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# BSTTW COMMUNITY NEWS

Volume 6 Issue 1

January 2006

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## BSTTW REBUILDING LIVES

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### BSTTW Agnijith vs. Miracle Ointment Aloe Vera First Aid Study

By: Michael Appleman, CEO

During 2004 and 2005, Michael Appleman, BSTTW CEO, contacted many hospitals, companies and foundations about the BSTTW Agnijith Study (BAS). Then during a conference, Mr. Appleman met Jess Clarke, Jr., the founder of Miracle of Aloe. They began talking, and discussed BSTTW, the BAS and the possibility of a Miracle of Aloe taking part. Mr. Clarke was very interested and after several meetings decided to donate 520 jars of the Miracle Ointment and partial funding for the for the BSTTW Agnijith vs. Miracle Ointment Aloe Vera First Aid Study (BAAS) to BSTTW.

The BAAS will begin in early 2006 at the Assiut University Hospital in Assiut, Egypt. Dr. Mahmoud El-Oteify, a plastic surgeon, will be the doctor in charge. The BAAS will offer free medical attention and medications to hundreds of burn victims in the Assiut, Egypt area, face to face group and one on one support, help burn survivors reenter their community, fire safety education and depending on the BAAS final findings, BSTTW may increase public awareness about both herbal medications and how important it is to keep at least one jar of either the Agnijith or Miracle Ointment to use on 1<sup>st</sup> and 2<sup>nd</sup> degree burns, scars and keloids.



### A FAMILY AROUND THE WORLD

### Kelly Community Clover 4-H Club Car Wash

By: Michael Appleman, CEO

In early 2005, the Kelly Community Clover 4-H Club, a group of adults and children and young adults, in Sarasota, Florida contacted Burn Survivors Throughout The World, Inc. (BSTTW). Michael Appleman, CEO and Nguyen Thi Dieu Tran, BSTTW VP, met with Kelly Clover and they decided to have a yearly car wash and hot dog fund raiser. On November 12, 2005, Kelly Clover Community 4-H Club had the first fundraiser, raised and donated \$391.51 to BSTTW. BSTTW is



proud to have Kelly Community Clover 4-H Club and all of their members on our team.

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## ***The Power Angels* Have Arrived!**

By Delores Gempel Lekowski

Having lived all but 10 years of my life as a burn survivor, I have always wanted to make a difference in the lives of other survivors. My first book, *The Hurting Angels*, was directed toward children who were facing the prospects of life as a burn survivor. My goal was to assure them that being different is OK, that the hurting will subside, and that they are very, very special.

*The Power Angels* is my most recent effort, and it is a very different book from *The Hurting Angels*. Its primary audience is adults who are seeking to overcome the challenge of having been burned or who have experienced any other traumatic situation or loss that is seemingly impossible to overcome. *The Power Angels* shares the stories of amazing men and women, some of whom were burned as children, others as adults. These remarkable individuals are worth learning about - and learning from! - because they did not merely survive their burns: they thrived *as a result of their burns* and have gone on to make a real difference not only in their own lives but in the lives of others. Each story is so different, but they share a common thread of hope and determination that allowed them to achieve their dreams. They very generously allowed their stories to be included in *The Power Angels* as one more way in which they could help others.

I know that recent survivors fret about their future and what it holds for them. That is why I felt it was important for me, as a long-term survivor, to write about my experiences and share some of the adversities I was forced to face, such as employment issues and aging with burns. Everything that has touched or affected my life is in this book, and it was therapeutic for me to write it.

Whether you are a long-time survivor or a new survivor, I hope you find *The Power Angels* to be a source of empowerment, validation, inspiration, comfort and an "I can do this!" attitude to help you embrace whatever your passion may be. If you are a loved one of a survivor, or you interact with a survivor, I hope

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*The Power Angels* allows you to gain some understanding of survivors, and how very important you are to their healing process.

