
BSTTW TEEN NEWS

Volume 5 Issue 1

January 2005

BSTTW OPENING DOORS

BSTTW & National Institute of Burns in Ha Noi, Viet Nam Join Hands

By: Michael Appleman, CEO

During 2001-2002, BSTTW contacted the Vietnamese government about BSTTW being given the NGO status in Vietnam and helping their burn victims. The BSTTW Representative Nguyen Thi Dieu Tran contacted the PACCOM representative in Ho Chi Minh City (HCM), Viet Nam and explained that she was contacted by many Vietnamese citizens and several agencies requesting help for the burn victims in Viet Nam. PACCOM informed Ms. Tran that BSTTW needed to submit an application the documentation and information required in order to be reviewed, considered and accepted by PACCOM as an NGO in Viet Nam. Ms. Tran emailed the list of the information needed to Mr. Michael Appleman, the BSTTW CEO in the USA. Mr. Appleman prepared and then mailed the PACCOM application and documents to Ms. Tran in HCM. When Ms. Tran received all the information, she contacted the PACCOM representative in HCM and asked him if she can submit BSTTW's application and documents to PACCOM in HCM. The representative informed Ms. Tran that all of the documentation must be sent to PACCOM's Ha Noi office. Ms. Tran was also told that the PACCOM HCM office wanted one copy for their records. Ms. Tran informed Mr. Appleman of

the situation and mailed everything to PACCOM in Ha Noi, Viet Nam.

Then in April 2002, Mr. Appleman arranged to travel to Viet Nam in order to meet with the United States Embassy officials and PACCOM in Ha Noi. When Mr. Appleman arrived at the San Nhat International Airport in Ho Chi Minh City, Viet Nam, he was greeted by Ms. Tran and Nguyen Cong Thien.

The US Government official at the US Embassy was very happy to see that BSTTW, an American non profit organization, was working in Viet Nam. The US Government felt that this type of help not only helps the Vietnamese burn victims but also shows the world that the American government and American people understand the need for their support and help in different areas around the world.

Mr. Appleman and Ms. Tran were told that the US Government offers BSTTW the best and to keep them informed PACCOM's decision about BSTTW's NGO status.

BSTTW then met with the officials from PACCOM. During the discussion with
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A FAMILY AROUND THE WORLD

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PACCOM, BSTTW explained that the organization can offer to the burn survivor community in Viet Nam. Mr. Appleman and Ms. Tran offered several pictures of a young boy who was badly burned. Mr. Appleman explained that the family has requested BSTTW's help. PACCOM informed BSTTW that Viet Nam has many other burn victims that need BSTTW's help. PACCOM then stated that they needed to know the exact amount of financial funding BSTTW can donate to Viet Nam. Mr. Appleman informed PACCOM's representatives of the estimated funding available for BSTTW's work in Viet Nam. PACCOM informed Mr. Appleman and Ms. Tran that they felt BSTTW did not have enough funding for Viet Nam and due to that reason, PACCOM will not offer BSTTW the NGO status at that time. This was very upsetting news for Mr. Appleman, Ms. Tran, the BSTTW board of directors and the Vietnamese people. Mr. Appleman and Ms. Tran knew that the Vietnamese burn survivor community was in need of BSTTW's help. Mr. Appleman and Ms. Tran thanked PACCOM for their time and the meeting was adjourned.



BSTTW also visited a burn unit in Ha Noi, traveled to several areas in South Viet Nam, and met with several burn victims.

For the next 1 ½ years, BSTTW continued to do whatever they could to help the Vietnamese burn survivor community. Then in 2004, BSTTW and the French-Vietnamese Hospital (FVH) in HCM agreed to have the first BSTTW Medical Internship Program. BSTTW sent three

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medical students from the University of Chicago to the FVH.

Also in 2004 BSTTW was contacted by the Vietnamese Ministry of Foreign Affairs. Nguyen Phuong Tra Tu, the Ministry's representative, informed BSTTW about a young Vietnamese girl, Tu Tu, who was badly burned in Daklak,



Viet Nam. While at a kindergarden class, Tu Tu tripped over a pot of boiling water. She was badly burned. Tu Tu's parents were called and Tu Tu was sent to the

Daklak Hospital emergency room. At the emergency room, Tu Tu's parents were informed that the Daklak Hospital was unable to offer the treatment needed for the 2nd and 3rd degree burns. Tu Tu was transported over 1000 kilometers north to the National Institute of Burns (NIB) in Ha Noi, Viet Nam. Dr. Le Nam and his team offered the best medical care possible to Tu Tu.

