
BSTTW COMMUNITY NEWS

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July 2004

BSTTW REBUILDING LIVES

BSTTW Medical Internship Program

By: Michael Appleman, CEO

In April 2004, the BSTTW Medical Internship

Program began. BSTTW had been putting the internship program together for 6 months prior to the first internship. We had been in contact with several hospitals and doctors around the world discussing the program and working together to educate our future doctors and helping the current burn victims. Before the process was completed, BSTTW was contacted by Marla Beth Ferschl, a medical student at the University of Chicago, inquiring about the possibility of her and two other students traveling to and interning at a hospital in Viet Nam. BSTTW requested that Ms. Ferschl and her friends complete and send the BSTTW Application, university information and letters of recommendation to BSTTW so we can review each applicant and speak to the hospitals in Viet Nam. After a full review, Michael Appleman, CEO found that all three applicants are exactly the type of students BSTTW is looking for. Mr. Appleman immediately contacted Dr. J. F. Biset at the French-Vietnamese Hospital in Ho Chi Minh City, Viet Nam. All the documentation was forwarded to Dr. Biset for review. After a full review, Dr. Biset was very interested in the BSTTW Medical Internship Program and having all three students intern at the French-Vietnamese Hospital.

BSTTW informed the students that BSTTW and the French-Vietnamese Hospital in Ho Chi Minh City, Viet

Nam has accepted all three of them into the BSTTW Medical Internship Program. All three students were very excited and the process of setting up their internship began. BSTTW requested the travel

information in order to set up hotel and transportation in Viet Nam. When all the documentations were received, BSTTW contacted Nguyen Cong Thien, the BSTTW Representative in Viet Nam requesting that he set up hotel rooms and met the three students at the Tan Son Nhat International Airport in Ho Chi Minh City when they arrive.

The students felt very secure and knew that if any issues arose, BSTTW, Cong Thien and Dr. Biset would help explain and resolve the issues.

Olivia Bailey, one of the interns, stated the following about her internship at the French-Vietnamese Hospital: "I spent my internship working in the Accident and Emergency Department at the

French-Vietnamese Hospital. This area featured 5 patient rooms as well as 2 resuscitation rooms. While there, I saw everything from the

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A FAMILY AROUND THE WORLD

Inside This Issue

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common cold to victims of motorbike accidents. Patients are must to pay upfront for their care. There was an 80 year-old woman with a heart condition requiring a pacemaker. However, her family had to decide if they could afford the 1000 USD for her treatment. This certainly is a great deal of money in the US, let alone in Vietnam. Overall, I was impressed by the top-quality of care the patients received.”



During their first night in Viet Nam, the interns spoke with Cong Thien and asked if he would arrange for them to move to a hotel in the main district of Ho Chi Minh City. They thanked Cong Thien for setting up hotel rooms several meters from the hospital, but they wanted to be closer to the main city. Ho Chi Minh City has many different districts. District 1 is in the main part of town and it is a very lively part of town. There are restaurants and hotels and the night life is exciting. Cong Thien set up the new hotel rooms and helped the students move.

The students truly enjoyed their experience in Viet Nam. They not only learned in a hospital setting but also the difference of living in the United States of America and Viet Nam. Marla Ferschl, one of the interns, offers her feelings about the BSTTW Internship Program, the French-Vietnamese Hospital and her trip to Viet Nam, “Overall, our experience was fantastic. It was fascinating to see how medicine is truly an international language that can unite everyone!”

If you or anyone you know is interested in applying for the BSTTW Medical Internship Program you can contact BSTTW by email at medicalintern@burnsurvivorsttw.org, by telephone at 841-364-8457 or toll free at 800-503-8058.

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Corrective Pigment Camouflage

By: Susan Church, C.C.P.C.

This information is part 3, the last in this series. In this article, we will concentrate on Scar Relaxation, procedure after care for Corrective Pigment Camouflage C.P.C. and the final results.

Scar Relaxation is the application of repetitive circular tattooing movements to create supple skin texture and to soften the fibrous bands of collagen (scar tissue) to give the patient more flexibility in their movements. (see photos) This procedure works well on all contracted tissue with exceptional results on the hands.

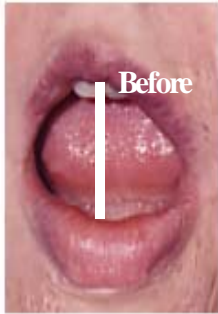
Scar Relaxation was introduced by Susan Church at the first Society of Permanent Cosmetic Professionals (SPCP) conference in 1991 after she discovered it while working on several burn survivors in concert with Dr. Grossman.

