
BSTTW COMMUNITY NEWS

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BSTTW REBUILDING LIVES

BSTTW Agnijith vs. Miracle Ointment Aloe Vera First Aid Study

By: Michael Appleman, CEO

After two years of preparation, **Burn Survivors Throughout The World, Inc.**, is very happy to announce that the **BSTTW Agnijith vs. Miracle Ointment Aloe Vera First Aid Study (BAAS)** officially started in March 2006.

BSTTW received 320 jars of Agnijith, from Padanajali Ayurvedic Ltd and the Ayuryeda Laboratory. Agnijith is a herbal medication that has been found to heal 1st and 2nd degree burns and reduce burn scars and keloids. Before preparing for the **BAAS** Michael Appleman, **BSTTW CEO**, spoke with Dr. Mahmoud El-Oteify, a plastic



surgeon and doctor in charge of the burn unit at the Assiut University Hospital, about running the **BAAS**. Since Dr. El-Oteify was very interested in the **BAAS**, Mr. Appleman set up a three way telephone conference call between the Egyptian Embassy in the USA, Dr. El-Oteify and himself. They discussed the **BAAS** and was given the ok to run the **BAAS** in Assiut, Egypt. The

Embassy also stated that Dr. El-Oteify was been given the authority to be in charge of the **BAAS**. Once the Egyptian Embassy gave the ok to have the **BAAS**, Mr. Appleman began raising the funding, gathering the medications and volunteers needed to prepare the **BAAS**.



Dr. El-Oteify has run several studies and is one of the top plastic surgeons in Egypt. Dr. El-Oteify was not only the doctor in charge of the Assiut University Burn Unit, he is also in charge of the Assiut Burn Center and has a private practice in Assiut. Dr. El-Oteify informed Mr. Appleman that once the **BAAS** began it should be completed within six months and that he should have the final report within three months after the **BAAS** was completed.

A FAMILY AROUND THE WORLD

At that point Mr. Appleman informed Dr. El-Oteify that he would submit grant proposals to foundations around the world and speak to corporations about the funding needed to begin the **BAAS**. During the next year and a half, Mr. Appleman spoke with numerous companies and foundations about the **BAAS**. Many of them were not interested in funding the **CONTINUED Page 2 "BAAS"**

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work in Assiut, Egypt. Mr. Appleman did not give up on the **BAAS**. Mr. Appleman and **BSTTW** continued to do what was needed to reach the goal of having the **BAAS** and helping burn survivors in Egypt. Approximately ninety percent of the burn victims in Egypt do not have the funding or medical insurance to pay for their medical treatment. The **BAAS** will offer the help needed to a percentage of them. In 2005, Mr. Appleman met with Jess Clarke, Jr. the founder of Miracle of Aloe and the Aloe Research Foundation. Mr. Clarke was very interested in the **BAAS** and help helping the burn victims and burn survivors in Egypt. After several meetings, the board of directors of the Aloe Research Foundation donated 525 jars of Miracle Ointment to **BSTTW** for the **BAAS**. Then four months later, in January 2006, the Aloe Research Foundation donated the funding needed to begin the **BAAS**.



Mr. Appleman spoke with Dr. El-Oteify about beginning the **BAAS**. He informed Dr. El-Oteify that he and Nguyen Thi Dieu Tran, **BSTTW Vice President**, will travel to Assiut, Egypt in March 2006. Mr. Appleman also informed Dr. El-Oteify that he will deliver the remaining jars of Agnijith. Mr. Appleman and Ms. Dieu Tran were met at the airport by two representatives representing Dr. El-Oteify. They drove from Cairo to Assiut in order to meet with Dr. Mahmoud El-Oteify and begin their work in Assiut. Mr. Appleman and Ms. Dieu Tran visited the Assiut Burn Center, was invited to visit the surgical theater and watch Dr. El-Oteify perform z-plasty and plastic surgery. Mr. Appleman and Ms. Dieu Tran also visited the Assiut University Hospital burn unit, their upcoming burn unit ICU

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and the Assiut Public Hospital burn unit. Mr. Appleman and Ms. Dieu Tran met with the Assiut fire chief and offered fire safety information to families and villages in Assiut with the Assiut Burn Program. Mr. Appleman worked with the Assiut Burn Program to offer group and one on one support to the burn survivors in Assiut.

The Assiut Burn Program is an NGO in Assiut that offers burn prevention education to families, children and villages in Assiut, Egypt. This helps to increase fire safety education and has been shown to lower the number of fires, injuries and deaths each year in Assiut.

