



One Heart Bulgaria

HOPE • LIFE • FUTURE
for Orphans

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Summer 2007

BYU Alumni Association extends honor

One Heart Bulgaria executive director Deborah Gardner has been informed by the Brigham Young University Alumni Association that she will receive the "2007 Distinguished Alumni Award" in the category of "Service to Family" for her humanitarian work. The category encompasses major service to children. Ceremonies will be held during homecoming week at BYU in September and a short article and picture will be published in the July edition of BYU Magazine.

Deborah is honored and delighted to receive this award and appreciates the positive publicity that will result for One Heart Bulgaria.

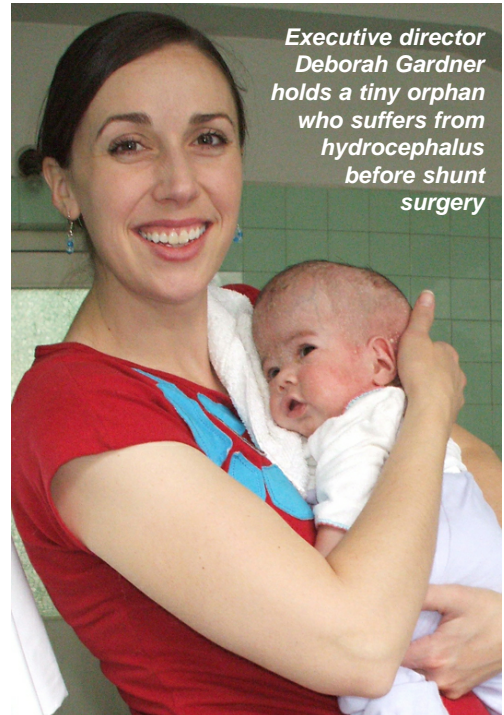
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Executive director back from Bulgaria

One Heart director Deborah Gardner had a wonderful trip to Bulgaria this Spring. She was able to gather a lot of updated information, make several new contacts, develop new ideas for programs, and participate in some incredible hands-on humanitarian experiences. A special "thank-you" for making this trip possible goes to Shawn Nielsen, who sponsored the flight expenses, and Marvin Gardner, who covered all other travel costs.

While in Bulgaria, Deborah met with several people interested in One Heart's work: the LDS humanitarian missionaries and mission president, our two One Heart "Babas" (the grandmothers hired to help care for children), the Ridgeways from "Bulgarian Child," all of the doctors and nurses from the Texas medical mission, several orphanage directors, and Dr. Gavazov (a cousin of our field director, Nickolai) who works at the hospital where all of the shunt surgeries were performed. She also hired a full time doctor to work with the children in the Slaveikov orphanage.



Executive director Deborah Gardner holds a tiny orphan who suffers from hydrocephalus before shunt surgery

One of the highlights of Deborah's trip was the opportunity she had to be involved in the care of several sick children who received shunts through One Heart. She spent several hours tending to the needs of two small children who received shunts, helping with their preoperative and post-operative care. She also was asked to be present during the actual operation on one child, a little 6-year-old boy who developed hydrocephalus after being severely beaten by his parents.

One Heart donor (and mother of a current LDS missionary in Bulgaria) Carol Tuttle accompanied Deborah on this trip. Carol's fundraising efforts furnished much of the funding necessary to replace the windows and doors in Slaveikov, the largest orphanage in Bulgaria. What a change! Deborah and Carol were even invited to spend the night, and they can tell you from first hand experience that the doors and windows work fine—and they are a huge improvement. No more drafts, and plenty of privacy and security for the children. Deborah spent time interviewing some of the teenagers and handing out treats and knick-knacks.

As a wonderful way to finish off her trip, Deborah was able to attend a traditional dance performance by the children in the Bratsigovo orphanage—their recreational program, which includes sports, dance, and English classes, is financed through One Heart and has made a wonderful difference for all of the children. Soon, thanks to One Heart, the children will even have traditional Bulgarian costumes to wear during their performances.

Teens turn gift exchange into One Heart opportunity

When Kathy Junk's daughter, Jasmine, read about the urgent need for windows at Slaveikov Orphanage, she and her friends decided to turn their annual gift exchange into an opportunity to raise money for One Heart.

Jasmine was very touched by the story describing the poor conditions at Slaveikov, and especially so since her brother, Mitko, is adopted from Bulgaria. At first, Jasmine wasn't sure how a group of 13 and 14 year old girls would take to the idea of donating their gift money rather than spending it on presents for each other, but everyone that she approached was excited about the idea. She decided to host a little party at her house with goodies, pop and games and then watch some video footage of older children living at an orphanage similar to Slaveikov that her mom had from her adoption work in Bulgaria. Jasmine also made a brightly wrapped box for the girls to place their donations in.

Ten girls attended and one mother was so touched that she sent along \$100 towards the cause in addition to her daughter's donation. The girls raised \$252 in all. They all went away feeling happy and satisfied to have helped these children, many their age, at least be able to be warm this winter, and they all want to do something like this again next year. We are all pretty proud of these girls!