Scar Relaxation appointments are usually scheduled at 4-week intervals. However, dramatic results can be seen and felt after the first treatment.

Patients are excited with their results of the C.P.C. that has been performed on them, many times alleviating the need for potential surgeries on the contracted tissue.

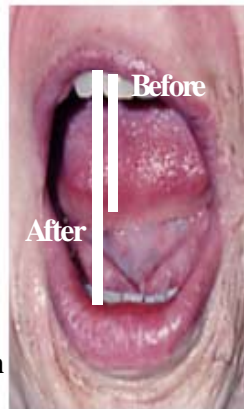
In all post procedure phases of C.P.C. there is an inflammatory response of the skins tissue. The skins typical symptoms may range from mild redness, heat, swelling and discomfort to lymph drainage. All patient’s will experience a typical wheal and flare reaction (redness, histamine release and swelling) to the procedure area that is much like a bee sting or mosquito bite. Applications of C.P.C. will also cause increased blood flow to the immediate area. The procedure area will be a bit sore, swell slightly too moderately within the first 24 hours, may possibly be very tender and be slightly pink to red.

Immediate after care instructions includes the use of either Vaseline or some type of an antibiotic ointment. If possible, cover the area to keep it hours. If the procedure area is swollen, you may use **CONTINUED on Page 3 “Camouflage”**

**Before ‘Scar Relaxation’**

Patient was burned when she was 3 years old and could hardly open her mouth due to scar contractures.

©IIPC

**After ‘Scar Relaxation’**

Patient can now open her mouth wider and for the first time in her life she can:

1. Eat a hot dog
2. Scream
3. Have creams absorb into her skin

ice for the first 24-72 hours to help alleviate the pain and swelling. Using heat after this period will promote circulation and removal of waste products. Injured tissue will heal much faster and scar less if the patient keeps the area moist. The patient should apply a thin coating of Vaseline over procedure area while showering or bathing to protect it from moisture.

C.P.C. areas need to be protected and kept out of the sun and tanning beds. While the tissue is healing, which is usually 7-10 days, the patient should avoid hot showers, sauna, steam, chlorine pools and Jacuzzis. Patients should not use their fingers to apply ointments or Vaseline to the procedural area. All products should be applied with a q-tip or tissue. Do not use products that contain AHA's or Retinol A or similar lightening products on the procedure area. (Example—Glycolic, Lactic Acids.) Check your product labeling as it will fade your pigment colour.

Technicians need to be cautious of post-inflammatory hyperpigmentation (darkening of the

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tissue) when applying C.P.C. Hyperpigmentation occurs when the skin's tissue is traumatized. Hyperpigmentation occurs in Caucasian skin occasionally, although it will most likely occur on clients with heavy concentrations of melanin in their skin. Normal skin colour should return in several months following the application of C.P.C.. Bleaching agents such as Hydroquinone, Kojic Acid and/or Licorice applied 1-2 times a day may be used to lighten the skin if needed.

Final colour results are not determined until several applications of pigment colour have been inserted into the procedural area and the skin has totally healed.

Final results cannot be guaranteed as the tones of the skin change all throughout the day as the temperature of the body heat changes from warm to cool and back again.

We as technicians, fine-tune and complete the finishing touches on the work the plastic surgeon has completed. Technicians should always work in concert with the patient's physician. As the physician performs any ongoing surgeries, the patient's C.P.C. colour applications may need to be readjusted. Also, C.P.C. areas can be re-pigmented yearly for a 'colour refresher'.

Hopefully this series on C.P.C. will help you to understand the psychology of beauty that is created to present unique concepts of thinking about beauty that extends beyond traditional basic value.

My Sixteen Month Old Baby

By: Nguyen Thi Nu

My name is Nguyen Thi Nu. I live in Dalat, Viet Nam. I found out about Burn Survivors Throughout The World, Inc. in Viet Nam and felt that it would be very important for me to contact the organization. My little baby girl, Ho Tu Tu suffered severe burns and is in need of medical assistance.

On Mach 19, 2004, Ho Tu Tu was seriously burned when she tripped onto a boiling soup pot that was located in front garden. In Viet Nam it is normal for people to cook the Pho (soup) for dinner outside and

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have the children play in the garden.

I did my best to help Ho Tu Tu, but the skin was burned and I could not change that. I began to feel the pain of my little girl. We took her to the local hospital in Dalat and asked for the doctors to do all that they could to help heal her wounds.

