
BSTTW COMMUNITY NEWS

Volume 11 Issue 1

January 2011

BSTTW REBUILDING LIVES

BSTTW Colorado Office

By: Michael Appleman, CEO

BSTTW is very happy to inform the public that **BSTTW** is continuing to have an office in Colorado. Julie Olinger the Director of the **BSTTW Colorado Office** stated that if she did not remain the BSTTW board of directors Secretary she would not remain as the Director in Colorado. Ms. Olinger also stated that she and her husband Dale would not continue to donate the Colorado office space. The **BSTTW board of directors** voted Ms. Olinger off the board and the position at the Colorado Office.

BSTTW is proud to announce that Jeremiah Thurston, a burn survivor and **BSTTW Volunteer** was very happy to become the **Assistant Director** of the **BSTTW Colorado Office** and also offered to donate the office space that **BSTTW** needed in Colorado. Jeremiah suffered a severe burn injury while he was working. After a lot of surgeries, rehabilitation and emotional support Jeremiah found the strength to go back to work and face the demos. He went back to the same job and is currently happy working and being a burn survivor. Jeremiah wants to use the strength he found though his



family, himself and God to help other burn survivors.

Jeremiah is looking forward to offering his assistance not only in Colorado but in any way possible for **BSTTW** and the burn survivor community.

A FAMILY AROUND THE WORLD

BURN UNIT



AFTER



BEFORE



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Sweet Lei Lani Offers Permanent Cosmetics & More

By: Lei Lani

My name is Lei Lani. I am a Paramedical and Corrective Makeup and Skin Needling specialist. I am also the owner of Sweet Lei Lani in Langley, Vancouver, Canada. I have been working in the Permanent Cosmetics field for over eighteen years. During that time I have offered my specialty to burn survivors and have



worked with Vancouver's Burn/Trauma unit, several Plastic Surgeons and the Burn Community.

I have also been working in the Film and television industry as a Hair and Makeup stylist. I and specialize in

BEFORE Paramedical, Corrective Makeup and Skin Needling.

Very few people are Certified and trained in these procedures, and one should do their homework when considering these options.

Skin Needling is very effective in flattening, smoothing, and gaining mobility in scarring. No toxic injections, just your own bodies' collagen repairing the skin.

Skin tone in some cases can be tattooed after Skin Needling.

Corrective Makeup is also an alternative method, although finding one that is not mask like, and does not irritate the skin, and that a



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man could also wear daily without being noticed at one time was difficult to find.

Skin Care Cover Foundation

The **Skin Care Cover Foundation** is used to conceal severe post surgical bruising, scarring, birthmarks, rosacea, burns and tattoos. The opaque formula conceals all types of skin discoloration with ease and performs like a second skin and so natural that male clients use it daily for facial scarring.



The pigments in the **Skin Care Cover Foundation** are based on actual skin tones, not typical cosmetic shades; this enables the client to be perfectly matched. Once applied and set with Sweet Lei Lani Finishing Powder it becomes waterproof.

Since the **Skin Care Cover Foundation** is utilized by the medical community on sensitive intolerant post-operative skin, it must be extremely gentle and non-irritating. **Skin Care Cover** is formulated to allow the skin to breathe while providing maximum coverage. The combination of natural ingredients and minerals provide anti-inflammatory benefits, calming

effects of inflamed skin and provides a non-chemical sunscreen.



Through innovative

application techniques, Skin Care Cover Foundation and compassion, LeiLani has personally transformed the daily Over the years volunteering within the **Burn Survivor Community** I realized this need, and developed a full line of Cosmetics. A product

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CONTINUED From Page 2 "LELANI" that is Natural, No Fragrance, Mineral Oil, lives of women, men, and children.

Parabens, is Vegan, Gluten Free, has a Non-Chemical Sunscreen, is Water-Proof, and retails for under 20.00 dollars. Lastly it is like a second skin and I have men that wear it daily as most importantly it looks Natural.



I will be speaking at upcoming **BSTTW's On-line Conferences** and writing future articles in the **BSTTW Community News**. I invite you to take part in the **BSTTW On-line Conferences** I will be speaking at, ask questions, concerns, or problems related to Skin issues.