BSTTW is currently planning their second trip to Assiut, Egypt, This trip will be at the end of the **BAAS**. Mr. Appleman and Ms. Dieu Tran will again meet with Dr. Mahmoud El-Oteify, visit the burn units, offer support, review and discuss the final findings of the **BAAS** with Dr. El-Oteify.

Also during that trip, **BSTTW** will offer the **BSTTW BAAS Permanent Cosmetic Project (BBPC)**. The five **BBPC** volunteers will offer Corrective Pigment Camouflage, Skin Needling, Eyebrow Hair Simulation, Eyelash Hair Simulation, Scar Relaxation and Full Lip Vermilion Colour. Susan Church the founder of the International Institute of Permanent Cosmetics will be in charge of the **BBPC**. The **BBPC** will be for five days and offer free medical treatment to approximately forty burn survivors.

You can see pictures of **BSTTW's BAAS** March 2006 trip to Egypt at:

[http://www.burnsurvivorsttw.org/cgi-bin/album/album.pl?album=Egypt/BSTTW/March 2006 Assiut, Egypt Trip](http://www.burnsurvivorsttw.org/cgi-bin/album/album.pl?album=Egypt/BSTTW/March%202006%20Assiut,%20Egypt%20Trip)

Caregiving: Recognizing and Prioritizing Problems

By: Dr. Debra Moore, PhD

STEP 1 RECOGNIZING AND PRIORITIZING PROBLEMS

This may sound simple, but it's not always easy to tell when something serious is happening to aging parents.

Especially if they do not live nearby, and you are communicating by phone and occasional visits.

Family members may not even know they need help. And many older people are too proud to ask for help.

Even if your parents are getting medical help, they may not be diagnosed accurately.

Or they may have multiple physical problems, each one being treated by a different doctor, who is prescribing medication but not aware of what other physicians are treating or medicating.

This 1st step is getting to where you "see" what is happening with your parents. In addition to whatever specific conditions are involved, there are 5 other important factors which affect your ability to recognize problems:

You and your view of the world:

You will be much more effective as a caregiver if you know yourself well.

Do you have a realistic view of your personality traits, your strong points, and your weak areas?

You need to know your "hot buttons" to avoid having them pushed.

If you don't know yourself, you will project your own feelings onto others and you will think you are being objective when you really aren't.

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For example, if you are overly optimistic, you may discount your parent's worries and problems.

If you are resentful of your parents, and not aware of it, you may attribute their expressions of pain to whining or chronic complaining.

A fear of death may lead you to avoid necessary conversations or decisions.

Knowing yourself means recognizing & accepting a range of feelings as legitimate & getting past them.

Listen to yourself when you talk about your parents - the clues are all there.

Your fear of aging:

Caring for a parent forces you to confront your illusion of immortality.

Aging, disease, and death cease to be abstract concepts.

We become more aware of the rapid passage of time and our own aging.

Most of us have been trying to use denial as much as possible.

There's the story of the young woman who asked God to grant her 1 wish - to warn her when she was approaching death, so that she could prepare for it.

The years passed and the young woman grew old and gray. Finally one night she passed away in her sleep. She arrived in heaven and

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demanded an audience with God. You promised! , she said, "You let me die in my sleep with no warning!"

But God replied that he had kept his promise and that he had given her many warnings...

"Warnings?!", she said, "You gave me no warnings!".

And God simply replied, "Look at your gray hair, your wrinkled skin, the way you bend when you walk and how easily tired you become.

How did you miss so many warnings?"

Your knowledge about health and aging:

Aging is not a disease. But the aging process is often complicated by health problems.

Older people are not really different from younger people, but they are much more complicated!

Contrary to myth, most older people respond well to medical interventions, medications, and even surgery. Refer to the handout for more info on danger signs and how to work with your parent's doctor.

Your motivation to care:

Motivation to care for an aging parent is influenced by many things, but 6 factors are common.

Love.

Equity. A sense of owing your parents something, paying them back for their years of caring for you. This can work the opposite also if you did not feel cared for as a child.

"Why should I help her? She was never there when I needed her."

Equity means what we think is fair and just. It is a very personal decision and others may disagree with your thinking.

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Morality. This is a conscious awareness of what society and others say is proper. Doing what is expected can be a strong force. Sometimes parents or siblings will use this to influence you.