The doctor informed us that Ho Tu Tu suffered deep pain from serious burns that are 30-39% of her body. The doctor explained that Ho Tu Tu had 3rd and 4th degree burns. Today the burns have caused horrible growing of convex scars around her face, on her breast and two arms, as well as a missing part in her left helix. Ho Tu Tu can hardly move her two arms because of strained muscles. Her doctor said Ho Tu Tu's case is one of the worst cases he has seen in Dalat. He also stated that the hospitals in Viet Nam are not able to offer the medical treatment Ho Tu Tu needs. The hospitals in Viet Nam are not able to give Ho Tu Tu the surgeries and rehabilitation needed so she can recover and have a better life.

As a mother I am very scared. Ho Tu Tu is very young and she has so many years ahead of her. What will those years be like without the medical treatment needed? How will I explain to my daughter that I am also in pain every day looking at her and remembering how this happened?

I look to Burn Survivors Throughout The World, Inc., and others to help me find the help needed. I need to get Ho Tu Tu the medical treatment needed and also I must get the support to help heal the pain I have inside of me.

If anyone reading this article can help me bring Ho Tu Tu to the USA and get free medical treatment, I would thank you every day of my life. You will be helping me fix the burns that my daughter has and give her a better life.

Anyone interested in helping Ho Tu Tu get the funding needed to travel with her mother to the USA and get free medical treatment, please contact BSTTW at hotutu@burnsurvivorsttw.org or by telephone at 800-503-8058.

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Your Landscaping is Beautiful, but is it Safe?

By: Delores Gempel Lekowski

The weekends are filled with the hum of lawn mowers. The smells of fresh cut grass, spring flowers and musty mulch fill the air. Signs of winter are fleeting, and now we are eager to make our yards look as if they belong in *Better Homes and Gardens*.

When we landscape around our homes and businesses, we focus on "curb appeal" - not the potential for our work to go up in smoke. Yet, everyday, the landscaping in front of businesses and homes literally do just that. Most people don't think about fire safety when landscaping, but there are some potential hazards that you should be aware of before you put on your gardening gloves or start up your lawnmower.

For example, I've seen many restaurants, businesses and private residences that have mulch spread too close to the building. This is particularly dangerous in designated "smoking areas," where a cigarette or match might be carelessly discarded. But cigarettes and matches aren't the only hazard. In rare cases, very dry mulch or plants may self-ignite by the heat of the sun.

Here are some tips to ensure that your landscaping doesn't go up in smoke:

- Use mulch in small areas, such as around trees and individual plants.
- Don't put garden lights near mulch.
- Shredded redwood bark is the most flammable and should not be used near a structure.
- Use rocks, gravel or stones instead of mulch next to homes or buildings.
- In dry weather, water mulch and vegetation frequently.
- Keep trees and bushes trimmed to reduce fuel potential in case of a fire, and trim tall trees 10 feet from the bottom to keep flames from using branches as a ladder.

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All plants are flammable, but some are less flammable than others and will smolder for a longer time before flaring up. Ground cover is a good choice for landscaping close to a structure such as a home or building. Here is a short list of flammable foliage:

Highly flammable plants: Scotch Bloom, Algerian Ivy, Bamboo, Pampas Grass, Eucalyptus, Juniper, Pine, upright Rosemary.

Less flammable plants and trees: Ice Plant, Ivy Geranium, African Daisy, Periwinkle, traveling Rosemary (not upright Rosemary) Strawberry Tree, Saltbush, Western Red Bud, Tulip Tree and Weeping Willow.¹

Landowners also should be well acquainted with the potential hazards of lawnmowers, especially when it comes to fire safety.

- Fill the fuel tank before starting the engine to cut the lawn. Never refuel the mower when it is running or while the engine is hot.
- With an electric mower, organize your work so you first cut the area nearest the electrical outlet, and then gradually move away. This will minimize chances of your running over the power cord and causing a spark.
- Always check for frayed or cut wiring.
- Use extra care in handling gasoline. It is flammable, and the vapors are explosive.
 1. Use only an approved container.
 2. Never remove the gas cap or add fuel with the engine running. Allow the engine to cool before refueling.
 3. Never refuel indoors.
 4. Never store the lawnmower or gasoline container inside the house where there is an open flame, such as a gas water heater.
 5. Always clean up spilled gasoline.

Enjoy your summer and landscape safely!

