
BSTTW COMMUNITY NEWS

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BSTTW REBUILDING LIVES

Donate To BSTTW Using GoodSearch.com

By: Michael Appleman, CEO

GoodSearch, <http://www.goodsearch.com>, which is based in Los Angeles, California is a special internet search engine that allows all of it's users to donate .01 cents to a non profit organization or school each time they use the service. The search engine that GoodSearch uses is generated by Yahoo.com.

Many people have asked how is GoodSearch possibly able to donate one penny per search query to charity. That is half of the actual revenue that is raised by GoodSearch.com for each time you use the service. GoodSearch's revenue comes from sponsored links that are seen in your search engine results. The can be seen on the top and/or on the right-hand side of the page when you get your results. Those results are ads and advertisers who pay money to purchase 'keywords' that you might enter.

Goodshop also offers online shopping. Each company you purchase from will donate a % of your actual purchase price before taxes. In order to donate a % of your online purchase to Burn Survivors Throughout The World, Inc. go to the GoodShop at <http://www.goodsearch.com/goodshop.aspx>, make sure Burn Survivors Throughout The World,

Inc.. is the name of the organization you would like to donate a % of your purchase to, click on the logo of what company you would like to search the item you are looking for, if you do not find what you would like go back to GoodShop and begin your online shopping again.



The funds BSTTW receives from GoodSearch and GoodShop is put into the BSTTW General Fund and used to offer support, education, funding, an internet site, medical supplies and medical treatment to burn survivors around the world. The funds are also used to increase fire safety education and informing the public on how they can take part in helping a burn survivor reenter their community. .

A FAMILY AROUND THE WORLD



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WINTER FIRE SAFETY HEATING YOUR HOME IN WINTER

During the months of December, January and February, home-heating equipment (central heating units, portable and fixed space heaters and fireplaces) is the second leading cause of home fires. Young children and older adults are most often the victims of these fatal fires. The major causes of home heating fires are poorly maintained systems, placing space heaters too close to combustible items and flaws in construction and installation of the heating units.

Keeping warm in your home can fuel safety concerns. Safety and the high cost of home heating fuels and utilities have caused many Americans to search for alternate sources of home heating. The use of wood burning stoves is growing and space heaters are selling rapidly, or coming out of storage. Fire places are burning wood and man made logs. All these methods of heating may be acceptable. They are however, a major contributing factor in residential fires. Many of these fires can be prevented. The following fire safety tips can help you maintain a fire safe home this winter.

Safely heat your home by following these guidelines:

- Always use a qualified technician install all new equipment.
- Annually you should have a qualified professional inspect your heating equipment. By having an inspection inspect your equipment you will ensure that your system is maintained properly, in suitable working order and be aware if any parts require repair or replacement.
- You should schedule regular cleanings of your boiler, furnace and hot water heater, your chimney and chimney connectors if you have one.

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- If you have a wood burning stove or fireplace It is very important that you have them inspected every year by a professional. The inspection should include the chimney and connectors.

- It is very important that you have a glass or metal screen in front of fireplace opening. This will help to prevent embers or sparks from jumping out.

-You should never burn charcoal indoors. Burning charcoal can give off lethal amounts of carbon monoxide.

- Before you go to sleep you should make sure that the fire in the fireplace is out!

KEROSENE HEATERS

- Annually you should have a qualified professional inspect your heating equipment. By having an inspection inspect your equipment you will ensure that your system is maintained properly, in suitable working order and be aware if any parts require repair or replacement.
- Make sure your heater has an emergency shut off in case the heater is tipped over.
- It is very important that you never use fuel burning appliances without proper room venting. Burning fuel (coal, kerosene or propane, for example) can produce deadly fumes.



Use **ONLY** the fuel recommended by the heater manufacturer. **NEVER USE A FUEL THAT IS NOT INTENDED TO BE USED IN THAT TYPE OF HEATER.**

- Always store kerosene and other flammable liquids in approved metal containers, well ventilated storage

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areas, outside of the house.

- **NEVER** fill your heater while it is operating or hot. When you refuel your oil or kerosene unit, avoid overfilling. **DO NOT** use cold fuel, as it may expand in the tank as it warms up.
- Refueling should be done outdoors.
- It is very important that you keep your young children away from the space heaters.
- When using a fuel burning appliance in the bedroom, be sure there is proper ventilation to prevent a buildup of carbon monoxide.