Writing *The Power Angels* was a labor of love for me, but it couldn't have come full circle without the support of the National Association of State Fire Marshals, the staff of the public affairs consulting firm of Sparber and Associates, my designer/illustrator Howard Sparber, and everyone who worked so hard to make this book possible. The President of Sparber and Associates, Pete Sparber, donated his staff's time and the funding for the typesetting and a first print run of *The Power Angels* - as well as postage - to enable me to make the book (at least initially!) available at no cost, because that is how I can reach out to the greatest number of people. Writing a book about Power Angels was Pete's idea originally, too, so I have dedicated the book to him (as well as to my mother!).

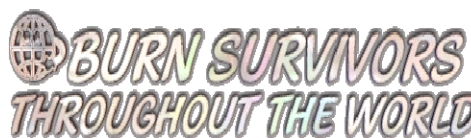
For a free copy of *The Power Angels*, please email me at [dlekowski@neo.rr.com](mailto:dlekowski@neo.rr.com) or drop me a note at

Delores Lekowski  
P. O. Box 517  
West Salem, Ohio 44287

If you wish to have multiple copies of *The Power Angels*, please send a note providing the amount needed and the purpose for which you are requesting them to [info@firemarshals.org](mailto:info@firemarshals.org) or

National Association of State Fire Marshals  
1319 F Street, Suite 301  
Washington, DC 20004

Soon the book will also be available for downloading in PDF format from my website, [www.thehurtingangels.com](http://www.thehurtingangels.com). Please look for it.



## Makeup Artist Tips 101: Camouflage

By: Alish D. Pierce

As a makeup artist and skin therapist my job is to create the appearance of healthy skin. Having had many more years experience in makeup, I have found several techniques to make any face appear flawless. There are a few basic steps to achieving a smooth palette. The first is to find a balance between foundation and concealer. The concealer is of a thick consistency with dense pigmentation. These types of products can be used to perform a variety of tasks. As for foundation, most lines come in formulas of either liquid or cream. However the most recent trend is mineral powder foundation. As a makeup artist I find these products difficult to work with. The high percentage of titanium dioxide gives off a white cast and is therefore not suitable for many ethnic skin tones. I have recently noted however that many of my skin care clients insist on Jane Iredell Minerals and will use nothing else.

Makeup artists use several techniques to cover up. The general idea is that concealer matching the skin tone is applied to random spots with a small concealer brush or over large areas with a foundation brush. MAC has a wide variety of brushes and is a staple for makeup artists world wide. If concealers don't go on smoothly, it may be necessary to prep the skin with a primer. Dermalogica's **Barrier Repair** treats the skin while prepping it for makeup application. It can even be used at the end to create a dewy look.

After covering only discolored areas with concealer, apply a liquid foundation to the entire face. For the best color selection, look for makeup artist driven lines like LORAC, Laura Mercier or Vincent Longo.

If these steps don't seem to give you enough coverage, it maybe necessary to neutralize skin discolorations. This is done by applying a corrective color over any unwanted pigmentation.

Green corrector neutralizes red (rosacea or distended capillaries). Orange neutralizes blue

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(dark brown hyperpigmentation). The **Coverderm System** from Babor conceals any type of skin discoloration in neutralizing as well as skin matching shades.

After creating an even tone, I like to start highlighting and contouring. To highlight use a color a bit lighter than your natural skin tone. With a small brush, apply concealer to the brow bone, down the bridge of the nose... any place where you might want a little lift. To contour you want to use a color a bit darker than your natural tone to create a shadow and minimize fuller features. This shading is most commonly applied down the sides of the nose, under cheekbone, jaw line or in the crease of the eye. *Tip: if you're trying to conceal bags, feather on highlighter in the concave areas only to avoid the "raccoon" effect. And try prepping the eye with a cream like Babor's HSR to avoid creasing.*

## Holistic Healing Part I

By: Lisa Dorfman, MS, RD, LMHC  
Nutrition Therapist

Sandy Rosende, Food Fitness International, Inc.

