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# BSTTW COMMUNITY NEWS

Volume 17 Issue 1

January 2020

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## BSTTW REBUILDING LIVES

### BSTTW Board of Directors

By: Michael Appleman, CEO

#### Burn Survivors Throughout The World, Inc.

is currently looking for a new **Board of Directors Secretary**. **BSTTW** is looking for a burn survivor, family member, doctor, lawyer, or corporate professional to represent **BSTTW** as the **BSTTW Board of Directors Secretary**. A **BSTTW Secretary** has the right to vote at all of our meetings, bring up information and question what is being discussed and/or voted on. At the end of the board meeting a copy of the board discussions are sent to the **BSTTW Secretary**. This way the Secretary can take part in the board meeting without worrying about taking notes, unless he/she would like to. The **Secretary** is given a personal **BSTTW** email account.

The **BSTTW Board of Directors** meets on the average of 6 times per year in a private chat room. All board members are required to attend all board meetings. If for some reason you are unable to attend a board meeting you can pass your vote to another board member. If a board member misses more than 2 meetings he/she can be asked to resign or can be fired.



A BURN SURVIVORS  
LIFE  
DOES NOT END....

As a member of the **BSTTW Board of Directors** you will be an important part of **BSTTW** helping burn survivors rebuild their lives, offer their family members and friends the support and education needed, educate the public about fire safety, building a stronger internet site, offer and/or start support groups in your community, offer fund raising and educational community meetings, creating online conferences, taking part in the **BSTTW Online Community**, the **BSTTW Facebook Site** and the **BSTTW Online Podcast**. You may also travel around the world helping others as a **BSTTW Representative**.

In order to become a **BSTTW Board of Directors Secretary** you must be a **BSTTW Member** and a **BSTTW Volunteer**. In order to become a **BSTTW Member** you must fill out and submit the **BSTTW Membership E-Form** on our internet site at  
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<https://www.burnsurvivorsttw.org/membership/membership.html>. In order to become a BSTTW Volunteer you must fill out and submit the **BSTTW Volunteer E-Form** at <https://www.burnsurvivorsttw.org/volunteer/volunteer.html>. Once the **E-Forms** are received they will be reviewed and you will receive a response within 72 hours. You and a current **BSTTW Board of Director** will set up a day and time to speak by telephone so you can learn more about **BSTTW** and the board member, ask any questions you might have and the board member can learn more about you. The

**BSTTW Board of Directors** will discuss the meeting with you at the next board meeting and you will be informed of their decision within 1 week after that board meeting.

I look forward to meeting with and working with any of you who are interested in becoming a **BSTTW Volunteer** and joining the **BSTTW board of directors**.

If you have any questions do not hesitate to contact Michael Appleman, CEO by email at [michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org) or by telephone at 936-483-9014.

### **Enduring A Burn Injury**

By: Cindy Valavani

"Enduring a burn injury is one of the most horrific and terrifying experiences a human being can endure."

My reason for writing this is to invite new burn survivors to our non profit organization called Burn Survivors Throughout The World, Inc. (BSTTW). BSTTW does many things to assist the burn survivor community in their recovery. Not only does it attempt to make this journey a bit easier it also lets

the new burn survivor know that they are not alone. When I was injured there were no support groups online only the ones you went to in person which a short time later seemed to fade away. Not sure why. I think one reason might be that some people don't want to be reminded of the hell they endured when they were first burned whereas others may not have the time for whatever reason to devote to recovery efforts. There is so much that goes on not only physically with the scars, but also emotionally, psychologically and spiritually. When I say psychologically I mean just with everyday things most of us take for granted like going to work, out to dinner etc. This all changes when one suffers a burn injury. People we once thought of as friends slowly seem to drift away, often never to be found again. One thing is for sure, one finds out who his/her true friends are in this time of need. Another factor to consider is the age of the person when he or she is first injured. I was burned at almost 12 years of age. It will be 48 yrs on the 21st of this month. I've had over 40 surgeries. Some of the surgeries were reconstructive and some surgeries that I needed the insurance considered elective and they did not pay.

