



One Heart Bulgaria

HOPE • LIFE • FUTURE
for Orphans

Update on Glyn Barker

After suffering a stroke in 2005, One Heart Bulgaria Co-founder and former Executive Director Heidi Glyn Barker had to cut back on her activities. Reluctantly, she gave up most of her work for the organization. Although her recovery has been very good, it is taking a long time to return to full strength.

Glyn and her husband have decided to move back to Idaho to be closer to their extended families. She hopes that this will also mean a closer connection to One Heart Bulgaria and she looks forward to resuming some of her involvement as her health permits. Her heart has always been with One Heart Bulgaria and the children it serves.

She thanks you for your concern and prayers on her behalf.

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New Executive Director named

Deborah Dushku Gardner has been named Executive Director of One Heart Bulgaria.

Deborah served a 19-month LDS mission in Sofia, Bulgaria where she learned to speak Bulgarian fluently and developed a love of the country, its culture, and the Bulgarian people. Her experiences there motivated her to join humanitarian efforts with former Executive Director, Heidi Glyn Barker in 2002 and in 2003 she helped co-found One Heart Bulgaria. During the next 18 months, she made three trips to Bulgaria where she assisted in setting up the organization, met with orphanage directors, helped train Bulgarian staff, and delivered hundreds of pounds of humanitarian supplies to many orphanages. Deborah has also served as Sponsorship and Special Projects Director.



Deborah is originally from Sacramento, California and currently lives in Providence, Utah with her husband and four children. She received her Bachelor of Science degree in Human Development at Brigham Young University in 1996. This degree provided education in the areas of physical, social, psychological and emotional developmental stages of children and adolescents ages 0-18 years. Upon graduation, Deborah immediately began work at Wasatch Mental Health where she assisted in the social-emotional developmental growth of mentally ill and disturbed children. Deborah is also a member of American Mothers, an organization that focuses on strengthening the moral and spiritual foundations of families as well as preventing abuse.

Deborah's personal interests and hobbies include: motivational speaking, piano, the outdoors, Latin and ballroom dancing, basketball, health, nutrition and fitness, photography, writing, gardening, and spending time with her family.

Of her involvement with One Heart Bulgaria, Deborah comments: "It has been a life-changing privilege to help alleviate the suffering of these dear Bulgarian children. They have taught me about courage, perseverance, gratitude, and life. I have so much...they have so little, and I am glad to serve them!"

Singers in Idaho support orphan choir in Bulgaria

Treble Clef is a talented group of 15 female musicians and performers who perform and entertain at retirement homes, businesses, women's groups, and other celebrations in the Boise Valley, Idaho community. Dressed in their bright pink sequined tops and hats, they feel they "take the elderly people back in time to the happiness and nostalgia of show tunes and holiday favorites" says group director, Bonnie Capell. "These songs bring sweet memories and joy to the wonderful elderly audience who often clap, tap and join in singing and reminiscing."

The performers originally entertained for fun, but found many audiences were more than happy to pay for their performances. So when, three years ago, Bonnie Capell became aware of One Heart Bulgaria, she "was impressed with the fact that all funds go directly to improving the lives of the unfortunate children in Bulgarian orphanages." A decision was then made to donate the money they raised to the orphanages.

For the past two years, funds they've raised have helped several different orphanages including: Ivan Rilski, Sv. Sofia, Sv. Paraskeva, and Vidrare. This



year, the group raised over \$2,000 for an orphanage located in the remote village of Pravets, Bulgaria. The interesting and fun thing about raising money for this particular orphanage, though, is that the money will be used to support the Razliv Orphanage Choir—meaning a musical group in Idaho is helping a musical group of orphans in Bulgaria!

The children in the Razliv Orphanage Choir are between the ages of 8-20 years. It is a rare and unusual thing for an orphanage to have a choir at all, but when Razliv orphanage directors dis-

covered the hidden musical talents of several of their orphans, they sought out funding for a choir director. During 2005, the choir was a huge success, raising money and supplies for their orphanage through performances. The children's sense of self-worth increased greatly as they experienced the world outside the walls of their orphanage and developed their talents. They were even invited by the Greek Embassy to perform at a Christmas celebration. Funding for a choir director was exhausted by 2006, however, and this is where Treble Clef stepped in, raising money to support the orphanage choir for yet another year!

Of her friends in Treble Clef, Bonnie remarks: "These very busy and talented women have found a wonderful way to bring the joy of music and song to destitute children in a distant land."

Would your organization like to be involved in One Heart Bulgaria's work? Would they like to make a donation, sponsor an orphanage or fund a project? Contact us at 435-792-3508



Hydrocephalus program needs your help to save lives

Deborah D. Gardner, Executive Director

One Heart Bulgaria is raising funds to help orphans with hydrocephalus. According to the U.S. National Library of Medicine, hydrocephalus is an accumulation of cerebrospinal fluid in the ventricles of the brain, leading to their enlargement and swelling. Although there is no cure, the condition can be treated by surgical insertion of a shunt, allowing many children to have a normal life. The Bulgarian government pays for the surgical procedure but not for the actual shunts, which run about \$1860.00 each. Furthermore, they will only permit the operation on children under one year of age; older ones die from their condition.