When a drunk driver hit me head-on at the young age of 18, I thought my life was over. The accident stripped away a portion of my face and took away my opportunity to be a professional flutist, my dream since I was a small child. After a time of healing and reflection, I learned how to cope with the challenges of eating, walking and wanting to live  
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Proud participant in the  
Combined Federal Campaign



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again. At that moment, I decided to change my career, help others to heal holistically and accelerate the recovery process from traumatic stress. Twenty five years later, I continue to work with stress and trauma victims worldwide as a nutrition therapist and author with advanced degrees in nutrition and mental health counseling.

Over the past two decades I have learned that while the healing formula is unique to everyone, one common theme is universal—the hope for normalcy and complete health. This is the first of a series of articles I will devote to the Burn Survivors throughout the World (BSTTW) organization, sharing portions of my next book with tips, strategies, and resources and help those suffering from burns feel stronger and persevere further to reach their personal best in health and in life.

### **Stress Nutrition 101**

According to the National Center for Health Statistics, adults experience a minimum of four major stresses in their lifetime. Stressful experiences typically include changing residences, getting married, having children, and/or the death of a loved one. Millions worldwide suffer more life-altering traumatic incidents that impact their entire soul, affecting their physical, nutritional, emotional, and spiritual life.

When an individual is metabolically stressed from a burn, a number metabolic changes occur that impact the person’s nutritional well-being and require immediate attention. These include fluid shifts, increased calorie, protein, vitamin and mineral needs and losses of isolated amino acids such as glutamine.

Fluid losses are accelerated during the first 24 hours of a traumatic burn. In addition to fluid losses, electrolytes—minerals such as sodium, chloride and potassium are also lost. Long term fluid balance requires a minimal water consumption of 2-4 pints a day, with at least one pint from an electrolyte replacement fluid such as Gatorade or a comparable sports drink or electrolyte replacement fluid. Fresh, natural fruit juice with pulp is also a healthy option, although less than 1 cup a day is recommended to limit total sugars. Sparkling waters, unsweetened ice tea and plain old tap are also acceptable—the

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ultimate goal of having a clear output—ones’ urine should be devoid of deep yellow coloring.

Calories and protein needs also amplified during the recovery process. Immediate replacement is critical for healing, recovery, immunity, infection management, strength and stamina. Since calorie needs may double until the healing process is accomplished, a minimum of 25 calories per pound per day is recommended. If protein is not replaced due to poor appetite or aversion to meats, dairy, fish or chicken or obstruction, it can result in poor and slow skin, muscle and organ recovery, hair losses, depressed immune response and physiological depression. Approximately 2-4 grams of protein per kilogram bodyweight, or about double to quadruple the needs of a healthy individual are recommended for burn recovery. Shakes, bars, puddings may be some easy ways to ensure a minimum of 20-40 grams of protein until the desire for food and ability to eat has resumed.

Without eating adequate calories, protein is sacrificed to meet everyday energy needs. Therefore calories from carbohydrates such as grains, fruits, dairy and vegetables and protein from meats, fish, eggs, cheese, grains and vegetables is essential for rebuilding the entire body. If eating is not possible, tube feedings may be essential for meeting calorie and protein requirements until eating is feasible.

Recent research suggests that glutamine, one of the amino acids, found primarily in high protein foods such as fish, chicken, turkey, meat, eggs, cheese, yogurt and milk might be needed in greater doses since there may be a 50% loss in muscle used to maintain blood levels. Some specialized drinks and formulas such as Juven by Ross Labs include extra glutamine for recovery from stress.

Vitamins and minerals may also be required in amounts in 10 to 100 times the requirements for normal health due to increased losses and needs. Professional guidance from a registered dietitian **CONTINUED Page 5 “HOLISTIC HEALING”**



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(RD) for these recommendations are advised while individualized dietary prescriptions should be supervised by a medical expert before embarking on a new dietary or supplement regimen.