WOOD STOVES AND FIREPLACES

Wood stoves and fireplaces are becoming a very common heat source in homes. Careful attention to safety can minimize their fire hazard. Even though proper maintenance, cleaning, and care can reduce the chance of a chimney fire, it is extremely important that you and your family are prepared. Below are suggestions that should help you use your wood stove and fireplace safely:

- Be sure that your fireplace or stove is installed properly. Wood stoves should have adequate clearance, 36”, from combustible surfaces, and proper floor support and protection.
- Check the batteries in your home's smoke and carbon monoxide detectors every six months. It is suggested that they should be replaced annually or when you find them low on power. Check your fire extinguishers on a regular basis and recharge or replace them when necessary.
- Have the chimney inspected and cleaned annually.
- Wood stoves should be of good quality, solid construction and design, and should be UL (Underwriter's Laboratory) listed.
- Do not use flammable liquids to start or accelerate any fire.

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- Keep a glass or metal screen in front of the fireplace opening, to prevent embers or sparks from jumping out, unwanted material from going in. This should help prevent the possibility of fires and a burn injury.
- Never burn charcoal indoors.
- Keep flammable materials away from your fireplace mantel. A spark from the fireplace could ignite the materials and cause a fire.
- Before you go to sleep, it is important that you make sure your fireplace fire is out. **NEVER** close your damper with hot ashes in the fireplace.
- If synthetic logs are used, follow the directions on the package. **NEVER** break a synthetic log apart to quicken the fire or use more than one log at a time. It has been found that synthetic logs burn unevenly, releasing higher levels of carbon monoxide.
- **IF YOU SUSPECT (OR KNOW) THAT YOU HAVE A CHIMNEY FIRE:**
- Call the Fire Department Immediately.
- Never try to remove burning logs from your fireplace. This can cause the fire to spread, start a fire in the house and on you. You should use water or a fire extinguisher to put them out. If the fire is not put out and is spreading, you and the family should leave the house and call the Fire Department.
- If you expect a chimney fire, it is very important that you get everyone out of the house immediately. Once you are out of the house you can use your **CONTINUED On Page 4 “SAFETY”**



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mobile phone or a neighbors phone to call the fire department. If you suspect that you have had a chimney fire, do not use the fireplace again until a chimney sweep has checked it for any hidden damage.

- If there is a fire on your stove or fireplace and you can safely put it out the do so immediately.

FURNACE HEATING

- Have your furnace inspected and make sure that all furnace controls and emergency shutoffs are in a proper working condition.
- You should have all furnace repairs done by qualified specialists. You should not attempt repairs yourself unless you are qualified.
- Inspect the walls and ceiling near the furnace and along the chimney line. If the wall is hot or discolored, additional pipe insulation or clearance may be required.
- Check the flue pipe and pipe seams. Make sure they are well supported, free of holes, and cracks? If you see soot along or around seams you should have a professional inspect this immediately. This can be signs of possible leaks.
- Make sure your chimney solid, and does not have any cracks or loose bricks?
- Keep trash and other combustibles away from all heating systems.

OTHER FIRE SAFETY TIPS

- Never discard hot ashes inside or near the home. Place them in a metal container outside and well away from the house.
- Never use a range or an oven as a supplemental heating device.
- If you use an electric heater, be sure not to overload the circuit. Only use

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extension cords which have the necessary rating to carry the amp load.

- Avoid using electrical space heaters in bathrooms, or other areas where they may come in contact with water. This can case a fire.
- Never try to thaw frozen water pipes with a blow torch or other open flame. The safest way to thaw your frozen pipes is to use hot water or a UL labeled device such as a hand held dryer for thawing.
- If there is a fire hydrant near your home you can assist the fire department by keeping the hydrant clear of snow so in the event it is needed, it can be located.

**FINALLY...**

- Be sure every level of your home has a working smoke alarm, and be sure to check and clean it on a monthly basis.
- Plan and practice a home escape plans with your family.

Contact **BSTTW** and your local fire department for advice if you have a question on **Home Fire Safety**.

- ***Never use the kitchen oven or gas range to heat your home or apartment.*** Such improper use could cause dangerous levels of carbon monoxide to accumulate causing severe illness and possible death.

