
BSTTW COMMUNITY NEWS

Volume 4 Issue 2

April 2004

BSTTW REBUILDING LIVES

BSTTW Joins eBay Giving Works

By: Michael Appleman, CEO

In November 2003 BSTTW decided to join Mission Fish in order to begin our funding drive on the eBay Charity Works project.

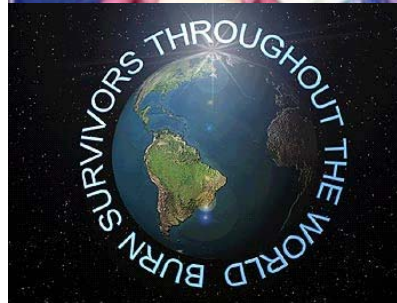
The eBay Charity Works project is a new and exciting internet donation auction for organizations and the public to sell items, donate percentages of the sale and raise funds for non profit organizations.

Daily over three thousand individuals suffer a burn injury. When an individual suffers a burn injury their life and their family members lives change forever. Most communities do not have a burn unit or a support group. They need the medical supplies and equipment, support team, advocacy and education that BSTTW offers.

Most burn survivors do not know what their future will be like. For some they will have to fight insecurities, deal with pain both physical and psychological, future surgeries, physical and occupational therapy and financial issues. A burn survivor usually wonders how others will ever understand what life is like. With your help through donations and volunteer work, a burn survivor and their family members can get the help needed to rebuild their lives.

BSTTW contacted over one thousand of the sellers on eBay. We requested that they sell on the eBay Charity Works and donate a percentage of their winning bid to BSTTW. Many eBay sellers decided to donate to

BSTTW. This did not only help the burn survivor community, it also increased public awareness of their company.



A FAMILY AROUND THE WORLD

Several of the companies that donated to BSTTW have stated that their company sales have increased and customers have asked them when the next donation sale to BSTTW will take place on eBay. The public around the world is reaching out to the burn survivor community.

By donating the funds needed to BSTTW, we are able to continue offering what is needed to help burn victims rebuild their lives. BSTTW requests that all of you reading this article think about donating a percentage of your sales on eBay. We also request that you inform family, friends and co-workers. All individuals, companies, governments and organizations that offer support volunteer work and funding to BSTTW is taking part in doing God's work; helping individuals and family members that suffer a burn injury rebuild their lives. You will also be taking part in helping firefighters and BSTTW offer public awareness on fire safety and how they can assist a burn survivor in reentering their community.

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The Life Of A Teacher, Musician & Burn Survivor

By: Ariel Gonzalez

My name is Ariel González, I am a Chemical Engineer and I was born in Saltillo, Coah. México. My birth place is the capital of the state of Coahuila in México, and is located south of the border with Texas. Saltillo, Coah México is the sister city to Austin Texas. I am currently still living in Saltillo.

Before the burn injury, I worked doing research and as a full time professor, at the Centro de Investigación en Química Aplicada (CIQA) [Applied Chemistry Research Center].

I also worked in the administrative section of a dairy farm in Saltillo and as a full and part time professor at the following schools: the campus of the University of Saltillo Coahuila; the Instituto Tecnológico de Estudios Superiores de Monterrey (ITESM) [Higher Institute of Technology of Monterrey]; at the University of Ciencias Químicas [Chemical Science]; at the Escuela de Ciencias de la Administración de la Universidad Autónoma de Coahuila [School of Science in Administration, an independent University in the State of Coahuila]. I have had a love for music since I was a young man. For thirty years, I have been playing guitar as a soloist, and most of the time in bands that were accompanied by great musicians and friends who were established and recognized in the Saltillo music business.

For the majority of my life, things were going very well for me and my family. We did not have any major setbacks until the day of the fire. That day was a day I and my family will remember forever. The fire put me into life and death situation. It was due to a horrible accident, at my brotherst home. The accident was caused by human error.