Thank you to Jasmine, Allie, Kristen, Rachel, Ariana, Steph, Jen, Brinley, Tessa, Sami, and two great moms, Kathy Junk and Carolyn Smith!



Candy bar sweet treat for fundraising

One Heart Bulgaria has its own delicious chocolate bar! This is a fun item for kids and teens to sell door-to-door or at "lemonade stands," or for parents to display at their work place and take donations. The bars come with our special label that includes information about One Heart Bulgaria as well as a sweet picture of a Bulgarian orphan. This is a great way to get the word out about the organization and bring in additional funds to help further our programs for the Bulgarian orphans.

The crispy rice chocolate bar is 2.25 oz and sells for a donation of \$3 each. Proceeds and donations from candy bar sales should be mailed to:

One Heart Bulgaria
561 N. 150 W.
Centerville, UT 84014

How to order:

For more information, or to order cases of chocolate bars and labels at cost, contact Karol at oneheart@oneheart-bg.org or call 435-752-0757.



One Heart's efforts are appreciated

The One Heart board recently received this letter from the Piragov Hospital in Sofia, Bulgaria where all of the hydrocephalus operations using our donated shunts were performed. Below is a photo of Sammy, the 6-year-old recipient of one of the shunts.



Emergency Neurosurgery Department
Pirogov Hospital, Sofia, Bulgaria

To: One Heart Bulgaria

Letter of Gratitude

Dear Colleagues,

This letter is to express my most sincere personal, and the whole Clinic of Emergency Neurosurgery staff's gratitude for your visit and the opportunity of establishing such wonderful relationship with your excellent team.

We do appreciate your precious help in giving a chance to hydrocephalous children from Bulgarian orphanages and poor families. We are also very grateful for the shunts donated.

We would be happy to continue having your assistance in helping the needy children in Bulgaria.

We all enjoyed your stay with us and look forward to your next visit.

Sofia, Bulgaria

19th of April 2007

Sincerely yours:

Prof. Dr. Srefan Gabrovsky MD, PhD, DMS

Head of Emergency Neurosurgery
Department, Pirogov Hospital

Bakery project to be changed, expanded

Due to a change in orphanage directors and some property rights problems with the original building, the planned Bakery Project has been changed and expanded into a more powerful program: One Heart Bulgaria Transition Homes.

Teenage orphans about to leave their orphanages will be able

to spend a year in specially supervised housing where they will have access to job and life skills training through a professional social worker who will be hired by the government. One Heart plans to purchase houses/apartments to renovate and use for this purpose. LDS Humanitarian Services has already shown an interest in working with us in outfitting and furnishing the new homes.

Families or organizations interested in being involved in this project are urged to contact One Heart. What a wonderful legacy it would be to have a transition home named after your own family or in memory of a loved one.

Every penny counts: little ways you can donate painlessly to One Heart Bulgaria

There are ways to give to One Heart Bulgaria without spending a dime!

- **Want to help Bulgarian orphans just by surfing the internet?**



GoodSearch.com, as seen in *Oprah Magazine*, ABC News, and *The New York Times*, is a new search engine that donates half its revenue, about a penny per search, to the charities its users designate. You use it just as you would any search engine, and it's powered by Yahoo!, so you get great results.

1. Go to www.goodsearch.com
2. Enter ONE HEART BULGARIA as the charity you want to support.
3. Download the GoodSearch toolbar and start searching away on the internet! You don't have to change anything else about your tool bar, this is simply an addition to what your tool bar already has. It will not replace your google tool bar.

Just 500 of us searching four times a day will raise about \$7300 in a year without anyone spending a dime! This is a simple and free way you can contribute to the Bulgarian orphans on a daily basis through your everyday acitons.

- **Albertson's Preferred Savings Card**

One Heart Bulgaria is a Community Partner with Albertson's. Simply connect your Preferred Savings Card to our Community Partners ID# today and we'll receive up to 4% of your Preferred Savings Card eligible purchases each time you shop at Albertson's, Sav-on drugs or Osco Drug.



Go to www.albertsons.com/cp/ and sign in using your

phone number and the number on your preferred savings card. To indicate us as one of your community partners, type in the One Heart Bulgaria ID # 49001013666. Your card will now be a powerful fundraising tool!

- **Legacy Now charitable grant program**

An amazing program for seniors ages 73-87. For more information, go to <http://www.legacynow.org/> or contact Deborah Gardner at deborah.gardner@oneheart-bg.org or call 435-792-3508.

Other ways to give:

- **Buy toys and gifts online at Shop for Orphans**

Go online to <http://shopfororphans.zlio.com/> where a percentage of all sales go to One Heart Bulgaria

- **One Heart Bulgaria makes a commission when you sign up and shop online at Clubco.**



Thru the Clubco website, you can

choose to shop online for groceries, jewelry, sports equipment, home furnishings, etc. at popular online stores such as Target, Wal-Mart, Old Navy, PetSmart, etc. Furthermore, if you put schools or other charities under OHB's Clubco account, they can benefit and receive commission from shoppers, too (for those details, please contact Deborah at deborah.gardner@oneheart-bg.org). Here's how to start:

1. Go to www.clubco.com and select "JOIN CLUBCO" at the top of your screen
2. Referral # I.D.: enter 7531
3. First 3 letters of Sponsor's Name: OHB
4. Select "Continue"
5. Select "Club Member Fee" for \$35 (\$20 of which will go directly to OHB as a donation), "continue," and then fill out the info. You're all set!



