



# One Heart Bulgaria

HOPE • LIFE • FUTURE  
*for Orphans*

Volume 13

AUTUMN 2016

## A fantastic Summer for One Heart Bulgaria

By Heidi Glyn Barker

*Co-founder and Board Member*

This was an exciting Summer for one Heart Bulgaria! Many babas and other employees were honored at a banquet in Plovdiv on May 31. Dr. Nickolai Gavazov, the field director, spoke about the great impact their work has on the children in their care, and several employees received awards from One Heart.

Many thanks to Dr. John Brailsford, whose filmed training session was presented, and Ivan Djambov, former board president, for the fantastic

translation of John's training video.

As I prepared my thoughts for the short message I had been asked to give to the assembled One Heart workers, one idea kept coming back into my mind—the role of dreams in our lives. We all have hopes, ideas, and dreams about what our lives will be like. My dream, as a child, was to be a supreme court justice ... and have 12 children! Needless to say, not all of our dreams actually happen. But think, for a moment, about one of your cherished dreams. Wouldn't it be wonderful if your dream came true?





Now consider what the dreams of one of our dear orphaned or abandoned children in Bulgaria might be. The dream of an orphan could be to have a mother, a father, or even just a friend. Maybe there is a child who dreams of something to eat, a warm place to sleep, and a gentle hug instead of hunger, silence, and fear. Our older orphans may dream of the chance to go to college or to get training for a job; there may be a little boy who dreams of his own soccer ball, a little girl who dreams of her own bicycle. Every child dreams of being wanted—finding someone who will listen and love.

Our wonderful babas and teachers are in the dream business. They have put their own wishes on hold, maybe, as they are busy fulfilling the dreams of these young people—they provide the arms that comfort, the gentle encouragement, the celebration that might otherwise be absent from the lives of our Bulgarian children.

It is a wonderful thing to be a dreamer. But in many ways, it is even more wonderful to be the one who makes those dreams come true. And that is the work of One Heart, of our babas, teachers, and all of

you—who have given so generously of your resources in order to make someone else's dreams reality.

Right top: Nikolai and Lyubka Stefanova at Zelenikovo.

Center: Library at Assenovets

Lower right: Children at a Plovdiv orphanage receive gifts from One Heart.

Lower left: Rumiana, our fantastic sewing teacher, was honored at the banquet. Read more about the program she leads on page 7.







## Sponsorship, service become personal for Idaho family

The Baird family of Sugar City, Idaho, had the chance of a lifetime this summer! The Bairds are the sponsors of the Family Type Care Center in Zelenikovo. During a trip for Dr. Baird's work, they had the opportunity to visit the home they have been sponsoring—and do some service! Mrs. Baird is an experienced artist, so she designed some fun murals to decorate the walls in the entry hall, the playroom, and one of the bedrooms in the

building. When they finished up, they had a party with the children. The sidewalk chalk was a big hit!

The Bairds also came to Kotel Hospital and painted several rooms, including the new "Family Room." The room is designed to be an area where parents and caregivers can take the children to play while they are in the hospital.





# Brightening it up – Kotel Rehabilitation Center

One Heart Bulgaria has been working with the Rehabilitation Center in Kotel for almost ten years, helping with various projects and programs. When they requested artists, though, that was something One Heart hadn't really had experience with. Luckily, the summer of 2016 was a summer of miracles! Heidi's sister-in-law, Michele, and her family were planning on a trip that summer—maybe they could come paint, too? It was no surprise that Michele, an artist, had many wonderful ideas for murals as well.

We were asked to paint a large hallway that ran the entire length of the hospital ward; the playroom referred to on the previous page, and several bedrooms. Michele decided to work some of the motifs in the existing trim into the larger mural. She also designed the friendship tree, in the entry hall.

Michele brought several “sensory toys” which had been made by a young woman in her community. They were handed out by Maria, the head nurse. The therapists appreciated the toys, which have various textures, buttons, loops, and colors to encourage learning and play.