On Monday, in May 26 of 1997, the day of the accident, I was returning from Monterrey, Nuevo León, after picking up my younger brother from the clinic Instituto Mexicano del Seguro Social (IMSS) [Mexican Institute of Social Security]. My brother was receiving chemotherapy to try and put in remission his cancer, which finally took his life. Up until that night, I thought that my brothers illness with cancer was the major issue in our lives

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I arrived at Colonia Magisterio [Magisterio Subdivisión], my brothers home, at 7:30 am. Before I even had put the key into the keyhole, I smelled a strong gas odor. The gas odor was coming from the inside of the house. I opened the door and rushed in. I did not even turn on the lights! Without knowing exactly where the gas leak was coming from, I went straight to the back door and opened it in order to allow the air to come in and ventilate the house. In a matter of seconds, a burst of gas escaped towards the back patio. The gas went straight to the water heater. The water heater had a pilot that was turned on. The pilot was enough to cause an enormous ball of fire. I saw the fire coming towards me. The fire completely engulfed my body. Because I saw the fire before it hit me, I had the time to cover my face with my hands. I was only wearing a short sleeve polyester shirt. I did not have an under shirt on. The fire made contact with my hands, fingers, arms, chest and back. The burns in those areas were extensive. I was wearing denim jeans, which helped me to only sustain 2nd degree burns on both my legs.

A gas explosion occurred which caused extensive trauma to my head. I was found unconscious and remained that way for three days. The explosion destroyed did extensive damage to my brothers house. It knocked down the walls, ceiling, and even blew windows and burglary bars. I thank God for not dying during the explosion.

I was lying in the flames unconscious with no way out. My brothers neighbors saw what was happening and several of them decided to risk their own lives to save me. They entered the flames and rubbish, suffering burns to their hands and arms while they carried my smoldering body our of the house. Initially I was taken to the Red Cross. I was lying there at the hospital, between life and death. A shot time later, I was taken to the Hospital Universitario [University Hospital], where I remained for five days. Due to the severity of the burn injury, 65% of my body so badly burned, I was flown to the Houston's Burn Unit, in Galveston, Texas, USA. I remained at Houston's Burn Unit for two months in a state of shock, and suffering terrible pain. During that time, I went through at least six surgeries, and I endured extremely painful treatments. I was given

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small amounts of morphine in order to deal with the severe pain.

I remember the unforgettable "Tub Room". This is the room where I had my painful treatments. The room where they would scrape my skin, take the staples off and try to talk me through it. Each time I entered the room, the man in charge of doing these tasks, would immediately turn on the stereo at a very high volume. This was done to prevent the relatives, which were sitting in the waiting room, from hearing the cries and screams of the burn victim during the "cleaning treatments" and other "cleaning procedures" which were done all over your body. I was very happy to be able to listen to my favorite Otmar Lietber. The music did help me to relax and work my way through the traumatic experience.

At the beginning of the "Tub Room" experience, I would feel a rush of "terror," whenever I saw the Filipino man, who was in charge of performing the cleaning treatments. I called him "The Executioner," because each and every time I would see him walk into my room, I knew what he was coming for. The Executioner was knew so many "bad words" in so many languages. As time went by, I was able to recognize how human The Executioner really was. His task was difficult and necessary. I was finally able to befriend him and not call him "The Executioner". Upon leaving the burn unit, with tears in my eyes, I said goodbye to the executioner. I was extremely thankful for everything he did for me.

About eleven months after the accident, I underwent several surgeries on my face in order to get rid of the burned skin. It never went away 100% but the surgeries did help my appearance. I also had surgery on my right hand. This surgery was to help me open my hand and stretch my fingers. For this to happen, some of the grafts had to be removed, because they were not allowing me to separate and stretch my fingers and hand.

A year later, I had to again return to the hospital for additional surgeries. I was still enduring terrible pain throughout my entire body, even though I had gone through treatments, and rehabilitation therapy.

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When I was finally able to go home, I had to follow daily treatments, I was required to wear "very tight" Jobst Hose, what I called stretch clothes. I wore the Jobst Hose 23 hours a day for 18 months. My recovery caused me to endurance of a lot of pain, surgeries and rehabilitation therapy. This time in my life was very hard work, and I have to admit, I released many tears. But for all of you reading this story, it was all worth it.