Holistic healing begins after stabilizing a nutritious diet. Once nutritional deficiencies are reversed, physical recovery can begin. Movement exercises, meditation, prayer, aromatherapy and the arts all play a role in complete cure of the body, mind and soul. Alternative approaches and complimentary therapy can enhance the nutritional rehabilitation for burns and can accelerate the recovery process. Stays tuned for tips and recommendations on alternative approaches to recovery on our next visit to the BSTTW site or visit us at [www.foodfitness.com](http://www.foodfitness.com) for the answers to your questions on food and fitness for health and for life.

**Lisa Dorfman, MS, RD, LMHC**—Nutrition Therapist, Miami Plastic Surgery, adjunct professor at the University of Miami and life and sport survivor, competitor in over 31 marathons and hundreds of running and triathlon events. Lisa’s books and programs, *The Anti-Stress Strategy* (2006), *The Tropical Diet* (2004) and *The Vegetarian Sports Nutrition Guide* (2000) are available worldwide and at her website, [www.foodfitness.com](http://www.foodfitness.com). Sandy Rosende is available for food and dietary questions in English or Spanish at [foodfitnes@aol.com](mailto:foodfitnes@aol.com).

**Sandy Rosende** is a dietetic intern with Food Fitness International and a student in dietetics and nutrition at Florida International University in Miami, Florida. Sandy is a Puerto Rican native, bilingual in English and Spanish and available for questions and consultations at [www.foodfitness.com](http://www.foodfitness.com)

### **Winter heating costs may double. Let’s make sure house fires don’t!**

By Delores Gempel Lekowski

*Author of The Hurting Angels and The Power Angels*

The fear of heating cost increases has generated an interest in alternative heating. We are winterizing our homes as we never have before, and many are seeking other heat

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sources in an attempt to keep their heating bills manageable. Let’s just make sure that these alternative heating sources don’t increase the potential for house fires!

Furnaces may be the safest method of home heating (and now would be a good time to have your annual maintenance done on your furnace if you haven’t already done so). But you may be looking for a more economical way to heat your home this winter. While turning down the furnace thermostat and firing up kerosene heaters, wood stoves, space heaters or fireplaces, we must be mindful of fire safety practices and follow the manufacturer’s assembly, operating and maintenance procedures at all times.

NEVER use a kitchen range or oven to heat your house, because it could overheat or generate carbon monoxide. And no matter what kind of heating system you use, make sure you have a working smoke alarm on each floor of your home, and install a carbon monoxide alarm outside the bedrooms in each sleeping area!

Also, be aware that mobile homes require specially designed heating equipment. Only electric or vented fuel-fired equipment should be used.

**Kerosene Heater:**

Kerosene heaters may provide a substantial amount of heat, but they can be the most dangerous item in your home and must be treated as such. With its cozy warmth comes the increased risk for burns and fires. Read, remember, and practice the rules of safe kerosene heating:

- Use only a modern kerosene heater! Using an old heater or one bought second-hand may be a great deal, but it may not have the latest safety features or the existing safety features may not be functional. Make sure that the heater is UL approved and labeled. Your kerosene heater should also have an automatic safety switch to turn it off in case it is tipped

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over. Automatic starters have the added benefit of safer starts by eliminating the use of matches.

- Use only clear 1K type kerosene and store the fuel outside the home in a metal container with a tight-fitting lid. Make sure the container is clearly marked and is a different color from any container storing gasoline.

- Make sure the heater is placed on a level, hard and nonflammable surface, at least three (3) feet from any

furnishings, curtains, walls or anything flammable and does not obstruct any doors or exit ways.

- While the heater is in use, keep a window cracked open in the room with the heater, and keep doors open to the rest of the house to prevent pollutant build-up and promote proper combustion.