I'd like to take this opportunity to introduce our services. BSTTW is a 501(c)(3) non profit organization that was founded in 2001 by Michael Appleman. Michael suffered burns to his ankles, feet, legs and a little on his face. Until then there wasn't really much online as far as support goes for a burn injury. The only site available was Burn Support Online which was run by Gary Graham. The support group lasted a few years but unfortunately had to shut down



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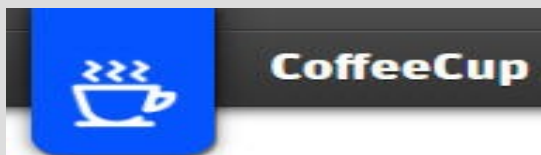
due to financial reasons. Michael started BSTTW as a group in the late 1990's. The organization became popular and he decided, with the help of several burn survivors and family members to incorporate and offer extensive services. BSTTW offers support groups for survivors as well as their friends and family in a chat room on Monday nights from 9 pm to 10:30 pm EST. Burn Survivors and family members can also receive one on one support by telephone, chat and in person when available. BSTTW also offers the BSTTW Online Community and has a great deal of educational materials, stories and poems on their site. You can learn more by going to the BSTTW website at <https://www.burnsurvivorsttw.org>.

## Managing the Fear and Anxiety of the Unknown

By: Stan Popovich

All most everybody worries about what will happen in the future. The prospect of not knowing if something good or bad will happen to you in the near future can produce a lot of fear and anxiety. As a result, here is a list of techniques and suggestions on how to manage this fear of dealing with the unknown.

Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you are afraid of does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, let's say at your place of work that you miss the deadline for a project you have been working on for the last few months.



Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything. Remember that we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. When the time comes, hopefully you will have learned the skills to deal with your situation.

Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you're playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation and increase your self-confidence.

Remember to take a deep breath and try to find something to do to get your mind off of you anxieties and stresses. A person could take a walk, listen to some music, read the newspaper, watch TV, play on the computer or do an activity that will give them a fresh perspective on things. This will distract you from your current worries.

A lot of times, our worrying can make the  
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problem even worse. All the worrying in the world will not change anything. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. If you still have trouble managing your anxiety of the future, then talking to a counselor or clergyman can be managing your anxiety of the future, then talking to a counselor or clergyman can be of great help. There are ways to help manage your fear and all it takes is some effort to find those answers Remember that finding a counselor to help you depends on how you interact with the counselor and how they interact with you. It may take a couple of times to find the right person, but do not give up. Finding a good counselor will pay off for you in the long run, so be persistent in finding the right person for you.

### A Small Prayer

By: Gordon Pranger  
December 8, 1987

School was almost out when I called my grandparents up and told them they did not need to pick me up from school. I was going to be staying late and I would find a ride home. I ended up walking home after school carrying my saxophone. When I arrived home I called several of my friends to see if they wanted to come over and horse around or what not. Everyone was busy or had other plans so I went about my normal fascination, FIRE.

I walked out into the work room which was behind the garage and leads to the outside back yard. I picked up a Folgers can, filled it with a small amount of gas, lite the gas and sat there in the work room watching it burn. No harm in that right? As the flame started to become extinct I walked into the garage and retrieved a five gallon can of gas which was full, and started to pour it into the can

which had the flame. The flame started to travel up the steam of pouring gas. I placed the large gas can down wondering what in the !@#\$% I was thinking. As I did that the flame dribbled itself down into the Folgers can and I wiped my forehead thinking to myself I was fast enough. At that time a horrific noise from an explosion blasted my ears as well as myself and I saw nothing but and orange glow everywhere.

The explosion threw me back into the garage approximately eight feet. The reason I stopped was due to the work bench in the garage. The force of the explosion was so great that it blew the door to the garage and work room open, slammed it against the wall and bounced back to close. I do not know how long I was knocked out laying down, but when I came to, I was laying in a pool of gas and was lit. I rolled around, but all I was doing was covering myself in more gas...not to mention the fact that there was carpet in the garage and I was just catching it more on fire.

I jumped up, ran to the door going inside the house, it was locked (stays that away and have to use a screw driver to pry it open), tried to open the door which lead to the work room and into the back yard, unfortunately it did not have a door knob. My mind racing on what to do I ran to the garage door you let your car in and out of the garage. The lock on the door was jammed. Would not budge or turn. We had an eighteen foot bass boat in the garage, I jumped into the boat to grab the fire extinguisher...it did not work. While doing all this smaller explosions were going off around me...paints cans, oil cans, lawn

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mower gas tanks, a twenty-five gallon gas tank in the boat...and no telling what else.