NIB is the top burn unit in Viet Nam. Unfortunately the best burn unit in Viet Nam does not have the needed medical equipment to help an individual suffering from extensive burns. Tu Tu turned out to be one of those individuals.

Dr. Le Nam contacted BSTTW. Michael Appleman and Dr. Le Nam spoke about Tu Tu and supplying NIB with medical equipment, medications and finances. Dr. Le Nam submitted a request to the Vietnamese Government asking to allow BSTTW and the NIB to team up and work together in order to not only help Tu Tu but other burn victims in Viet Nam. After several weeks of review, the Vietnamese Ministry of National Defense informed Dr. Le Nam that NIB and BSTTW has been approved to begin working together and helping the Vietnamese burn victims. This is a very big step for both the NIB and BSTTW. With the approval from the Vietnamese government BSTTW and NIB now have the opportunity to request the grants, medical

supplies, funding and volunteers needed to offer the medications, medical equipment and

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funding needed for NIB to offer extensive medical treatment to the burn victims in Viet Nam, to educate the Vietnamese burn survivor community and work with the fire departments to educate the public on fire safety and helping a burn victim reenter their village.

EXPLOSION! Quinn's Story

By: Sylvia Joyce

Quinn wants to share his story with as many people as he can, "Because," he says, "if I can



stop even one other kid from going through what happened to me, there will have been some point to it all."

This is the story of what happened to Quinn, starting from one sunny Saturday afternoon when he was twelve years old:

Quinn was a very ordinary boy. His school report was average. He liked riding his pushbike, playing computer games, and taking things apart to see how they work.

Unfortunately, Like many other youngsters, he was fascinated by fire.

He knew how dangerous fire can be. In particular, he knew about petrol ("gas") explosions. He never missed an episode of the TV show "London's Burning", and when one actor approached an open petrol tank with a naked flame, Quinn said, "That's going to blow!" Only six days later, on 7th March 1998, Quinn and his friend Paul were playing in a field, where they found an abandoned motor-scooter and decided to take it apart. First, they drained the petrol left in the tank into a plastic container, and then Quinn took a cigarette lighter out of his pocket

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"IT ALL TOOK ABOUT 60 SECONDS!"

When Quinn lit the lighter, the petrol exploded. The fireball hit him in the chest and set his clothes on fire. Screaming and terrified, on fire from head to foot, he panicked and ran, but Paul chased after him, knocked him down and put out the flames.

FIRST AID

The boys ran to Paul's house, which was nearer than Quinn's. Paul's mother hurried Quinn into the bathroom and put him under a cold shower. She phoned Quinn's mother and the emergency ambulance service. While waiting for the ambulance, the two mothers undressed Quinn (still under the shower), and saw blisters bigger than a fist forming then bursting, and hand-sized patches of skin peeling off Quinn's body. Even after fifteen minutes in the shower, there was so much heat in his burned skin that the cold water was turning to steam as it touched him.

Then the ambulance crew arrived to take him to hospital.

Quinn had been badly burned over 40% of his body. Luckily, there were no bad burns on his elbows, knees, hands, or feet. (If there had been, he might never again have



been able to move them properly.) As it was, that one moment of stupidity meant weeks in hospital, months of physiotherapy exercises, years of operations, and a

whole lifetime of scars.

IN DERRIFORD HOSPITAL

Three days after he was burned, the doctors took skin from his legs and grafted it onto his chest, neck, and thighs. These grafts didn't all "take", so a week later the doctors did it all over again, and also grafted his right ear and one eyelid.

After another week, Quinn was allowed to get **CONTINUED Page 4 "EXPLOSION"**
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out of bed for the first time. Then, a few days later, he had more grafts; this time to his left ear and to both arms and shoulders. Altogether, he spent six weeks in hospital, and for another fortnight he had to go in to the hospital every day for physiotherapy.

YEARS OF TREATMENT

In May, Quinn was fitted with a special collar, which he had to wear all the time, to try and stop the scars on his neck from shrinking and pulling his chin down. It didn't work very well, so in July the doctors cut away all the scar tissue from his neck and re-grafted it. At the same time, Quinn had an operation on his armpit because tight scars were stopping him from moving his arm properly. After this operation, Quinn had to spend two weeks flat on his back in bed with his head stretched backwards over pillows, to help the new graft settle without shrinking so much. Then he was fitted with another collar, and sent home.

In October, to help flatten his scars, he was fitted with pressure garments (tight elastic clothing specially made to fit exactly) which he would have to wear night and day for almost two years. These covered all of him from the neck down, except for his lower arms, hands, and feet.