- A kerosene heater should ONLY be filled OUTSIDE and only when it is cool to the touch. A fuel gauge will help make sure you don't overfill the heater. NEVER FILL A KEROSENE HEATER WHILE IT IS HOT!

- Check the wick and maintain it properly; this is critical to safety.

- Never use a kerosene heater while you are sleeping or leave home with it operating. Never leave it unattended when children or pets are present.

- Have the heater inspected annually to ensure proper operation.

**Wood Burner:**

- Before buying or using a wood burner, visit with your local fire department or building codes department, and talk with your insurance company to find out what

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requirements or restrictions they may have for installation and use.

- Have your wood burner installed by a professional.

- Burn only seasoned wood.

- Keep the chimney flue clean and free of creosote.

- Discard of ashes using a metal container with a tight fitting lid. Place the container on noncombustible surfaces only.

- Never use flammable liquids to start a wood fire.

- Never keep trash, papers or dry clothes near your wood burner.

- Never let your wood burner get too hot. This is called "over fire" and causes the stove pipe to become red hot.

- Shaking pipes, roaring and sucking sounds also can be dangerous. If you hear these sounds, close any air intake vents, close the damper, evacuate the house, and call your local fire department.

- While using a wood stove, be extra watchful of children and pets. Special retaining screens can help prevent burns by keeping children and pets safe and away from the stove.

- Always keep the stove doors closed while burning.

**Fireplace:**

- Check to make sure your fireplace was built to be used and not just for decoration. Make sure that it has

**CONTINUED Page 7 “WINTER HEATING”**

**HARVY'S BIKE SHOP**

LYNNWOOD, WASHINGTON

**CONTINUED From Page 6 “WINTER HEATING”****Fireplace:**

protective linings and smoke ducts, and that the chimney is clear.

- Inspect your chimney and flue at the beginning of each heating season for leakage and blockage by creosote or debris.
- Keep flammable materials and liquids away from your fireplace.
- Open the damper before starting the fire and keep it open until the ashes are cool. This prevents poisonous gases from building up in your home.
  - Never use flammable liquids to start or relight a fire, because the vapors can explode.
  - Do not burn trash or coated materials in your fireplace. This could create deadly fumes or flying embers that could ignite something.
  - Use only wood, artificial or newspaper logs in your fireplace and remember not to overload. Large fires can lead to overheating of the roof and wall materials of your home.
  - Always use a screen around your fireplace to keep children and pets safe from the heat and flames. Using a screen also helps prevent sparks or embers from igniting flammable materials.
  - Make sure the fire burns out completely before going to bed or leaving the house.

**Electric Space Heater:**

- Look for a space heater that is listed with a nationally recognized testing laboratory. These heaters are tested to meet specific safety standards and have

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important use and care instructions from the manufacturer.

- Make sure that your heater has a guard or grill to prevent fingers or flammable materials from touching the heating element.
- Always read your heater’s operating and maintenance instructions before using it.
- Place the heater on a level, hard and nonflammable surface, not on rugs or carpets or near bedding or drapes. Keep the heater at least three (3) feet from bedding, drapes, furniture or other flammable materials.
- Never run the heater’s cord under rugs or carpeting. The wires can overheat and cause a fire.
- Do not go to sleep with the heater operating, and do not leave the heater unattended.
- Keep children and pets a safe distance from the heater and place it on a stable surface where people are not likely to bump or trip over it.
- Never use portable electric heaters near water and never touch an electric heater when you are wet. This can cause electric shocks or electrocutions!
- Never use your electric heater as a dryer. Do not place clothing over it and never use it to heat or thaw items.
- Never operate a broken heater. Always keep the heater in a safe working condition by replacing missing guards or controls immediately.

With increases in heating bills, this winter may seem longer than most. If you choose to use an alternative heat source, please practice good fire safety and exercise caution.