I must say that I was very lucky because God was always by my side, every minute of each day. I am very thankful to God for giving me the opportunity to have had the help of my friends, whom I truly love, when I needed them the most. My friends helped me regain my self-esteem, and get back to a normal life, little by little. Most of all, I am very thankful to God for allowing me to recover enough to hug my children, Ariel, Daniela and Hernán and finally be able to start playing my guitar again. Because God gave me strength, I was able to hold on to life, and accept the way my body changed and was going to be for the rest of my life.

Although skin grafts and methods of treatments for burn victims are more advanced in the United States, I was very pleased to find out about the existence of the Michelle y Mau foundation in México City. This organization primarily helps children burn victims, and provides moral support to their families. I now have a better understanding of how accidents can happen, and how people should use some common sense in order to help prevent accidents. In the case of fire accidents, the best thing to do is to try to avoid them. A burn injury is a terrible thing to have to go through.

This has been an enormous experience for me and it has taken a lot out of me, to be able to get to where I am now. I think that from now on in my life I need to make sensible and intelligent judgments, and be thankful for all the love I got. This type of accident is one of the most painful, costly, and one of the longest to recover from. Having to go through this accident has changed me, and I know it does the same for many other people too. This change was for the good, I thank God I was able to endure this experience.

Today I am the Director - Mexico for Burn
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Survivors Throughout The World, Inc. (BSTTW) contacted me and asked if I would read a poem and possibly write and record the music. I thought about it. I did not know if my hands would be able to play well enough to record a good song. Michael Appleman, the BSTTW CEO keep telling me that he knows that I can do it. I wanted to record the song, but had doubts. Michael told me about his burn injury and how it took him 2 ½ years to walk again. He said that if I try I can reach the goal of helping others through a song. So I spoke with my band and began working on the song. I wrote the music and gave it to the band members. After several recordings and the help of Pati McLean our singer, the final songs were recorded and today the BSTTW Music CD is available for everyone around the world to listen to and use to help them reach their goals.

Ordinary life creates a false sense of security. Because most of us occupy our minds in material obsessions, we do not pay attention to many small details. We tend to forget that our existence is limited, and that the most important thing in life is not how much we have, but how much effort we make to find inner peace, help others by doing God's work in order to find the true love and happiness of life.

During my recovery after the burn injury, I had several questions that were constantly in my mind. I would like to offer those questions to all of you reading this article. Think about each one and find your own answer.

1. While we are going through a traumatic experience, how should we handle our suffering?
2. How can we stop the pain?
3. How can we make the pain, and suffering, our companions on the rough road that we must to travel on?
4. How can we make the final results for change that occurs finally make the pain and suffering live able?

When will the pain and suffering of our lives be completely over? No doubt when men finally

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depart, and take their final journey, I believe it's then.

I have found that the encounter with God neutralizes everything, or at least helps us as God gives us the strength needed to ease the journey. It helps us release all kinds of negative feelings. Can we do this all on our own. Most likely no. You need to reach out to your family, friends and organizations like BSTTW. BSTTW offers a support team on call 24 hours a day, 7 days a week. BSTTW has weekly scheduled chats. The organization has a lot articles and stories that can help you begin to understand the questions relating to what and why. Do not hesitate to reach other and get the help. The ones who do that have a better chance of moving down that road of recovery and rebuilding their lives.

I would like to end this article by saying that I feel that for me, and I hope for all you as well, the best years of my life are yet to come!

Fuel: The Afterburner Recovery

By Paula K Burke, RD, LD

Hello Everyone, hope this newsletter finds you in good spirits and well. Remember Spring is on the way! I thought we would lighten up a little and talk about some specific ways to increase both your calories and protein without having to just keep eating all day long!

Here are some recipes that are tasty and fun:

1. Double Strength Milk

Mix 1 quart of whole or 2% milk with;

1 cup of dry skim milk powder

Chill and use in your recipes that call for milk.

2. High Protein Milk Shake

In your blender combine 1 cup of double

strength milk (recipe above) with ½ to 1 cup of ice cream or frozen yogurt.

Add 2 tablespoons of your favorite syrup or flavoring and there it is...ready for your enjoyment.