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Interning In Viet Nam

By: Marla Ferschl

On April 20, 2004, two of my classmates and I headed to Vietnam to do medical volunteer work. As fourth year medical students, we were excited to learn about international medicine before graduation. Our volunteer opportunity at the French-Vietnamese Hospital in Ho Chi Minh City, Viet Nam was coordinated by the non-profit organization “Burn Survivors Throughout The World, Inc.” under the direction of Michael Appleman, CEO.



The French-Vietnamese hospital is located in District 7 of Ho-Chi Minh City. We were surprised to learn that the hospital is a state-of-the-art facility, especially for Vietnam. It had a CT-scanner, ultrasound capabilities, ICU, NICU, several operating rooms and several floors of inpatient services. It was built about a year ago, costing \$40 million dollars. It is 100% foreign owned. As with all the hospitals in Vietnam, it operates under a fee-for-service model. Therefore, the patient demographics usually included rich Vietnamese or foreign business employees residing in Vietnam. I was surprised to see that many of the patients chief complaints were similar to ones seen in the US—diabetes, hypertension, acid reflux, etc. However, one difference was the amount of time that patients traveled to see a doctor—on average, patients came from 500 miles away!

The attending doctors were mainly from France. They spoke with the patients through an interpreter. One of the internal medicine attendings learned Vietnamese and was able to communicate without one. In addition, they hired specialists from France

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to come to Vietnam for two-week intervals. As volunteers, we were placed in different departments.



Olivia, Dr. Biset, Sue Jin and Marla

Marla worked in the internal medicine outpatient clinics, Olivia worked in the “A & E” (Accidents and Emergencies) Department and Suejin worked in the pediatrics outpatient clinics. Marla worked under Dr. Chantal, Sue Jin worked under Dr. DeCamps and Olivia worked with several different ER attendings. Since we were mainly working with affluent patients, we saw a lot of the same problems as in the US (obesity, type II diabetes, etc).

In summary, it was not only an interesting experience to see how the wealthy are treated in developing countries but also fascinating to see how medicine is truly an international language that can unite everyone! The BSTTW Medical Internship Program, the French-Vietnamese Hospital and our travel in Viet Nam, is an experience that was completely different from what all three of us ever expected. Overall this experience and the help offered by Nguyen Cong Thien, BSTTW Representative – Viet Nam was fantastic and will be remembered forever.

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Insights and Revelations By Fire Part I

By: Michele Neil

The cook stove was full of garbage. Mother and my grandmother had been cleaning the house all morning and debris collected was put into the stove. Coals that remained from cooking breakfast would not burn the accumulation. Grama tried to light the damp refuse with matches. The little flame kept going out.

It was my sister's third birthday on that hot summer day. I was four years old. We had tried to help Grampa and Dad collect freshly dug potatoes in the potato patch but we became very hungry and hot from the sun. We went back to the farmhouse to get a drink and to wait for lunch.

In the kitchen mom was writing a letter and Grama was preparing lunch. Marilyn and I scooped out cold water to drink from a bucket just drawn from the well. Dad appeared at the kitchen entrance. Dad could see Grama trying to light the stove. She said she couldn't get it started. Dad said that he would fix that. He left and returned moments later with a tin honey can full of petrol. Grama argued with Dad and begged him not to use the liquid in the tin. Grama's voice was shaking and rose. Dad was loud, determined and he ignored her. My stomach felt sick. My Aunt Ann had come down from upstairs, alarmed by the loud angry voices.

I watched with apprehension as Dad poured fuel into the round hole in the top of the stove. He peered into it looking for signs of success. Unsatisfied, he poured more into the stove. The air above the stove exploded into a roaring ball of flame. I let out a scream and charged for the front door behind my Aunt. Grama and Marilyn, my sister had fled out a side door. Dad turned and with hand and tin ablaze he headed for the front door, dropping melted tin and burning fuel as he went. Mom followed him, stamping out the puddles of flames left on the floor.

The spring on the front screen door snapped the door shut behind me as I ran free of the house. When I heard Dad yelling at the door for someone to open it I wheeled around. Hearing Dad's raised voice terrified me as it usually meant I was in trouble. I

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could barely make out his head through the raging flames towering in front of him, the honey tin still in his hands.

The flames horrified me but I was more afraid of my Dad. He needed help to get out of the house and I had let the door shut. Weak with fear I went back to the front door and unlatched the latch. Through the open door he stepped, dropping flames on my head. As I ran screaming from the house Dad threw the burning can at me. Suddenly I could feel and see red and orange tongues of flame reaching up my back and above my shoulders. The tongues seared and hissed. I ran as fast as I could to escape the fiery monster that was clutching me. My entire back and the backs of my legs and arms became engulfed with flames.