## BSTTW POEMS

I began writing poems during my recovery in order to not only help himself, but to offer support and positive thoughts to all burn survivors and family member who are going through a rough time. I ask you all to never give up and continue to do what I and so many others have done during and after recovery...find the support needed to work through the rough time and continue moving forward in your life.

If you would like to submit a poem or story to **BSTTW** you can do so by email at [poems@burnsurvivorsttw.org](mailto:poems@burnsurvivorsttw.org) or [stories@burnsurvivorsttw.org](mailto:stories@burnsurvivorsttw.org). **BSTTW** also has a program on our internet site that allows you to submit your stories and poems electronically. You can submit the full story at [www.burnsurvivorsttw.org/stories/storymaker.html](http://www.burnsurvivorsttw.org/stories/storymaker.html) and your full poem at [www.burnsurvivorsttw.org/poems/poemmaker.html](http://www.burnsurvivorsttw.org/poems/poemmaker.html)

*Michael Appleman, CEO*

## **BSTTW COMMUNITY NEWS**

### **A Special Thank You For My Loved Ones**

By: Delores Gempel Lekowski

As I lay here day after day,  
I find myself not knowing what to say.  
To you who have sustained me -- you are  
the key  
You are the one who has been here for me.  
Through all the fear, through all the pain  
You are the one who has kept me sane.  
It is you who gives me comfort and hope  
Because of you, I find ways to cope.  
I know you will be here for the long haul  
Because of you I will stand and not fall.  
You take away my fear,  
You wipe my tears.  
You look at me with love in your eyes  
And you comfort me through my painful  
sighs.  
I simply can't find the words to express,  
Seems like "thank you" means far less.  
You are my strength, you give me courage  
You keep me from being too discouraged  
My feelings of appreciation run deep,  
And because of you my recovery takes a  
leap.  
Just saying "thank you" will not do  
As your kind words continue to calm and  
soothe.  
Our lives are on hold and it's taking its toll  
But you never complain,  
as you take in my pain.  
"Thank you" falls short, I need to say more  
to express these feelings that come from  
my core.  
So Will  
"Thank You"  
and  
"I Love You"  
Do?

*Delores Gempel Lekowski*



## BSTTW CONTACT INFORMATION

### EMERGENCY CONTACTS

**BSTTW** has a support team that is on call 24 hours a day 7 days a week to help a burn survivor, family member or firefighter deal with a burn injury and fire related emergency. You can contact **BSTTW** on the internet or by telephone. On the internet go to the **BSTTW Emergency Email E-Form** at [www.burnsurvivorsttw.org/eforms/emergemail.html](http://www.burnsurvivorsttw.org/eforms/emergemail.html) or the **BSTTW Support Team E-Form** at [www.burnsurvivorsttw.org/eforms/supportemail.html](http://www.burnsurvivorsttw.org/eforms/supportemail.html)

To contact **BSTTW** by telephone by dialing 941-364-8457 or toll free at 800-503-8058. If we are not in the office or it is after hours, you can leave us an emergency message in our voice box 44 and a support team member will respond to you within 24 hours.

#### **BSTTW Directors**

Michael Appleman: **Executive Director**  
[michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org)

Nguyễn Thi Diêu Trân: **Director- Việt Nam**  
[tran@burnsurvivorsttw.org](mailto:tran@burnsurvivorsttw.org)

Ariel Gonzalez: **Director- Mexico**  
[ariel@burnsurvivorsttw.org](mailto:ariel@burnsurvivorsttw.org)

#### **DONATIONS**

As a 501 (c)(3) Non Profit Organization, **BSTTW** depends on donations from corporations, organizations, families and individuals. All donations, big or small are tax deductible to the extent allowed by the United States government tax laws. **BSTTW** has several different funds that you can donate to. The **BSTTW** general fund, the **Bishop Peter Nguyen Van Nho World Wide Burned Children's Fund**, the **"Dwight Lunkley Racing To Victory" fund**, **USA & Asian Burn Camp funds**, **BSTTW Healing Weekend Fund**, the **BSTTW Agnijith vs. Miracle**

## **BSTTW COMMUNITY NEWS**

### ***Ointment Aloe Vera First Aid Study, and the World Burn Congress Fund.***

Your donations will help **BSTTW** to do what is needed to help a burn survivor, family members rebuild their lives. It will also be used for public awareness on fire safety and how the community can help a burn survivor reenter their community.