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3. Peaches and Cream

In your blender combine 1 cup of double strength milk with 1 cup of canned peaches, 1 cup of Vanilla ice cream and ¼ teaspoon of vanilla extract.

4. High-Cal Carnation Instant Breakfast Shake

In your blender combine ½ cup of Half & Half, ¾ cup of ice cream, and 1 package of Instant Breakfast. Put it in a glass and enjoy.

5. Apple Pie a' la Mode

In your blender combine 1 cup of Apple pie filling, 1 cup of vanilla ice cream, ½ cup of milk and a dash of cinnamon.

6. Chocolate Peanut Butter Shake

In your blender combine ½ cup of heavy whipping cream, 3 tablespoons of creamy peanut butter, 3 tablespoons of chocolate syrup and 1 ½ cup of chocolate ice cream. (Remember this shake contains 1100 calories)

7. Strawberry Crush

In your blender combine 2 cups of frozen strawberries, ½ cup of crushed pineapple, ½ cup of water, ½ cup of a medium size banana, 6 tablespoons of sugar, ¼ cup of lemon juice and 2 tablespoons of honey. Enjoy

These High Calorie High Protein Drinks will pack a lot of nutritional punch in a relatively small amount of food. Just one of these drinks can provide you with 500 to 1000 extra calories a day, as well as protein. As we know during recovery a burn survivor is in need of a higher amount of calories than the average individual. The recipes for the flavored drinks above came from Power-Packed Packet Rocket-fueled Ideas for Your High Calorie/High Protein Diet. The Nutritional Division, The Pediatric Pulmonary Center, in Birmingham, Alabama.

Until next time, take care and Eat to Replete!

BSTTW COMMUNITY NEWS**Your Personal Live-In Firefighter**

By: Delores Gempel Lekowski

What if I told you it is possible to have your very own live-in firefighter - one that works twenty-four hours a day and requires no attention from you? Wouldn't this be a great way to achieve fire protection? Well, it is possible, and hopefully, we will all have our very own firefighter living with us in the near future.

The "firefighter" I'm talking about is a home fire sprinkler system. This firefighter can extinguish a fire before it gets out of control and spreads to other rooms. This firefighter's ability to save lives and prevent injuries is staggering, and the peace of mind it will give you is priceless. Fire sprinklers offer the best fire protection possible - just like having your very own firefighter living with you.

Most of us have seen fire sprinklers in buildings and know that they aren't very attractive. These are commercial sprinkler systems, which are not manufactured or installed for decorative purposes. Luckily, though, newer technology has led to more attractive, unobtrusive sprinkler designs for residential use.

The push for home sprinkler systems is still in the beginning stages, and a great amount of awareness has to be established before this life-saving firefighter becomes a reality in every residence. However, there are companies that do offer home sprinkler systems, and it is worth looking into. Especially if you are building a new house, you should definitely look into having a sprinkler system installed. In fact, the installation only amounts to a little over one percent of the total construction costs. Installing a sprinkler system into a finished house may cost as low as \$2.50 to \$5.00 per square foot.

If you don't know where to go to get more information about installing a residential sprinkler system, it is as easy as picking up the phone or surfing the Internet in the leisure of your own home. A few suggestions are to look at the Home Fire Sprinkler Coalition at www.homefiresprinkler.org or the Fire Sprinkler Network at www.firesprinkler.org. You can also contact your local fire station for suggestions or find listings for distributors in the

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telephone book.

As a burn survivor, I can't stress enough how fast a fire can burn out of control. Fire burns faster than we are able to react to it, let alone put it out. The heat sensitive elements used in sprinkler systems can detect the heat from a fire and extinguish it in its early stages.

We have to take our personal safety seriously. If it isn't mandatory for builders to install sprinkler systems in new homes, then it is up to homebuyers to insist on having sprinklers installed. Believe me: the extra money will be well spent on the safety and peace of mind that sprinklers offer. Plus, home insurance rates usually go down, because sprinklers help reduce fire damage.

Fires destroy lives and homes. Isn't the extra expense involved in protection well worth the cost?