Ethics. This is your own inner sense of right and wrong. It may conflict w/ the ethics of your parents.

Envy. Many adult children envy the love and respect their parents seem to have for their siblings. If this is you, you may try to earn your parent's love by outdoing a sibling in caregiving. It is as if you are trying to "capture" your parent.

Greed. An expectation of material gain.

These motivations are not independent of each other. It's human to experience any or all of them.

The challenge is to recognize them and figure out how they influence how you give care.



Proud participant in the
Combined Federal Campaign



Car Blast Injures One

By: Cheri Ellis

On Thanksgiving morning, November 24, 2005 our lives changed.



Fernando and I were woken up by the sounds of the doorbell and car alarms. Though we were groggy, we immediately headed for the door to see what was going on. We found the

neighbors on the first floor screaming with looks of terror on their faces. We poked our heads outside to see that my car was completely engulfed in flames. We ran through the house to get everyone out of bed and out **CONTINUED**

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of the house before the house caught fire. The fire and police soon arrived. They got the fire under control before it put any serious damage on the house. After they put the fire out and found it safe to go back into the house, they sent us all back in to go back to sleep.

Approximately 8:00 am, four hours after the fire that had scorched my car, we headed outside to get newspapers for the next day's holiday promotions. We decided to remove articles from my car that were not damaged and put them inside my car. As I was gathering things from inside my car Fernando called out to me "Cheri!?" with surprise in his voice. I replied "one second." I was one second too late. I heard a pop and then him screaming I turned to see that his clothing was up in flames. I ran to him trying to get him to drop and roll, but by the time I reached him he'd managed to pull his clothing off. Although the flames were still burning his bare skin. I was running back and forth screaming call 911.

The fire department arrived moments later and immediately started tending to the house that was now consumed by flames as well as his car. I stood in the front of the house and did a head count, I suddenly realized

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Fernando was not there! The firemen were in a tizzy trying to figure which end to attend to first. Without a second thought I covered my face and ran through the thick smoke to find Fernando standing behind the house. His arm, neck and face scorched. I grabbed him and pulled him across the street far enough away from the house to safety. He couldn't see anything.

The ambulance arrived a few minutes later and immediately transported him to Mass General Hospital. I rode in the front with the driver as the EMTs worked on him. I kept reassuring him that he was going to be ok and that I was not going anywhere. As soon as we arrived at the hospital I jumped out of the ambulance to be by his side. He gripped my hand so tight. I held on until they had to separate us to work on him.

Fernando was put immediately put into a medically induced coma. He suffered from 2nd



and 3rd degree burns on his face neck and his arm. His eyes were burnt so badly that they were not able to tell if he lost his

vision or not. As he fought for his life in the ICU, day in and day out there I was praying for his life to be saved. He is a very strong believer in God. Not too long before this he taught me Psalm 23, which I recited (still do) every night before I went to sleep. I contacted different healers and asked for them all to pray for his life to be saved. I would tell him, though they say he couldn't hear me, he had to pull through because God brought us together for a reason.

As Christmas neared my family and friends kept asking me "What do you want for Christmas?" I would reply, "All I want is my boyfriend out of ICU." My prayers were beginning to be answered as Christmas arrived. Though he was **CONTINUED Page 6 "CAR BLAST"**

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not out of ICU, his health was no longer declining but improving. NEVER BEFORE in my life DID I BELIEVE IN THE POWER OF PRAYER.

When Fernando finally awoke completely out of his coma it was January 1, 2006. He had various skin graft surgeries and is temporary blinded in one eye. I say "temporary" because the doctors' say that, a cornea transplant can fix it. Though we are not sure of the cost that entails in the procedure. He hasn't been able to work and his health insurance is limited.

Fernando was released from the hospital only to have gone back a few months later for more reconstructive surgery. He has been in good spirits and thanks God for sparing his life and giving him another chance.

Below I have listed a couple of links to news reports to from that horrible day that will haunt our lives for a very long time:

http://www.boston.com/news/local/massachusetts/articles/2005/11/25/police_probe_blaze_explosion_in_somerville/?rss_id=Boston+Globe+---+City%2FRegion+News

http://cbs4boston.com/topstories/local_story_329001848.html

A very close friend of his and I have set up a Benefit fund for him. We'd appreciate anything you may donate. Below is the Benefit information:

Please make checks payable to: Cheri Ellis FBO Fernando Araujo

Cheri A. Ellis
FBO Fernando Araujo Benefit
P.O. Box 532
Malden, MA 02148

We Thank You Kindly for Any Amount You May Offer.