***Let's Keep Your
Family Fire Safe!***

Skin and Its Function

By: Michael Appleman

Our skin is the largest organ of the body and has many important functions. When we suffer a burn injury our skin can suffer damage to one or more of its layers. Skin is composed of the following layers. Each layer performs specific functions that are needed for our survival. The four layers of our skin are as follows:

Epidermis: The epidermis is the thin outer layer of the skin which consists of the following three parts:

- **Stratum Corneum (horny layer)**

This layer consists of fully mature keratinocytes that contains fibrous proteins (keratins). The outermost layer of the epidermis continuously shed. The stratum corneum prevents the entry of most foreign substances and the loss of fluid from the body.

- **Keratinocytes (squamous cells)**

This layer, of the epidermis is beneath the stratum corneum, It contains living keratinocytes (squamous cells), which mature and form the stratum corneum.

- **Basal Layer**

The basal layer is the deepest layer of the epidermis, containing basal cells. Basal cells continually divide, forming new keratinocytes, replacing the old ones that are shed from the skin's surface.

- **Melanin**

The epidermis also contains melanocytes, which are cells that produce melanin (skin pigment).

Dermis: The dermis is the middle layer of the skin. The dermis contains the following:

- blood vessels
- lymph vessels
- hair follicles
- sweat glands
- collagen bundles
- fibroblasts

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- nerves

Collagen: Collagen is a protein that holds the dermis together. Collagen is made fibroblasts. This layer also contains pain and touch receptors.

Subcutis: This is the deepest layer of skin. The subcutis, consisting of a network of collagen and fat cells, helps conserve the body's heat and protects the body from injury by acting as a "shock absorber."



Controlling Fire!

By: Delores Lekowski

Someone once told me that he wasn't afraid of fire because it was an element that we could control! His comment surprised me, because he was a burn survivor – and burn survivors know better than anyone how fast a fire can get out of control and the damage it can cause.

The recent wildfires in California prove his statement wrong! While we do have a certain amount of control over this element, we never have total control. We need to be constantly aware that fire can quickly get out of control, with devastating results.

The magnitude of the fires in California and the damage it left in its wake are hard to grasp. So are the trauma and disruption to those who were in the fire's path. We can only imagine what it was like getting a phone call telling you that you have ten minutes to grab what you can and get out. Few people can imagine what it's like to leave your home and belongings, fully aware that upon your return, there might be nothing left – not to mention the disruption, discomfort and uncertainty of having to spend the next three or four days in a shelter. After the fires were out and they were allowed to go home, many found nothing but ashes, everything they owned gone.

This fire struck “close to home” for my family. My son-in-law's brother lives in San Diego, and he had to quickly evacuate. We eventually learned that he did get out safely and, since all of the shelters were full, he and two other families were offered shelter on his boss's boat. When he was able to return to his home, he found it was still standing without any damage. His neighbors weren't as lucky.

When the fires finally died down, more than 2,000 homes had been destroyed, and at least seven people had been killed. What a sobering reminder of how uncontrollable this force of nature can be!

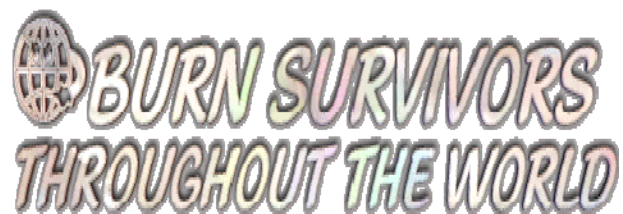
uncontrollable of situations. There were entire communities that were spared from the California wildfires – the fires, in effect, passed

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right around them, leaving them untouched. Safety officials are attributing those “saves” to strict building and landscaping rules that are becoming increasingly common in wildfire areas to discourage the spread of fire. These rules include trees and bushes that must be a certain distance from the house and cannot exceed a certain height. Roofs must be nonflammable. Shrubs near the house must always be watered. Indoor sprinklers are required. Those homeowners who followed the rules – some grudgingly because of the extra effort and expense – are now glad they did.