Dad ran after me as I darted like a scared rabbit. I avoided him because I thought he was punishing me for allowing the screen door to shut in his face. Dad had thrown the can at me with the kind of anger that people act on and later regret. I had to take the punishment but soon the punishment became too

much. I tired of running. My legs and arms moved in slow motion. I had no strength left to run. Maybe Dad would have mercy now, I thought. I needed help and no one else was around. I heard him calling to me. He told me to go to the side of the ditch. He stood in the ditch so that he was eye level with me. He reached towards me to pat out the flames on my body but his hands burst into flames. He smothered the flames using the long grass in the ditch. I could see him wince with pain. He reached out to me again and his hands reignited. I then realized that my father couldn't help me.

Grampa had been in the barn. He had heard my screams, which alarmed him and he came out, saw me, reached for a work shirt from inside the barn, picked me up in his arms and smothered the flames with the shirt. Mom had been putting out the flames that had dropped from the can as Dad ran out of the house. When she heard my screams she knew what had happened and she phoned for an ambulance. She was coming out of the house as I was walking back to the front door.

Aunt Ann watched Grampa slump over the milk
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stand near where I left him. His face paled as he grasped his chest. He struggled for breath. Ann feared her father was having a heart attack and that he would die. Mom screamed out an order to Anne and she snapped to attention.

"Get blankets and sheets from the East bedroom, Mom ordered." Mom wrapped my shivering body with the sheets as I stood out on the front lawn. My socks had melted down around my ankles. My skin was ash grey and charred black. The panic and desperation in my mother's voice and seeing the condition of my body made me realize that something irreversible and utterly devastating had happened to me. I felt the deep ache of loss. Nothing could ever make it right. I had one vague hope and I whispered, "Jesus can help me."

The phone ring and I watched through the screen door as Mom talked on the phone. The ambulance driver didn't know where to find us. Mom told Grampa that I would have to be driven to the hospital. He recovered enough to bring the car out of the garage and to the house.

It was too painful for me to lie down on the back seat so I was allowed to stand up and hold onto the back of the front seats as Grampa drove us down the dirt road. The ambulance met us about a kilometer from the house and I was transferred to the emergency vehicle. I stood between the attendant and my mother who sat in the seat beside the attendant.

I remained conscious and watched doctors and nurses descend on me when I arrived at the local hospital. The burns were worse than expected and I was transported to a larger hospital about an hour away. My father arrived later in Grampa's car and was treated for his burns and then released. Dad and mom returned to the farmhouse.

The drink my sister and I shared that day marked the last time I saw her for the next six months. (To this day my sister will not light birthday candles, not even for her children's birthdays.)

The ferry was held for the ambulance en route to the Kingston General Hospital. Medical staff attended

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me. The siren screamed as it passed through towns. I felt ashamed and embarrassed for causing so much commotion. Before I reached the hospital I became unconscious.

Part II will be in the October 2004 BSTTW Community News.

Life's Changes

During your upbringing did you ever see?
How your life was going to be?

Ups and downs are part of life
The fire cut me like a knife

Recovery is day and night
I worry that I am losing this fight

With the scars how will they look at me?
Is ugliness all they will see?

How can I work through all this pain?
Will I ever remain sane?

A survivor we all are
That is why we have the scar

BSTTW's support team has helped me to see
Acceptance, live, happiness and the strength to be
free

Michael Appleman

**BSTTW CONTACT
INFORMATION****Emergency Contact**

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

To contact BSTTW by telephone by dialing 941-364-8457 or toll free at 800-503-8058. If we are not

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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

Nguyễn Thi Diêu Trân: **Director- Việt Nam**
tran@burnsurvivorsttw.org

Ariel Gonzalez: **Director- Mexico**
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.

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.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.

Mail Your Donations Payable To

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

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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 941-364-8457, toll free at 800-503-8058 or by email at:
donations@burnsurvivorsttw.org

Volunteering Your Time With BSTTW

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. To become a BSTTW members, fill out the BSTTW Membership E-Form at www.burnsurvivorsttw.org/membership/memform.html, then go to the BSTTW Volunteer E-Form at www.burnsurvivorsttw.org/volunteer/volunteer.html

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 are not answered, you can contact BSTTW by email at volunteers@burnsurvivorsttw.org, and by telephone at 941-364-8457 or toll free at 800-503-8058.

Purchases

BSTTW has an online store were you can purchase Skin Care Products, Books and Video Tapes. To learn more go to:
www.burnsurvivorsttw.org/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:

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 E-Form at: www.burnsurvivorsttw.org/emailform.html