Some of the orphans that Deborah Gardner interacted with on her trip to Bulgaria. They are the beneficiaries of your donations

“Kid power” celebrates young folks’ contributions

We are grateful for all the kids, teenagers and their parents who contact One Heart Bulgaria with the desire to help the Bulgarian orphans in whatever way they can. These kids can have a powerful impact with fundraising efforts and truly make a difference for the orphans. In addition, the kids and their parents find that these projects change their own lives—invoking feelings of gratitude for their own abundant lifestyles; empowerment to make worthwhile changes in the forgotten corners of the world; and charity as they work hard to sacrifice for the unfortunate.

Recognition of “Kid Power” projects on our website and in our newsletters is our way of saying “thank you” to kids who

have implemented their own fundraising ideas or ideas from One Heart Bulgaria in order to help the Bulgarian orphans.

Some of these kids and teenagers are former Bulgarian orphans, now living with adoptive families in the USA. They take great interest in helping those who were not as fortunate as they and remain behind in orphanages. Others have parents who either served LDS missions in Bulgaria or who are current members of the One Heart Bulgaria organization and share their parents same enthusiasm for humanitarian work. Still others kids featured in the “Kid Power” section simply heard about the conditions in Bulgarian orphanages and want to contribute in whatever way they can. Thanks to them all!

KID POWER



Homemade crafts for sale: Kawai family kids

When my two daughters heard about the needs of orphans in Bulgaria, they came up with an idea to help. My oldest daughter had recently learned at a church activity how to make small paper boxes that can be used for gifts or to store jewelry. She decided that making the boxes in bright colors and selling them would be a fun way to invite her friends to help make a contribution to the orphans in Bulgaria. She asked her grandpa if she could make a poster explaining about the Bulgarian orphanage efforts and sell the boxes at his local place of business.

The girls invited several friends over for a service party!! Together, they made boxes that they are selling and donating the proceeds and additional donations to One Heart Bulgaria. Although it is a small contribution, finding a way for the girls to think about and serve the orphan children in Bulgaria has helped our family to be grateful for our own blessings and to feel the joy of helping others.

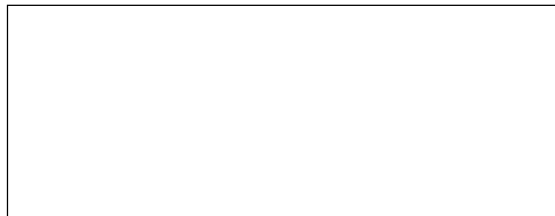
Leslie Kawai, UT

Gardner kids prepare gifts for orphans

All four of Deborah Gardner’s kids helped prepare gifts for the orphans their mother was going to visit when she went to Bulgaria this Spring. Working with their grandmother and mother, they stuck messages like “We care about you!” or “Don’t ever give up!” onto dozens of packs of gum which Deborah handed out to orphans at 3 orphanages. They also put those messages on lip glosses, and about 55 journals.

In the picture on the right you will also see some stuffed animals they bought and packed into the hospital kits for sick children. Sophia and Hannah are in back, Maya in front. Their brother Luke, who is not pictured, also helped. On the left: two of the Bulgarian girls who received gum.





www.oneheart-bg.org
435-792-3508
165 North Main
Providence, UT 84332



One Heart dental program planning great things

Exciting things are happening with One Heart Bulgaria's dental program. Thanks to contacts made through our Dental Programs Director Jan Wray from Kaysville, UT, the LDS Academy of Dentists has decided to partner with One Heart Bulgaria to fund a \$350,000 dental clinic with all new equipment and supplies needed to give dental care to the orphans.

Jan, along with her dentist husband Dr. Sydney E. Wray, One Heart Bulgaria Board President Ivan Djambov, and a representative from the Academy, made a trip to Bulgaria in June to research all the possibilities for setting up the clinic as well as to make final arrangements for One Heart Bulgaria's Fall dental mission.

"Our team of 14 individuals (dentists, hygienists, dental assistants, etc.) will go to Bulgaria in September to provide dental care; they will work 12-hour days. We will be taking our [dental] units with us in September. They are owned by the academy and weigh 50 lbs. each. Each of my dental assistants will take one with them. Two grandmas are going just to console, rock the kids/babies." Arrangements will then be made to send more dentists and specialists (every year) on subsequent trips," reports Jan.

One Heart Bulgaria has partnered with another humanitarian organization, Bulgarian Child, to provide transportation for the children to and from the clinic.

TO SEND YOUR CONTRIBUTION RIGHT NOW, CUT OUT AND MAIL TO 165 NORTH MAIN, PROVIDENCE, UT 84332



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

Name _____

Address _____

City _____ State _____

Email _____

Phone _____

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



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