the special needs orphanages were in great need of medical and hygiene supplies as well as more therapists and staff in general. Some of these orphanages are in need not only of regular sponsorships, but of extra funding to replace leaky roofs, broken windows, rusty cribs and beds, or for expensive medical supplies such as EKG machines for the infants/toddlers with severe brain disorders. One Heart Bulgaria now has a "project program" to help with these special additional needs (please contact me, Deborah Gardner for more information).

One of the most satisfying experiences of this trip for me was when we met with our Bulgarian staff and One Heart Bulgarian representatives Vanya, Georgia, and Vikki. We gave each of them a very large handmade shoulder bag (thank you Lana Gardner) full of developmental toys, folder games, craft supplies, children's books in Bulgarian, etc. (donated by multiple individuals) so that they could be well equipped with lots of fun things to do as they help in the orphanages. These three women reported many positive experiences. For several hours on a bi-weekly basis, they go to the orphanages simply to share their love and time with the children there. The children, who adore them and have even come to love them, call them either "grandma" or "big sister." You can imagine how touching it was for me



to listen to story after story about how much the children have improved due to the contact these three women have had with them as they play, sing, cuddle and read with the children. A small handful of the over 150 orphans that Vanya, Georgia, and Vikki tend to were once reclusive, withdrawn, or developmentally or behaviorally stunted. They gave those particular children the special individual attention they desperately needed for their personal developmental growth. Due to hours of positive support, physical contact and love, every single one of those children showed dramatic improvement physically, emotionally, and socially. A special thanks to each of our One Heart Bulgaria representatives for loving these children when we, personally, cannot be there! Thank you also to Bonnie Capell and friends for helping to fund this representative program for 2005.

Thank you so much to all the individuals who helped make this Fall 2004 trip a success. Also, I would like to personally thank Marvin Gardner for funding my travel expenses. All of our combined efforts are making a great difference in the lives of the Bulgarian orphans—I know, I was there to see it for myself!

Deborah Dushku Gardner
Sponsorship Director

Announcements in brief

Tax Facts

A new year has begun, and taxes will be upon all of us soon! If for some reason you have not received a donation letter for tax purposes from One Heart, please let us know. Contact our accountant, Jen Djambov, at 801-298-5070, and she'll get you squared away. Thanks!

Name Change

In order to avoid confusion with another foundation, also named One Heart (imagine that!), we have decided to change our name to "One Heart Bulgaria." Pretty catchy, huh.

In-Kind Donations

We're going to take a little break from sending items to Bulgaria. If you have in-kind donations, please consider sending them to an agency providing support for Tsunami victims. For questions or information, please contact Glyn Barker, at 440-338-6754.