God Bless!

Cheri Ellis

Holistic Healing Part II

By: Lisa Dorfman, MS, RD, LMHC

Holistic Healing begins after stabilizing a nutritious diet. Holistic Healing Part I explored the nutritional priorities of burn recovery. Once nutritional deficiencies are reversed, the physical recovery can begin. Movement exercises, meditation, prayer, aromatherapy and the arts all play a role in complete cure of the body, mind and soul. Alternative approaches and complimentary therapy can enhance the nutritional rehabilitation for burns and can accelerate the recovery process. This article explores complementary treatment approaches for healing and recovery and has been adapted from my upcoming book, *The Anti Stress Diet: Food and Fitness Strategies for Conquering Stress and Recovering from Trauma*

Alternative treatment for stress and trauma was once regarded as quackery, sought after as a desperate attempt for a last attempt to save one's life from terminal illness. Today, the Western medical community is beginning to appreciate the benefits of treatments used by Easterners for thousands of years.

Alternative treatments, complementary healing therapies adapted from Eastern traditions and ancient customs, such as spiritual healing, aromatherapy, massage, and herbal supplementation, are currently being funded by large grants provided by the U.S. government, other country's governments, and groups, such as the National Institute of Health (NIH), research based hospitals, and university programs like The University of Miami as potentially beneficial treatments for a number of diseases and disorders such as arthritis and related pain disorders, cancer, migraine headaches, psychiatric illness, and stress— These therapies have been especially useful in low income communities where health



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insurance is unavailable yet the demand for services is great.

Alternative treatments like prayer, touch and massage therapies, aromatherapy and the arts can assist you in healing by connecting your unspoken thoughts to meditative passages, fragrant potions, and physical feelings, which stimulate the senses to recall pleasant, and peaceful feelings associated with happier times. The aroma of fresh flowers may remind you of spring, a time for renewal, sunny weather and thoughts while the scent of the ocean breezes may remind you of a playful day at the beach.

The advantages of using alternative therapy is that they connect you to thoughts, people and moments in time, in an unobtrusive manner, associating the mysteries of uncovered feelings with tender care—whether it is by a spiritual force, the soft touch of massage, the caring clerk at an aromatherapy boutique. Nutritional strategies for conquering stress and recovering from trauma also works more effectively when you are at peace, if even a short moment in time to eat and assimilate your nutrients, exercise and examine your physical strength and help you to access better health and recovery. Vitamin and mineral supplements are particularly especially useful when dietary deficiencies are manifesting themselves as mood disorders, physical symptoms such as headaches, muscle cramping and poor recovery from wounds and strenuous exercise. Herbal therapy may also be indicated for additional symptoms such as poor sleep, but are regulated poorly in the United States. Popular herbs recommended for stress, emotional distress, sleep and mood disorders are reviewed in this section.

The Power of Prayer

Every crisis is a spiritual crisis.

Carl Jung, psychologist

Although stress is technically defined as an actual or perceived threat, the implications of stress go well beyond physical and emotional well-being. Holistic healing integrates and balances the harmony of the mind, body, spirit,

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and emotions where the whole is greater than the sum of parts.

Prayer is an ancient and widely used intervention for alleviating illness, and promoting good health. While prayer cannot be interpreted as proof, or disproof of God's response to those praying, prayer can help you to recover from trauma and stress in a way that's not dependent on divine intervention. For the past 30 years, a Harvard researcher has been studying prayer to understand how the praying mind affects the body. He has found that regardless of religion, all forms of prayer evoke the relaxation response that reduces stress, quiets the body, and promotes healing. Funding from congress has enabled agencies such as the National Institutes of Health (NIH) to explore the value of prayer and spiritual interventions, and measure its health benefits.

How Prayer Works

Every religion has their own way of doing it. Prayer itself involves the repetition of sounds or words, which may contribute to the healing effects. For Buddhists, prayer is meditation, for Catholics, it's the blessing on the rosary, for Jews it's called *dovening*, and for Protestants, it's centering prayer. However, prayer is more than repetition and sounds.

Recent research has demonstrated that our brains actually change when we pray. The part of the brain responsible for controlling a person's *orientation* in space, and establishes distinctions between the world, and self are affected with prayer. Other brain parts that track time, and create self-awareness, disappear while the parts responsible for tagging emotions to events or things become activated.