Victor (see picture), was a baby whose hydrocephalus condition was in the final stages and therefore quite morbid. Without any treatment, he suffered a great deal, lived a short life and then died several months after I met him and took his picture. This experience made a tremendous impression on me and I am determined to eradicate the problem and make sure that Victor's life was not lived in vain.

You may be asking where you fit in. We would like someone to start a hydrocephalus fund in his or her own name and then have the fund available for others to make donations. We are earnestly searching for individuals who would be interested in making a tax-deductible donation to such a fund so that these destitute children might be able to go on to live normal, healthy lives. Because of their inability to care for a child with hydrocephalus, many mothers give up their afflicted child to the orphanage system. They could reclaim their baby if it received surgery and follow-up medical attention.

Once funding is in place, One Heart Bulgaria will oversee the entire process of helping these babies by getting the shunts and arranging for the operations



and follow-up care they need in order to survive. The "Hydrocephalus Program" will be completed in two phases:

Phase I is to secure shunt donations from medical supply companies here in the USA. Integra Life Sciences has already donated 50 shunts, Medtronic donated another 17, and Codman, a division of Johnson and Johnson, has also pledged a donation. Our Medical Programs Director, Brooke Bates, will personally hand-deliver the shunts, valued at about \$55,500 to our Field Director in Bulgaria.

Phase II involves sending American neurosurgeons to Bulgaria. This Fall, with guidance from Deseret International, an organization that helps facilitate operations for disabled and seriously ill individuals in impoverished areas all over the world, American neurosurgeons will travel to Bulgaria. There they will train and educate local neurosurgeons in the latest procedures at the Neurosurgery Clinic of Plovdiv and at the Pirogov Emergency Hospital in Sofia. Medical students studying neurology at Plovdiv Medical University will also receive training. They will be taught modern surgical and post-operative care procedures for hydrocephalus children of all ages (not just infants). In addition, the

American neurosurgeons will help perform actual surgeries on as many children as we can provide shunts for. With this system in place, it is simply a matter of finding funding from individuals who are interested in saving these children's lives.

This is a tremendously worthwhile cause to get involved in. It can also serve as a unique way to honor the memory of a deceased loved one by creating a fund in his or her name on behalf of these children. Individuals interested in starting a fund will make a personal donation of \$5,000-10,000 with the chosen name remaining on the fund as long as a donation of \$5,000 is made each subsequent year. In addition, the donor will receive a gift of recognition in the form of a beautiful plaque (for example: "The Brett Johnson Memorial Hydrocephalus Fund" or "The Johnson Family Hydrocephalus Fund") Included on this plaque will be the donor's name, the organization's name and logo, dates, and a picture of one of the babies whose life was saved by the fund.

If you or anyone you know might be interested in this cause, please contact Medical Programs Director Brooke Bates at brooke.bates@oneheart-bg.org or 801-520-6144.

Kids open their hearts to kids

When my 9-year-old daughter, Hannah, overheard me explaining how badly we needed more funding for the orphans, she said, "Mom, I can give them my money." Her sincerity and generosity were touching. I knew how hard she had worked to save up the money and that she had planned how to spend it.

I then explained to Hannah that perhaps she could get a group of her friends together and do a fundraiser to fulfill a specific need for the orphans. Her excitement grew and we brainstormed about the possibilities. She decided that she would like to raise the money for birthday parties for one orphanage for a full year.

Hannah wrote a letter to the community describing the birthday party plans and even including some pictures of Bulgarian orphans at former birthday celebrations. Next, she approached her church's Achievement Day leader, Emily Gladwin, with her letter and ideas. Emily, and co-leader Jenny Beykirch, were excited to take it on as a group project. They decided the girls could go door-to-door selling gourmet cookie mixes--purchased at cost, from a local specialty store, Kitchen Kneads.

The leaders and thirteen pre-teen girls created fundraising folders complete with brochures, a recent local article about the organization, Hannah's letter to the community, and cookie order forms. Then the girls and their moms went around the community and took orders. They found that some people just wanted to make a donation.

Once the orders were in, the girls, leaders, and a few moms assembled and delivered the cookie mixes. When funds were totaled, they found they had exceeded their original goal to raise enough for one orphanage and instead, raised enough money for birthday parties for a year at THREE orphanages-- a total of \$1,054!

All the girls had a great experience and learned about humanitarian work. They came to understand that, though they live a life of comfort and plenty, there are other children in the world who do not have parents or birthday parties. They are excited that their donation will mean that 300 orphans in Bulgaria will each have a party for their birthday this year. --Deborah Gardner, Executive Director

Fundraising Ideas

Set up a mini snack bar at a sporting event and sell cold soda, popsicles, licorice ropes, and other inexpensive treats bought in bulk. Or, set up a stand (with an ice chest) on a corner in your neighborhood on a hot day.

Invite a group of friends over to your house for a movie. Ask them to bring a \$5-10 donation and you'll provide the movie, popcorn, and drinks.

Ask your friends and their moms to donate treats for a bake sale.

Top row: Cloe, Amy, Hailey, Amber, Samantha, Shay. Middle row: Hannah, Tylyn, Anna, Madison. Front row: Keely, Katie, Shianna.