AFTER

problems related to Skin issues.

BSTTW Internet Audio Video Conferences

By: Michael Appleman, CEO

Burn Survivors Throughout The World, Inc., known from this point on as **BSTTW**, is proud to announce that we have been donated the use of the internet **Audio Video Conference** owned by **Top Dog Advantage, Inc.** You **do not** have to **download** the **Audio Video Conference** in order to use it. Everything runs from the internet server. It does not matter if you get on the internet using the telephone line, DSL or Cable internet type services. *The Audio Video Conference should work on your computer no matter if you are using telephone, DSL or Cable Internet Service.*



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Anyone who wants to take part in the **BSTTW Weekly Chats** and all of the **BSTTW Online Conferences** just need to sign up, with a valid email address. If you have a web camera and a microphone you will get to speak with everyone and others will get to see you when your Video camera is turned on. You can also communicate to everyone the old way by typing with your keyboard and everyone will receive your typing when you send it out.

In order to take part in the **BSTTW Weekly Chats** or any of the conferences you must not only sign up for the conferences, you will need to keep the sign in information so you can use it to sign in 10 to 15 minutes before the conference starts.



During the **BSTTW On-line Conferences** the speaker will have the option to

use **PowerPoint**, show you **pictures, videos, drawings on a bulletin board** for you to see and more. You can also hear and see the speaker and the speaker can hear you if you ask any questions or reply to any questions.

The **BSTTW Online Conference** is able to have up to five hundred individuals can attend each of the conferences. BSTTW is currently speaking with doctors, lawyers, rehab specialists, tattoo artists, permanent cosmetic artists, caregivers, mental health counselors, family members and burn survivors about taking part in the **BSTTW Online Conferences** and speaking to the burn survivor community. BSTTW is speaking to individuals who speak in English and other languages so we can help the burn survivor community worldwide. **BSTTW** is also researching the possibility of have one or two weekend conference with support groups, educational groups and more. **CONTINUED On Page 4 "CONFERENCE"**

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To learn more and keep up to date on what is going to be in the **BSTTW Audio Video Conference** and how you can sign up go to <http://www.burnsurvivorsttw.org/conferences/conferencelist.html>.

To learn about the **BSTTW Weekly Chat** and sign up for that go to <http://www.burnsurvivorsttw.org/list/chatlist.html>

If you would like to discuss having a **BSTTW Audio Video Conference Support Chat** on line you should contact Michael Appleman, CEO at michael@burnsurvivorsttw.org or you can call Mr. Appleman at 936-647-2256

BSTTW Releases 2 Flip Page Turning eBooks

By: Michael Appleman, CEO

Burn Survivors Throughout The World, Inc., known from this point on as, **BSTTW**, is proud to announce the release of two **BSTTW eBooks** that can be read in your computer and you can flip the pages, increase the size of the page and

much more. Both of the **BSTTW eBooks** have been produced by using the *Flip PDF Software Program*, that was donated to **BSTTW**, in order to create the eBooks and other items **BSTTW** will be creating with the ability to flip the

pages back and forth.

The first eBook is the "**BSTTW Poems of Life**" (**BPL**). The **BPL** is has fifty-nine pages with



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fifty poems that have been written by burn survivors, family members and friends. The **BSTTW Poems of Life** has poems that express the burn injury, recovery, reentering their community, love, friendship and more. Below are a few samples from the poems in the **BPL**.

"Each day is special.
Some things that happen are unknown.
So life is important.
Enjoyment is the goal."

"I will stay.
I will return each day
And brush your amber hair.
My familiar voice will sing a melody,
Create a path of clear notes,
Cut through the shadow
And give you strength to find me."

"Though we hardly knew each other,
Although I never knew him well,
Even though we barely chatted
I'm sure he had a lot to tell."

The second eBook is named the "**BSTTW Book of Lives**" (**BBL**).

The **BBL** has one hundred and thirty pages that are filled with forty-six stories and pictures expressing their lives before, during and after the burn injury. The stories have been written by burn survivors, family members and friends.