In November, he was finally finished with physiotherapy, but he still had to do exercises at home.

In February 1999, Quinn's neck was grafted for the fourth time, followed by another fortnight in bed with his head stretched backwards, and yet another, stiffer, collar. Even so, by the summer his neck scars had contracted again (but not so badly this time), and he was finally allowed to leave the collar off.

In 2000, Quinn had tissue expanders inserted in his neck and shoulder, so that the surgeons

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could draw a flap of skin around his neck. This operation was only partially successful. Today, six years after he was burned, Quinn is waiting to hear about yet another operation on his neck. His other scars are much better than they were, but he will be scarred for the rest of his life.

A MESSAGE FROM QUINN:

"If you're tempted to play with fire, don't do it. It isn't worth it. It's not worth all the hassle."

A MESSAGE FROM QUINN'S Mother:



"Almost everyone I spoke to in the first two years after Quinn's "accident" either has been burned themselves, or knows someone who has been burned. Most of these "accidents" need not have happened. Please, learn

something from Quinn's story - be more aware of danger - warn other people - the life you save may even be your own!"

You can check out Quinn's internet site at www.kernoweb.myby.co.uk/salamanders/

Learn to Be Assertive Without Saying A Word!

By: Dr. Debra Moore, PhD.

We all communicate constantly - even when we aren't speaking. Nonverbal behaviors announce ourselves as loudly as any words. The old saying that actions speak louder than words has held up in study after study of other's reactions to us. Let's look at some of the nonverbal behaviors which announce us to the world.

Eye Contact

The way we look at another person when addressing them says volumes about ourselves. If we look directly at them, we convey a sense of assurance and openness. If we look down or away, we instead convey the

message that we're not quite sure of what we are saying or asking for.

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The opposite extreme, staring, is also unhelpful. It may cause the other person to feel uncomfortable or defensive.

Posture

How we stand also transmits powerful messages. A closed position, with our arms or legs folded in on ourselves, may be interpreted as adversarial at worst and inappropriate at best.

If you're sitting, try to keep your body posture open, with arms relaxing at your side or on the arms of your chair. If standing, both feet firmly planted and an erect posture will send a message of confidence and cooperativeness.

Personal Space and Body Posturing

We each have a sense of appropriate personal space and feel uncomfortable when others come too close or remain too distant. To communicate assertively, honor the personal space of your listener.

Do not stand toe to toe, but neither should you back off or move away. The expression "standing your ground" applies literally.

Body Motions

Sudden or rapid body movements can convey a message of chaos and tension. Fluid motions can enhance a verbal message, but remember to keep them moderate and not intrusive.

Teen Years: Who Says They Are The Best Years?

By Delores Lekowski

Who thinks being a teenager is the best age? Those who haven't reached the teen status yet and those who have well passed their teen years, that's who! On the other hand, teenagers may disagree with the greatness of it all! It is understandable why a pre-teen can't wait to be a teenager, after all, this is the time

when everything good happens. You learn to drive, get your first job, your first car, make more decisions on your own and best of all, that sweet taste of freedom. Dating, sporting events and proms become your social life. You work hard for good grades because college and your future is right around the corner. So what is there not to be excited about and why would anyone wish to re-visit these years?

It seems as though the older you get the more you wish you were a teenager again. Maybe we wish we could do it over again so we could make better choices and better decisions than the decisions we made the first time around. Maybe the older generation finds the youthfulness of the teen years more inviting than the age they are approaching. Maybe they miss the energy they had in their teens. And just maybe, it was the best decade of their lives.

The teen years and early twenties are the years we begin to build the foundations for the rest of our lives. Education and work experiences go hand in hand and can decide your future and your wealth.

We never seem to appreciate what we have or the "NOW" in our lives, till it passes us by. Years later we look back and it hits us, only then, do we realize what a great decade we experienced. It seems we are in such a big hurry to get to the next day instead of enjoying every minute of every day. Before we know it, things have passed us by in a blur.

On the down side for today teenagers, they face pressures far greater than other generations had to face. Everything is faster paced. The schools are in financial despair and it is the kids who suffer from the cutbacks. School violence is a real concern and so is the war and national security. How does a teen deal with all of these issues when it is adults who decide their outcomes? Teenagers must feel helpless.

So what can a teen do? Deal with it one day at a time and do your best everyday. None of us can change or fix the world problems. Fix what you can and do what will be most beneficial for you and your future. Make the best of any bad

situations, try to turn them into something
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 positive. Learning how to do this will help carry
 you through life.