After trying to get out of the garage I held my arms up in front of me with flames coming off, (could hardly breath because the fire was taking all my oxygen), looked at my arms and told myself that I was going to die and this was the worst way to go. But if God wanted me it was my time to go. And I said a small prayer that my family would not think that I committed suicide and I loved them all. I sat down next to the boat with my back leaning against the trailer and closed my eyes...

When I opened my eyes I was walking around. My body walked to the garage door you let your car in through, bent over, grabbed the handle and lifted the door open breaking the lock. Once the door was up my mind was clear again.

I looked out into the front yard and saw approximately thirty people standing around. At this point I did not feel anything nor did I have any clue as to how bad a shape I was in. I turned to look at the fire behind me, looked at the people in the front yard and ran out to them. When I made it to the grass I just hit the ground and rolled and rolled and rolled for approximately fifteen yards until the people stopped me, wrapped me in a wet bed spread and began to talk to me saying everything was going to be okay. I already assumed that. Had no question in my mind. I spoke to several people told them who to call, what the number was, and said "don't tell my mom I was in a fire, she is liable to hall butt down here so fast she will get in a wreck." I

interServer.net

asked where the paramedic was because they only lived a quarter mile away and they where not there yet. I felt my body curling up like a piece of paper on fire...as well as tremendous heat.

The paramedic arrived, put the iv in me, placed me on a stretcher, and loaded me into the ambulance. At this point they did not know to wait on life flight or try and take me. I kept saying life flight would be better(but that was because I wanted a helicopter ride). So life flight arrived and they took me out of the ambulance. As they rolled me across the road each individual bump felt like thousands of needles going into my back. They loaded me into the helicopter. The nurse said that I was going to be fine. I just looked at her and said "that at least one good thing came out of this, I was getting a free helicopter ride." A tear rolled out of her eye, the helicopter took off and I passed out.

This is Part one of a heartfelt recount of what took place on that day...Look for part two to be posted in the future.

### Burn Prevention Tips

Install smoke detectors in each bedroom corridor, at the top of each stairway and along your normal exit route. Replace the batteries at the same time twice yearly.

Set your water heater no higher than 120° F. ( 48.9 C. ) - 125° F. ( 51.7 C. ). At 130° F. ( 54.4 C. ) a severe scald burn can occur in just 30 seconds.

Do not overload power sockets, or use damaged power cords.

### In the Kitchen

Keep pot handles turned in and the  
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appliance cords away from the edge of the counter.

Keep hot liquids and other hot items away from the edge of the table or counter.

Establish a "safe Area" where a child can be placed away from risk. Establish a "No Zone" in front of the stove, and teach your child to stay away from that area.

Be careful using microwave ovens. Steam escaping from the container can cause scald burns. Foods can be warm in one spot and scalding in another.

Never leave hot oil unattended, oil can ignite if allowed to over heat.

### In the Bathroom

Run cold water into the tub first, then add hot water. Keep your child away from the faucets.

Never leave young children alone in the bathroom for any reason.

### Outside

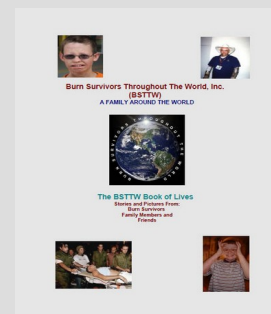
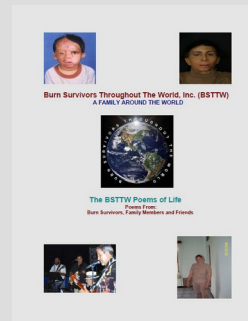
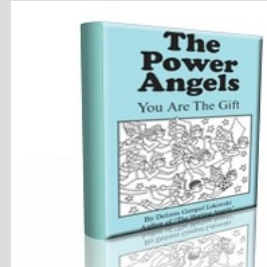
Do not use gasoline for any purpose other than to fuel an engine. Use the safest product available for the intended job.

Always fuel power mowers out-side where there is adequate ventilation.

A few simple steps could save your family from serious burns.