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Some of the stories touch on their recovery period, burn unit emotions, surgeries, reentering the communities and how they dealt with that and the looks and words people said to them after they reentered the community. Below are a few samples from the stories in the **BBL**.

"The greatest power that one possesses for succeeding in life is our understanding that life gives you a fresh start at any moment that you choose to begin again. No matter what has happened in your life, and how strongly it has affected you, you must always have to remember that nothing that stood in your way would remain there for long and that it cannot stop us for long. When things change in your life, we hope that all of the changes are for the better. Depending on the situation, as humans, we cannot always realize everything will turn out for the good. But do not worry with positive thoughts and help from others, it will not remain there forever."

"On Saturday September 25, 1998, our five year old and our friends son went back there to check things out and Samuel followed. From what we have been able to piece together, most of the ashes had cooled down. There was still a smoldering bed of very hot coals. Samuel climbed onto a log near a hot spot. The older boys went back into the house. They did not take Samuel with them, as of course, they should have. Samuel fell in backwards and as he lay there in the coals with his back, legs and feet burning, he tried to push up with his right arm. This caused Samuel to also suffer a burn injury up past the elbow."

"On the 3rd day I was brought back to life. It felt like I was in a corridor with no ceiling or floor. I heard a voice asking me, "when do you want to go?" I tried to process it. I heard it again but this time the voice was more demanding. I was still trying to process what the voice was saying. I continued to think who, what's going on? My mind finally calmed down. At that point I received another, stronger demand. This time it was "Make a decision". I knew right then and there it was Christ who was speaking to me. There was no

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doubt in my mind. I kept thinking about my wife who still needed me and I decided that I needed to come back to put my things in order. The next thing I knew, people were all around me saying "ok, he made it". This is a time in my life that I will never forget."

Both BSTTW eBooks can be purchased on line at the BSTTW Online Shop for \$9.99 each. If you are interested in purchasing the BSTTW eBook go to <http://www.burnsurvivorsttw.org/bsttwshop/index.php>

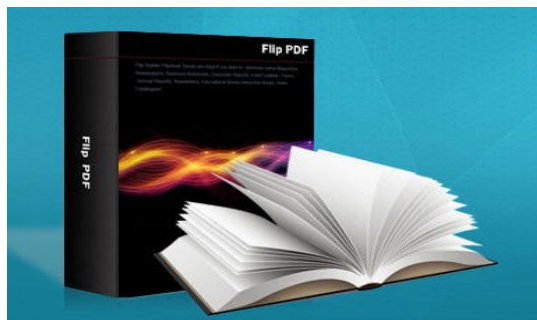
Winter Health Suggestions

By: Michael Appleman, MS

During the winter everyone needs to take care of themselves due to the fact that the illnesses cold and flu are passed around the family and the community. As a burn survivor you might want to be more careful if you are still in recovery or your must live with complications for life. In this article I am going to offer you several suggestions on what you should do in order to survivor the winter months in a healthier way.

First of all as you know when it is cold outside you should wear warm clothing, possibly a sweater and a winter jacket. If you put them on a few minutes before you leave the house it might help your body to build the warmth needed inside the covering of your clothes, sweater and jacket.

Before you go out to drive towards your destination you might want to run your car for at least 5 minutes. Also turn on the heater inside



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the car. This will allow the automobiles engine and the inside of the car to warm up before you begin driving. This can keep you warm and hopefully help you to catch a cold or the flu.

Also you need to keep your home warm. You might want to purchase a heater that you can use in a room you are staying in during the day and sleeping in at night. Do not just buy any heater. Check and make sure it is safe and it will warm up a large area. Keep the heater for the house on at a reasonable temperature and always remember to wear enough clothing to keep you warm.

When someone in your home is suffering from a cold or flu it is suggested that you keep your distance from that individual, do not eat or drink from the same spoon, fork, glass or dish. That does not mean you should not take care of them. It just means that you might want to sleep in separate beds, keep distance and try your best to keep healthy so you might not also suffer from the cold or flu.