Here's how you can use prayer in your own life.

- **Forgiveness-** the turn your cheek philosophy. A problem-solving strategy, where your negative thoughts and ideas towards the stressor and yourself are reduced, and your views turns to

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Benevolence and compassion. You forgive others and yourself which is sometimes more difficult.

- **Willingness to let go**—surrendering control to all events, feelings, and stressors, positive or negative in ones’ life. This means we don’t control our partners, spouses, children, bosses or friends.
- **Rituals**—which shape, express, and maintain relationships, facilitate change by making and marking transitions, facilitate healing from betrayal, trauma, or loss, and give meaning to events and celebrate life with joy and festivity. Some experts feel that this is a critical recovery step, the ability to celebrate special occasions like birthdays and holidays, mark the graduation of an event such as a diploma from school or a token from alcoholic’s anonymous for sobriety; or even mark the ending of a mourning period by discarding the clothes, photos or memories of an individual or event.

So take prayer and spirituality and integrate into your life by attending a religious service, saying nightly prayers for need or of thankfulness, and forgive. Forgive yourself, forgive others and live in peace.



Aromatherapy and Your Emotions

There are few scientific studies on the use of aromatherapy although it is known that in the limbic system of the brain, a gland called amygdala plays a major role in storing and releasing trauma. The only way to stimulate this

gland is with fragrance or smell, which can release emotional trauma.

Frenchman, Henri Maurice Gattefosse coined the term aromatherapy in 1928 after discovering the healing properties of lavender therapy for calming the nerves. Around the same time period, two Italian doctors discovered the impact of aromatherapy on the central nervous system (CNS), and recognized that aromatherapy goes directly into the part of the brain where feelings and instincts are located, bypassing the logical rational area of the brain. So what can aromatherapy do for you?

The benefits of aromatherapy include:

- Regenerating, oxygenating, and immune defense properties.
- Stimulating immune mechanism.
- Detoxifying cells.
- Promoting emotional, physical and spiritual healing.
- Restoring and balancing mood.

Here are a few of the essential oils used for dealing with stress, trauma and related symptoms.

Aromatherapy:	Benefits:	Also good for:
Bergamot	anxiety	stress, and nervous tension
Chamomile	calming	PMS, indigestion (use tea), and anxiety
Sandalwood	calming, relaxation	releases locked up anger and frustration
		anxiety, aphrodisiac, and emotional trauma
Rose	mild sedative	swollen eyes, puffiness, insomnia, Anorexia, PMS, and anxiety
Lavender	antidepressant	uplifting calming and refreshing effects
		sedative, jet lag, calming, and concentration
Eucalyptus	antiseptic	muscular aches, viral infections, jet

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		lag, coughs ad colds, and cleansing after arguments
Peppermint	strengthening	cooling, awakening, Head clearing jet Lag, consciousness simulation, concentration, overeating

How to use essential oils

Aromatherapy can be diffused through the air, or inhaled. The body absorbs oils fastest through inhalation, and second fastest through application to the feet or rim of the ears, called auricular therapy. It is believed that the nerve endings in the feet and ears are connected to the nerve endings in internal organs.

The only contradictions to using aromatherapy are if you have skin allergies, are pregnant, especially with complications, or suffer from mental illness since some scents can trigger negative reactions. And never ever, drink or swallow the oils. They are ineffective and toxic if consumed.

Laughter and Healing

On a final complementary note, there’s nothing like a good laugh to know you’re feeling better and on your way to recovery. Laughter is one of the best indicators of health. I know when I am recovered from a stressful event when I can laugh again. I also use this measurement with stress, traumatized and depressed clients. When they smile, I smile. I know things are getting better. How about you? Does your face and spirit reflect joy and happiness? Are you ready to laugh again? Dave Grotto, RD, oncology nutrition expert, and humorist offers the following tips, ones he has used with terminally ill cancer patients as a means of stimulating happy hormones, good spirits regardless of the circumstances.

When Will I Laugh Again

Dave Grotto, RD and humorist offers the following thoughts regarding laughter and your health.