### BSTTW eBooks



**Burned Children Need Your Help**

Donate to the  
BSTTW World Wide Burned  
Children's Fund  
At  
[https://  
www.burnsurvivorsttw.org/  
donations/donationschild.html](https://www.burnsurvivorsttw.org/donations/donationschild.html)



In 2016 12,775 burn injuries occurred. Ten thousand seven hundred and fifty of those injuries occurred at residential fires. Worldwide every thirty seconds a burn injury occurs. That means that thousands of individuals worldwide suffer a burn injury every thirty seconds and so many of them contact **Burn Survivors Throughout The World, Inc. (BSTTW)**, for help. With your donations **BSTTW** can continue to take part in rebuilding the lives of the individuals and families who contact us.

To continue our work rebuilding lives, **BSTTW** is in need of automobiles, clothes, finances, food, furniture, homes, kitchen supplies, land, medications, medical supplies, music, televisions, stereo equipment and more.

If **Burn Survivors Throughout The Word, Inc.** can receive a new or an excellent working automobile and automobile insurance the **BSTTW Support Team** will be able to travel to burn survivor's homes, burn units, help burn survivors get to doctors, rehabilitation appointments, grocery stores, etc. So please if you have an automobile that you are willing to donate to **BSTTW** please contact us at 936-483-9014.

You can mail your checks and other donations to **Burn Survivors Throughout the World, Inc.** at:

Burn Survivors Throughout The World, Inc.  
16193 Lone Star Ranch Drive #102  
Conroe, TX 77302

<https://www.burnsurvivorsttw.org/list/donations.html>

*NEVER GIVE UP, NEVER GIVE IN, NEVER  
QUIT...life IS TOO PRECIOUS*

*BURN SURVIVORS HELPING BURN  
SURVIVORS...THIS IS WHAT IT IS  
ALL ABOUT!*

*"Dwight Lunkley"*

## BSTTW Music CD



## BSTTW eBooks Package





### 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*



### Rebuilding Lives

During the holidays  
We can feel alone

Dealing with feelings  
That can be hard

That is why BSTTW and others are around  
Do not hesitate to contact for support

People you talk to will care  
They will show you true concern

Friendships you build  
Can help you move forward during that  
war

Information and concern you receive  
Can turn your life around

Give yourself a chance to rebuild your  
life  
Move forward to a new and positive day

*Michael Appleman*

You can contact the **BSTTW Support Team** by filling out the **BSTTW Support Team EForm** at <https://www.burnsurvivorsttw.org/eforms/supportemail.html> or by telephone 936-483-9014

**BSTTW  
Weekly Chat**

## Take Part in Rebuilding Lives

### Donate To BSTTW:

- All types of Services
  - Automobiles
- Credit Card Donations Online or by Phone
  - Furniture
- Finances by Cash, Check or Credit Card
  - Homes
  - Medical Supplies
  - Medical Treatment
    - Medications
  - Permanent Cosmetics
    - Rehabilitation
      - Tattoos
- Using A Credit Card

Donate To BSTTW

### Donate On Line Using Any of the Following:



## DONATE TO BSTTW

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 **BSTTW World Wide Burned Children's Fund, USA & Asian Burn Camp Funds, and The Asian 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 \$30.00 or higher 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 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 ONLINE

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 936-483-9014 or by email at: [donations@burnsurvivorsttw.org](mailto:donations@burnsurvivorsttw.org)

## **BSTTW Online Shop**

Donate to BSTTW by purchasing the BSTTW E-Books, BSTTW Music CD, Skin Care Products and by going to the BSTTW Online Shop at

[www.burnsurvivorsttw.org/bsttwshop/index.php](http://www.burnsurvivorsttw.org/bsttwshop/index.php) or you can learn more by going to [www.burnsurvivorsttw.org/sales/sales.html](http://www.burnsurvivorsttw.org/sales/sales.html)

## **VOLUNTEERING YOUR TIME**

There are many children, adults and families around the world who need support and other assistance. 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 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 936-483-9014.

## **BSTTW CONTACT INFORMATION**

### **EMERGENCY CONTACTS**

**BSTTW** has a support team that is on call 24 hours a day 7 days a week to assist a burn survivor, family member, firefighter or friend deal with a burn injury and fire related issues. You can contact **BSTTW** on the internet at 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)

Contact **BSTTW** by telephone at 936-483-9014. If we are not in the office or it is after hours, you can leave us an emergency message 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)

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

Burn Survivors Throughout The World, Inc.  
16193 Lone Star Ranch Drive #102  
Conroe, Texas 77302  
(936) 483-9014  
Fax: (936) 570-1179

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