Getting a flu shot might be a good idea for both a burn survivor and their family members. This can help the family to fight the flu and cold. In today's society some health insurances pay for the flu shot and some do not. The average cost is \$25 and you can receive the flu shot at your doctor's office, at a pharmacy and a community health center.

People have found that drinking warm soup has helped to ease the cold symptoms like a runny nose and congestion. Before you purchase foods that are frozen, in a can or box you might want to look at the ingredients. You might not want to purchase canned or powdered soups that have ingredients that you would not use to prepare the soup at home. If it says that items in the soup are organic you might want to purchase that soup even though it might be more expensive it can also be healthier for you since many of the ingredients were not get sprayed with chemicals. Try not to eat items



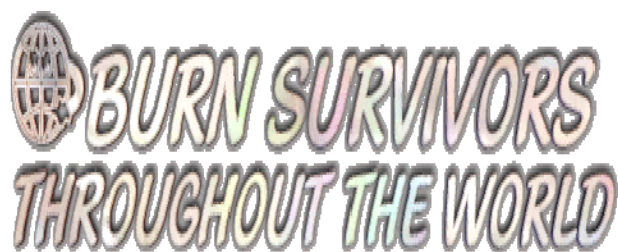
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that have a lot of sodium in it. Sodium has been found to increase high blood pressure and other factors that relate to heart disease. Try to limit your sodium to no more than 1,500 mg per day.

It is a good idea to keep in shape during the year. This can help your body to fight the colds and flu during the winter season. If you like to walk then that is a great way of keeping in shape. If you like to exercise that can also help you keep in shape. Both can also keep your body at a healthier weight and allow you to live healthier and longer.

Finally we all must deal with stress during our life. When we are under a lot of stress our body becomes weaker and this can cause us to catch a cold or flu. As human beings we must learn how to deal with stressful situations. When stress builds up you might want to breathe slowly and through your nose. You can also think of and vision something that is relaxing.

These are just a few areas that you can work on in order to help you prevent a flu or a cold during the winter months. Remember it is best to discuss everything with your doctor before you start doing anything. Your doctor will hopefully suggest what would work best for your body. Good luck and God Bless.





Proud participant in the Combined Federal Campaign



**Burned Children Need Your
Help**

**Donate to the
BSTTW World Wide Burned
Children's Fund**

At

[http://www.burnsurvivorsttw.org/
donations/donationschild.html](http://www.burnsurvivorsttw.org/donations/donationschild.html)



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:



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In 2007 17,675 burn injuries occurred. Fourteen thousand of those injuries occurred at residential fires. Worldwide every thirty seconds a burn injury occurs in every country around the world. That means that thousands of individuals worldwide suffer a burn injury every thirty seconds and need so many of them contact **Burn Survivors Throughout The World, Inc.**, known from this point on as **BSTTW**, for help. With your donations **BSTTW** can continue to take part in rebuilding the lives of the individuals and families who contact us.

In order to continue our work that is needed to rebuild the lives of the current and future burn survivor and offer assistance to their family members, **BSTTW** is in need of finances, medications, medical supplies, automobiles, furniture, televisions, homes, land, clothes, stereo equipment and more.

If **Burn Survivors Throughout The Word, Inc.** can receive a new or an excellent working used automobile and automobile insurance to our Texas Office the **BSTTW Support Team** will be able to travel to burn survivor's homes, burn units, help burn survivors get to doctors, rehab appointments, grocery stores, etc. So please if you have an automobile that you are willing to donate to **BSTTW** please contact us at 936-647-2256.

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

*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"

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

BSTTW POEMS

to I began writing poems during my recovery in order to not only help himself, but to offer support and positive thoughts to all burn survivors and family member who are going through a rough time. I ask you all to never give up and continue to do what I and so many others have done during and after recovery...find the support needed to work through the rough time and continue moving forward in your life.