**BSTTW** also offers people that donate \$25.00 or higher to a free copy of the **BSTTW Music CD**. To learn more about this you should go to [www.burnsurvivorsttw.org/donations/donatecd.html](http://www.burnsurvivorsttw.org/donations/donatecd.html) or [www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

Remember your donations can be money, clothes, a used bicycle etc.. All will help burn survivors and their family. Many families loose their homes and property. Please personally think about and talk to your family and friends about donating to **BSTTW**.

#### **MAKE DONATIONS PAYABLE TO & MAIL TO:**

Burn Survivors Throughout The World, Inc.  
650 N Beneva Road #305  
Sarasota, Florida 34232

#### **DONATE ON LINE**

To learn more about donating on line go to:  
[www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

If you have any questions call us at 941-364-8457, toll free at 800-503-8058 or by email at:  
[donations@burnsurvivorsttw.org](mailto:donations@burnsurvivorsttw.org)

#### **VOLUNTEERING YOUR TIME**

There are many children, adults and families around the world that need support and other help. You do not have to be a burn survivor or family member to become a **BSTTW Volunteer**. All you need to do is become a **BSTTW** member and then apply to become a **BSTTW Volunteer**. If you are a burn survivor or family member, in order to become a **BSTTW Member**, fill out the **BSTTW Membership & Profile Registration E-Form** at:  
[www.burnsurvivorsttw.org/membership/memform.html](http://www.burnsurvivorsttw.org/membership/memform.html),

Next fill out the **BSTTW Volunteer E-Form** at:  
[www.burnsurvivorsttw.org/volunteer/volunteer.html](http://www.burnsurvivorsttw.org/volunteer/volunteer.html)

If you are not a burn survivor or family member you can skip the **BSTTW Membership & Profile Registration E-Form** and go directly to the **BSTTW Volunteer E-Form**.

By volunteering with **BSTTW**, you will be taking part in rebuilding lives and helping burn survivors reenter their community.

If you have any questions, you should first review the **BSTTW Volunteer E-Form**, after that if your questions have not been answered, you can contact **BSTTW** by email at [volunteers@burnsurvivorsttw.org](mailto:volunteers@burnsurvivorsttw.org), and by telephone at 941-364-8457 or toll free at 800-503-8058.

### **PURCHASES**

**BSTTW** has an online store where you can purchase Skin Care Products, Books and Video Tapes. To learn more go to:  
[www.burnsurvivorsttw.org/sales/sales.html](http://www.burnsurvivorsttw.org/sales/sales.html)

**BSTTW** also offers a free copy of the **BSTTW Music CD** to people who donate \$25.00 or higher to **BSTTW**. To learn more about this you should go to

[www.burnsurvivorsttw.org/donations/donatecd.html](http://www.burnsurvivorsttw.org/donations/donatecd.html)  
or

[www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

### **BSTTW ADDRESS & PHONE NUMBERS:**

Burn Survivors Throughout The World, Inc.  
650 N Beneva Road #305  
Sarasota, Florida 34232  
(941) 364-8457  
Toll Free: 800-503-8058  
Fax: (941) 364-8441

Feel free to contact **BSTTW** if you have any questions and/or comments by using the **BSTTW Comment & Question E-Form** at:  
[www.burnsurvivorsttw.org/eforms/emailform.html](http://www.burnsurvivorsttw.org/eforms/emailform.html)