Our partnership with Kotel is so rewarding. Recently we made a

\$10,000 donation from DoTerra Healing Hands. These funds will be used to continue renovation work, install air conditioning units, purchase therapy equipment, and other exciting projects.

Alison Garner painted two jungle scene rooms in honor of her son, Noah, who has Down syndrome. Kotel often helps children who have physical or mental disabilities, including Down syndrome; Alison is grateful for the willingness of the hospital to provide excellent care to all children.







The Barker boys—Christian, Kaleb, Kep, Karsten, Caden, Colin, and their cousin Tallis, painted two rooms—a moon/space room and an underwater room. This room was painted in memory of Rhys Rubert and sponsored by the Rubert family of Sugar City, Idaho.

Below: Devan and Ivan enjoyed a break and discussion about machine guns at Kotel. Ivan receives therapy there.

## SPECIAL THANKS

Daniel and Heather Baird Family  
 Jesse and Virginia Brown  
 Mike and Michele Barker Family  
 Kimball and Ninette Galbraith  
 Scott and Alison Garner Family  
 Justin and Kjerstin Rubert Family  
 Devan and Heidi Barker Family



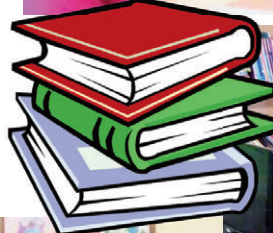




## Cultural Event at Assenovets Library

One of One Heart's goals has been to provide opportunities for children that go beyond just the basics. The Assenovets library does just that! Children who visit the library have the opportunity to check out books, learn computer skills, and participate in cultural events.

Bulgarian poetess Stefka Daneva paid a visit to the library at Assenovets in September. She performed a poetry reading, after which she interacted with the children. She was presented with a bouquet, and each child who participated received a small gift. Many thanks to the librarian, Lyudmila Peeva, and director Nickolai Gavazov for arranging this fantastic activity!



Stefka Daneva autographs books.





# Successful sewing program for teens in Gabrovo

Another program that is providing much needed work and social skills to our children is the sewing program in Gabrovo. For many years now, our wonderful sewing teacher, Rumiana Taneva, has led an outstanding program where the children learn sewing skills, make projects that benefit other orphans, and end up with a certificate. Nickolai reports: "The sewing class in Gabrovo has started the new year with lots of enthusiasm and optimism.... Everybody believes that our project is important and meaningful for the city. We might be covered in the local media too. We owe all of this to our teacher, Rumiana."

Rumiana arranged for the donation of several professional sewing machines, and the class is working with a local firm which will give professional licenses to the children after they complete their training.

Programs like these show how important skills training classes are for these kids. Thank you to everyone who supports this program!

Do you want to support one of our libraries or the sewing program? Go to our website, and under the "About" tab select "Programs." Then scroll down to choose an option for your donation. With the holiday season approaching, you might want to consider making a gift in someone's name, or simply to get a tax write-off! Either way, know that your gift is truly blessing a child's life.



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Newsletter



## Plan on attending the One Heart Bulgaria



**... coming up in Spring, 2017**

**Could you receive our newsletter by email?** WE CAN SAVE ON PRINTING AND POSTAGE MONEY that could be used to help the orphans! Just send your email address to [donna.dushku@oneheart-bg.org](mailto:donna.dushku@oneheart-bg.org) and be sure to put oneheart-bg.org in your contact list so that the newsletter doesn't end up in your spam box!

TO SEND A CONTRIBUTION RIGHT NOW, CUT OUT AND MAIL TO ONE HEART BULGARIA, 14207 EAST GRAND DRIVE #86, AURORA, CO, 80015. Do you want to make automatic monthly donations? Visit [www.oneheart-bg.org](http://www.oneheart-bg.org).



**I want to help!** ☐ (Project) \_\_\_\_\_ ☐ General fund

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