If you would like to submit a poem or story to **BSTTW** you can do so by email at poems@burnsurvivorsttw.org or stories@burnsurvivorsttw.org. **BSTTW** also has a program on our internet site that allows you to submit your stories and poems electronically. You can submit the full story at www.burnsurvivorsttw.org/stories/storymaker.html and your full poem at www.burnsurvivorsttw.org/poems/poemmaker.html

Michael Appleman, CEO

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Options

By: Michael Appleman

When life changes in a way that was not planned
We feel as if our body was on fire and canned

The doctors tell us we might loose a limb
How can that be the way to win?

A burn unit is a rough place to be
But the people working there support you and me

Maybe getting on the internet in the hospital will help
I can meet survivors, make friends and even yelp

BSTTW's offers face to face chat
Get on the internet, get support and put on your hat

Can the burn unit offer **BSTTW's Online Support**?
Seeing others helps you feel like you are in the fort

You are starting the new area of life
Understand so many of us have been cut with a knife

Join the **BSTTW Online Community** and see
Meet new friends, articles, stories blogs and me

So do not feel you life has ended due to the injury
The final decision is rebuild & relive stated by the jury

Michael Appleman

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

BSTTW CONTACT INFORMATION

EMERGENCY CONTACTS

BSTTW has a support team that is on call 24 hours a day 7 days a week to help a burn survivor, family member or firefighter deal with a burn injury and fire related emergency. You can contact **BSTTW** on the internet or by telephone. On the internet go to the **BSTTW Emergency Email E-Form** at www.burnsurvivorsttw.org/eforms/emergemail.html or the **BSTTW Support Team E-Form** at www.burnsurvivorsttw.org/eforms/supportemail.html

To contact **BSTTW** by telephone by dialing 936-647-2256. If we are not in the office or it is after hours, you can leave us an emergency message in our voice box 44 and a support team member will respond to you within 24 hours.

BSTTW Directors

Michael Appleman: **Executive Director**
michael@burnsurvivorsttw.org

Ariel Gonzalez: **Director- Mexico**
ariel@burnsurvivorsttw.org

Jeremiah Thurston: **Assistant Director – Colorado**
jeremiah@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 **BSTTW World Wide Burned Children's Fund, USA & Asian Burn Camp Funds, BSTTW Healing Weekend Fund 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

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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/donations.html

Remember your donations can be money, clothes, a used bicycle etc.. All will help burn survivors and their family. Many families loose their homes and property. Please personally think about and talk to your family and friends about donating to **BSTTW**.

MAKE DONATIONS PAYABLE TO & MAIL TO:

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

DONATE ON LINE

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

If you have any questions call us at 936-647-2256 or by email at:
donations@burnsurvivorsttw.org

VOLUNTEERING YOUR TIME

There are many children, adults and families around the world that need support and other help. You do not have to be a burn survivor or family member to become a **BSTTW Volunteer**. All you need to do is become a **BSTTW Member** and then apply to become a **BSTTW Volunteer**. If you are a burn survivor or family member, in order to become a **BSTTW Member**, fill out the **BSTTW Membership & Profile Registration E-Form** at:
www.burnsurvivorsttw.org/membership/memform.html

Next fill out the **BSTTW Volunteer E-Form** at:
www.burnsurvivorsttw.org/volunteer/volunteer.html

If you are not a burn survivor or family member you can skip the **BSTTW Membership &**

Profile Registration E-Form and go directly to the **BSTTW Volunteer E-Form**.

By volunteering with **BSTTW**, you will be taking part in rebuilding lives and helping burn survivors reenter their community.

If you have any questions, you should first review the **BSTTW Volunteer E-Form**, after that if your questions have not been answered, you can contact **BSTTW** by email at volunteers@burnsurvivorsttw.org, and by telephone at 936-647-2256.

PURCHASES

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

BSTTW also offers a free copy of the **BSTTW Music CD** to people who donate \$25.00 or higher to **BSTTW**. To learn more about this you should go to

www.burnsurvivorsttw.org/donations/donatecd.html

or

www.burnsurvivorsttw.org/donations/donations.html

BSTTW ADDRESS & PHONE NUMBERS:

Burn Survivors Throughout The World, Inc.
16193 Lone Star Ranch Drive #102
Conroe, Texas 77302
(936) 647-2256
Fax: (936) 570-1179

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

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