Let us all take the opportunity to remember that it is worth the extra effort and expense to practice fire prevention in our daily lives. We should never get too comfortable with the idea that we are in total control when we turn on our stoves to make a cup of tea. We must never ignore fire safety when we light a candle or the outside grill. We must always be aware that loose-fitting sleeves can catch fire over a stove burner, that an overloaded electrical circuit can cause sparks behind the walls, and that a carelessly discarded cigarette can cause a smoldering fire that erupts in flames on the living room couch after everyone has gone to bed. Caution and respect for fire should go hand in hand when we do everyday routine things. Putting safety measures like ionization and photoelectric smoke alarms in our homes, installing arc-fault circuit interrupters in our electrical panels or purchasing a new flame-resistant mattress can be an added expense – but might ultimately save the lives of you and your loved ones.

To those affected by the fires in California, I would like to extend my condolences. My thoughts and prayers are with you.



Managing The Fear Of Loneliness

By: Stanley Popovich

Sometime or another we will experience a time when we are alone. Some people fear of being alone for various reasons. The first step is to become comfortable with yourself and having the self-confidence that you will be able to manage being alone. There is nothing wrong with being alone. If being alone bothers you then seeing a counselor can help you with these issues.

In the meantime, here is a short list of techniques that a person can use so that the fear of being alone doesn't become a major issue in their lives.

The first step is to find an activity that you enjoy and where you can meet a lot of people. For instance, joining a group activity such as a volleyball group, women's club, or making crafts can be a great way to meet people. Doing something that you like to do will make you happy and will increase your chances of making friends.

Spending time with animals can be a great source of companionship. Whether you have a dog or you go to your local shelter, spending time with an animal or pet can help us to feel better. Animals can be of good company to all of us whether we are alone or not.

Helping others through community service can be of some help. There are many people out there who could benefit from your time and talents. Helping others can give you a source of pride and accomplishment and also can lead to friendships.

It isn't fun being alone, but sometimes there are worse things. For instance, imagine that you are married or stuck in a relationship that you can't get out of and also makes you miserable. Not only do you have to live with this person, it would be difficult to get out of the relationship because of various financial or personal reasons. As a result, you are stuck living with someone that you can't stand and makes you depressed every single day of your life. With

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this viewpoint, being alone doesn't sound that bad.

For those of you who believe in God, spending time with God and praying to him can help us in our lonely situation. Spending time with God and asking God for help in our time of loneliness can be of great comfort. You never know how God will work in ones life. Ask him for help and trust that he will help you.

The important thing is to do something constructive. Sitting around and doing nothing will not make things any better whether it is dealing with the fear of being alone or something else. Take it one day at a time and stay committed in trying to solve your problem.



Proud participant in the
Combined Federal Campaign

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 or 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 and your full poem at www.burnsurvivorsttw.org/poems/poemmaker.html

Michael Appleman, CEO

Reentering The Community

By: Michael Appleman

Coming home is a great move
The burns stop me from entering the groove

The physical and emotional pain is hard
I will always be scared

My family does not know what to say
Are they going to run away?

How will the community look at me?
All the scars are ugly to see

Support can help you make the move
This will allow you to step to the groove

Contact BSTTW Support Team for the help you
need
We will help to feed the positive seed

Michael Appleman

You can contact **BSTTW Support Team** by using our internet site at <http://www.burnsurvivorsttw.org/eforms/supportemail.html> or by telephone 936-647-2256 or toll free at 866-712-6164

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 or the **BSTTW Support Team E-Form** at www.burnsurvivorsttw.org/eforms/supportemail.html

To contact **BSTTW** by telephone by dialing 936-647-2256 or toll free at 866-712-6164. 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**
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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**, and the **World Burn Congress Fund**.

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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 or 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.
16193 Lone Star Ranch Drive #102
Conroe, Texas 77302

DONATE ON LINE

To learn more about donating on line go to: www.burnsurvivorsttw.org/donations/donations.html

If you have any questions call us at 936-647-2256, toll free at 866-712-6164 or by email at: 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,

Next fill out the **BSTTW Volunteer E-Form** at: 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, and by telephone at 936-647-2256 or toll free at 866-712-6164.

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

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

or

www.burnsurvivorsttw.org/donations/donations.html

BSTTW ADDRESS & PHONE NUMBERS:

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Toll Free: 866-712-6164
Fax: (936) 647-2257

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