BURN SURVIVORS THROUGHOUT THE WORLD

Song inspired by Lita Duckworth's poem
Music By: Ariel Gonzalez
Adaptation Pati McLean

We felt the flame throughout the world
So many of us became burn survivors
Some could not take the winds that day
The burn survivors are here to stay
We are here to stay

It was so dark from the start
I really thought I lost my heart
As I started to beat
I then realized I hadn't lost my seat
In life my seat in life

Life moves so fast we realize
This show will last, survivors fight from day to day
The weight gets lighter day-by-day
Yes we are here to stay Yes we are here to stay

Burn Survivors Throughout The World

I am still here with all my gear
I thank God for keeping me here
We fight the good fight every day
The burn survivors are here to stay

We are here to stay

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Burn Survivors Throughout The World

Chorus:

During all the hurt and all the pain
BSTTW taught me how to remain
Your life does get better every day
Burn survivors reborn in every way
Burn survivors reborn in every way

Burn Survivors Throughout The World
Burn survivors are here to stay
Burn Survivors Throughout The World
Burn survivors are here to stay
Burn Survivors Throughout The World
Burn survivors are here to stay

Burn Survivors Throughout The World
Burn survivors are here to stay

YOU DON'T HAVE TO LIVE IN FEAR

By: Debra Moore, Ph.D.

"I thought after I retired, I'd finally be able to relax. When I worked, I always assumed I was tense because of my job. What's my excuse now? I should be enjoying myself, but there's always this nagging restlessness, this fretting about one thing or another. Now I have the time to get to all those projects I've looked forward to, but I can't seem to calm down and focus. It's getting depressing.:

Persistent anxiety, also known as generalized anxiety disorder, is one in a group of several disorders that together affect 28 million Americans. Women are twice as likely as men to be sufferers. Tragically, a whopping 75% of those affected by anxiety disorders never receive treatment and the relief it brings.

We all react to stress from time to time and we all become anxious on occasion. People with generalized anxiety disorder are different - they live with persistent anxiety as the background noise of their lives. They rarely escape some degree of tension or worry.

"I'm so envious of people who can relax and kick
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back. How do they do it? My body never totally relaxes, and my mind never shuts off. Even at night, my sleep is fitful. Sometimes I think my aches and pains are more from muscle tension than anything else.”

Muscle tension, headaches, soreness, dry mouth, frequent urination, sleep disturbance - our bodies have many ways of signaling stress and anxiety. Under chronic pressure, our susceptibility to colds, flu, and more serious illnesses increase. Those with anxiety disorders go to their doctor more often and spend more on medical care. But seldom will they find relief in this setting.

”My doctor couldn’t find anything wrong. He ran lots of tests - expensive tests - and they all came out OK. But I still feel lousy. I honestly think I’d feel better if I at least had an answer - some sort of illness. Isn’t that crazy?!”

Some physicians are wonderful at recognizing the toll emotional distress can play on our bodies, and if your doctor is one of them, count yourself among the fortunate and thank them for their awareness! Sadly, studies repeatedly show that most physicians do not fit this description. We have a long way to go yet in educating our young doctors in training about human psychology.

So for now, it’s important to educate ourselves. If you see yourself in these descriptions of generalized anxiety disorder, take the initiative to learn more. Any library will have books and articles. Feel free to call our office if you have questions. Most importantly, know that effective treatment is available. The prospects for long-term recovery for most individuals who seek appropriate professional help are very good. Those who suffer from anxiety disorders can work with a therapist to help them regain control of their feelings and thoughts - and their lives.

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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 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

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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 to:

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

Donate on line at:

www.burnsurvivorsttw.org/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 to **BSTTW**

BSTTW is always in need of volunteers. There are many children, adults and families around the world that need support and other help. Join the BSTTW Support Team and take part in rebuilding lives and helping burn survivors reenter their community. If you are interested contact BSTTW by phone at 941-364-8457 or toll free at 800-503-8058 or email us at volunteers@burnsurvivorsttw.org

Purchases

BSTTW has an online store were you can purchase Skin Care Products, Books and Video Tapes. Got to: www.burnsurvivorsttw.org/sales.html

BSTTW also offers people that donate \$25.00 or higher to BSTTW 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

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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