For the most part, enjoy what you have, enjoy
 each day, don't let the day pass you by without
 enjoying the good things the day had to offer.
 Find something to smile about and most of all,
 be kind to yourself and to each other.

Praying For You

By: Randy Black

I prayed for you
 before you came
 not knowing who I'd see
 I preyed to god
 to send me a friend
 perfect as can be.

I preyed for one
 who was kind
 so I might go in the right ways
 I preyed for a friend
 who'd carry me,
 through all these lonesome days

I preyed for a friend
 not knowing who
 now I thank god
 everyday
 for sending me someone
 as great as you!

Randy Black

The Street Kid

By: Shirin Juwaley

I hope this warms up your hearts a bit in this
 cold weather.....

I was invited for a Dance by my colleague last
 week and was going for it by train to a suburb of
 Mumbai. Since my stop was an hour away, I
 thought of passing my time by observing the
 different expressions people carry and try to
 figure out their lives. In this process I saw a
 street child completely stoned. As it happens I
 can never resist the temptation to talk or help

such children.... So I started speaking to this
 little fellow and we soon became friends. He
 introduced me to his other two friends and soon
 these 7,8,9 year olds became my thick pals. I
 was wearing some formal clothes and the
 people in the train were amazed to see that I
 was least bothered about my clothes getting
 soiled with their dirty hands and clothes. Some
 of them even rebuked about them sitting on the
 seats and I quickly defended them. So, I won
 their trust. I very badly wanted to drop them off
 at a Drop-in-Centre but unfortunately the place I
 was going to was away from the city and did not
 have any Drop- in-Centers. Nevertheless I
 promised them a hot meal if they stopped
 taking the solution (a paint thinner which is
 poured on a rag and then sucked, it acts as a
 very cheap drug & attacks the brain. It's
 available for just Rs.4/- in a small bottle, costs
 less then a penny) One of the boys stopped
 taking the solution and the other two out of
 respect moved away from me to suck at the
 rag.

I was very touched by their innocence,
 well....lets move on my station came, I got off
 and had to leave the boys as my date was
 standing waiting for me. I gave them some hot
 food and bid them goodbye.

Ok, now I met one of the boys, 9 yr old, in the
 train last night while coming back home. He
 instantly recognized me and we started off
 talking. He had two packets of tobacco in his
 pockets and asked me if he could have a little
 of it? I told him, he can have it only after I've left
 his company. He could not resist the urge and
 removed a pinch full of tobacco and stuffed it in
 his mouth. I started talking to him again and he
 could not answer because of the tobacco
 stuffed in his mouth. Realizing his discomfort &
 mine he went towards the door to spit out the
 tobacco, so he could speak with me. Imagine a
 child who is addicted, can throw away his drug,
 so that he can talk to a stranger who showed
 some interest in his life.

Later when I was pampering him I felt his face
 heated with fever. Fortunately I always carry a
 first aid kit, so quickly I removed a tablet and
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gave him some water. I explained to him that he had fever because of all the unhealthy drugs he was taking. In a split second he removed the tobacco packets and asked me if he should throw them away, I assented and he quickly threw away the packets out of the window. Imagine that!!! He was such a sweet child, finally I decided that it is no coincidence that I meet him again, this time I took an extra effort and dropped him off at the center that my NGO work's with.

At the center, the people in charge told me that they knew the boy & he keeps running away and boys who have an addiction problem can't remain in a center too long. I requested them to keep him and bring him to the sports session my NGO (Magic Bus) conducts on Thursday. I really hope this little fellow stays there as he really needs help and is the cutest & naughtiest little imp I've met. The people in the center locked him away and he kept insisting that he wanted to be with me, It is sad that I had to leave him back and hope he would come on Thursday so I meet him again. His pleading, innocent eyes will haunt me for a few days and then.....life continues as usual.....

The one thing I learnt from this experience that a positive attitude can be very addictive. The fact that after displaying some affection towards a dirty street kid made some commuters soften towards him and acknowledge that he was a child after all and their clothes were not more precious than this little fellow.

Isn't life unfair?????

My dear Burn Survivors, this may not be a story of a burn survivor but it is a story that maybe many of us can relate to.....rejectionis not only faced by us but many others for different reasons. So let us during this festive season shed all our inhibitions and hug & love each other warmly. I send you the warmest hugs you must have ever received. Love you all.

In warmest thoughts,
Shirin

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 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

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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/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

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

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,

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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 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/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: 800-503-8058
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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