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Humor and laughter serve as excellent coping mechanisms even through the most difficult times of our lives—even help us through tragedy. Bill Cosby once said... *If you can laugh at it, you can survive it!* Research has demonstrated that Mirthful laughter, defined as a real belly laugh, has been demonstrated through research to mimic the benefits of aerobic activity. Mirthful laughter enhances immune function; specifically NK cell activity increases. Those who self reported depression had lower NK cell function. Laughter reduces stress by providing a physical release of tension. Laughter reduces pain. Dr. Lee Berk, a leading researcher in humor and laughter therapy, found that anticipating a humorous event alone could reduce depression, confusion, anger, tension and fatigue. This same researcher found that there were sustained effects of laughter and humor therapy long after the laughing stopped as evidenced in improved immune biomarkers and decrease cortisol levels.

In summary, nutrition sets the foundation for recovery, while complementary techniques can enhance the nutritive value you absorb and retain from your foods. During your recovery you can use prayer, aromatherapy and laughter as means towards accelerating the healing process and reaching your final destiny of holistic health.

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**BURN SURVIVORS
THROUGHOUT THE WORLD**



Let's Make Every Cigarette a "Fire Safer" Cigarette!

By: Delores Lekowski

I just read an article on the front page of [USA Today](#) about cigarettes and fires that has me smoking-mad, if you'll pardon the pun.

Cigarette-ignited fires are the number-one cause of fire deaths in this country, and that has been the case for many years. Senior citizens become victims to these fires more than the rest of the population. The National Fire Protection Association (NFPA) data show that senior citizens deaths from cigarette fires are four times the rate of other Americans.

But the experts tell us that we can reduce deaths from cigarette-ignited fires by 75 percent. How? By requiring changes to the way cigarettes are made.

Tobacco companies know how to make safer cigarettes that will extinguish when left unpudded for a short time. This so-called "lower ignition strength" cigarette has been proven to reduce injuries and deaths in New York State since a cigarette fire safety law took effect in 2004. California and Vermont have passed similar laws - Vermont's took effect in May 2006, and California's will go into effect in January 2007. Illinois and New Hampshire will be added to the list as soon as their Governors sign the bills into law. All of Canada also has a requirement similar to that of New York State. Lots of other US states are considering passing the New York State requirements, too.

Why haven't these bills already become law everywhere? Why isn't every cigarette a "fire safer" cigarette? Because tobacco companies are still fighting cigarette fire safety legislation, tooth and nail. They argue that there should be one national law requiring fire safe cigarettes. But guess what? Congress has been considering national cigarette fire safety bills for almost 30 years. If the industry was so sincere about wanting a national requirement, don't you think they'd manage to help get a bill passed in Congress? They have certainly had ample opportunity to do it, so their calls for a "national standard" don't ring true at all!

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Every time a state bill is considered, the industry's lobbyists show up in force to fight it, calling up every argument they can muster. And when the fire service puts its muscle behind these bills to try to get them passed, the tobacco industry stoops to things like trying to get their budgets cut. Fire safety advocates obviously don't have nearly as many resources as the industry. This has been a struggle every step of the way. Can we really say we are winning this battle when only 3 or 5 states out of 50 require a technology whose benefits in saving lives have been proven?

The tobacco industry also says that public education about safe smoking would be more beneficial to fire safety than changing the cigarette. Haven't we done this in the past, and yet the deaths and injuries continue to climb? As a burn survivor, I am outraged by this idiotic argument. Tobacco companies need to do what's morally correct, but history has shown that they won't do anything responsible unless they are required to by law. If the tobacco companies won't make safer cigarettes voluntarily, and Congress won't pass a law because they are too responsive to tobacco industry lobbyists, then we must make this happen one state at a time. We've got some momentum now - let's push it over the top!

Please let me know (email me at dlekowski@neo.rr.com) if you are interested in working with the fire service and other advocates in your state to get these bills introduced and passed. I will do my best to hook you up with the team that's on the right side of this issue. Let's make every cigarette a "fire safer" cigarette, and save some more lives!

BSTTW POEMS

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

If you would like to submit a poem or story to **BSTTW** you can do so by email at poems@burnsurvivorsttw.org 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

Recovery Is Action

By: Michael Appleman

Recovery is hard don't you see
What will it be for me?

I am not sure how it will be for me
How long before I become free?

Is time important each and every day
The doctor will not yet say

Maybe I will not recover this time
What will life be with the scars of
mine?

Friends say they love me no matter what
They why are they calling me a nut?

My family says they love me scars and
all
What will they do when I stand and
fall?

Michael Appleman

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

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**.

BSTTW COMMUNITY NEWS

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,

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 where you can purchase 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.
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 Comment & Question E-Form** at:
www.burnsurvivorsttw.org/eforms/emailform.html