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# BSTTW COMMUNITY NEWS

Volume 2 Issue 3

June 2002

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## BSTTW's GROWTH REBUILDS LIVES

### BSTTW Offers Hope To Many In Việt Nam

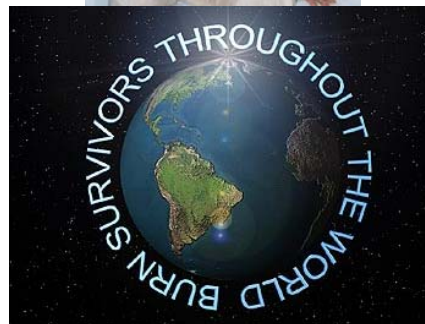
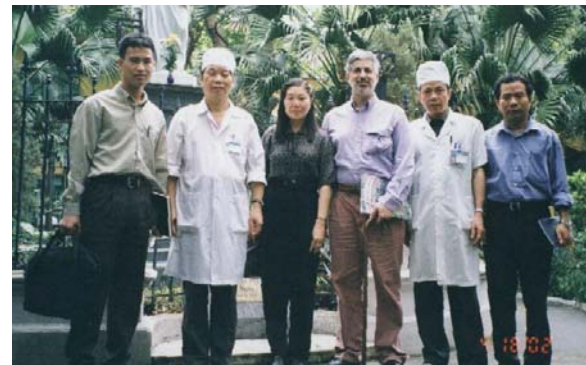
By: Michael Appleman

**B**STTW has just finished a trip to Việt Nam. After several months of communication and a review of BSTTW, People's Aid Coordinating Committee (PACCOM) requested that BSTTW come to Hà Nội, Việt Nam and finalize our agreement with the Vietnamese Government. PACCOM is the part of the Vietnamese Government that reviews all international non governmental organizations that would like to work in Việt Nam. BSTTW has agreed to work in Hà Nội, Hồ Chí Minh and the Khanh Doi provinces. This is a great step for BSTTW.

On April 17, 2002, Michael Appleman, Executive Director & CEO and Nguyễn Thị Diệu Trân, Vice President & Director-Việt Nam, met with PACCOM in Hà Nội. During that meeting BSTTW discussed their goals and abilities to help the burn survivor community in Việt Nam. We also discussed working directly with the hospitals, doctors and fire fighters. Phan Trong Thai, PACCOM Director, asked if BSTTW would like to go to a burn unit in Hà Nội. Dr. Lê

### BỆNH VIỆN XANH PÔN (HOSPITAL)

Hà Nội, Việt Nam



A FAMILY AROUND THE WORLD



Văn, Điem, the doctor in charge of the BỆNH VIỆN Hospital wanted to meet with BSTTW. At the hospital we met Dr. Lê Văn,  
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Điêm and his staff. We were taken through the burn and rehabilitation units. Both units need updated equipment in order to give the best care possible.

Like many hospitals in Việt Nam, the BỆNH VIỆN Hospital is given a low level of funding by the Vietnamese Government.

Organizations like **BSTTW** travel to Việt Nam and help the hospitals to get what is needed. That helps the children and adults get the best care possible.

After a long discussion with Dr. Điêm and his staff, **BSTTW** requested that the hospital send a proposal and a list of their needs along with pictures.

**BSTTW** needs your help. For **BSTTW** to serve the people in Việt Nam, USA and other areas of the world, we need your donations and your help in many other ways. **BSTTW** needs finances, medical equipment, food, clothes, automobiles, etc.. If you do not have the ability to donate, then you might want to think about volunteering your time to **BSTTW**. You can help us get the finances and other items that are needed and/or take part in the **BSTTW** support team. If you are interested in helping **BSTTW** in the best way you possibly can, please contact us at [info@burnsurvivorsttw.org](mailto:info@burnsurvivorsttw.org) or 941-364-8457.

### Five Guidelines for Reducing Stress

By: Debra Moore, Ph.D.

Treat your body with respect. This isn't a foreign object here, it's you. We're used to artificially separating our "mind" from our "body", but the two are an interlinking system. We can't expect our moods or our thinking to be in top shape if our bodies are neglected. Ask yourself some questions. Are you feeding your body quality food? That's the fuel your body relies on to carry out the countless tasks that confront it daily. You

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don't expect your car to run well on an empty tank or contaminated gas and oil.

First, are you giving your body enough rest? We need consistent sleep patterns that don't change drastically on weekends or holidays. We also need consistent breaks during the day to recharge between tasks. Listen to your body. If you need a brief nap and can fit it in, good for you. If not, can you just close your eyes for five minutes and let your body be still? If you can't find the time for this, see the next stress buster.

Second, quit pretending you don't have choices. You may have many demands on you. Most of us do. But if you are overwhelmed by running from one task to another all day, ask yourself a simple question. Let's say we videotape your typical day. We show the video to Oprah's studio audience. Let's offer them a thousand dollars if they can make workable suggestions for better managing your life. Think they could do it? You bet! From an objective perspective, choices are easier to see. Periodically stop and evaluate whether you really are utilizing all your options. Sometimes we tell ourselves we can't do it differently when we really mean we're afraid to try.

Third, learn to say no. Both to yourself and others. We all have limits, and exercising them is an act of accountability. Let's face it. Most people who constantly say yes to everything that comes before them are not doing it in the sincere spirit of Mother Teresa. They're doing it because they feel guilty when they say no. They're doing it because they have not learned that they don't

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have to buy love or acceptance with sacrifice. They’re doing it because they’re following the family tradition of martyrdom.

Saying no also applies to our selves. Do we just have to have one more trinket? Do we have to try to be someone we’re not? To keep up with the folks next door? The advertisers and media would love us to think so. But maybe, just maybe, we can say no to them as well.

Fourth, realize that even after we make our choices and learn to say no, there will be many things in life we can’t change or control. Some will be small inconveniences. We find a line of 20 people at the bank. We stew. We look at our watch. We sigh. We get angry at bank management and just know that if we ran the place it would operate better. So we wait an extra five minutes - five minutes we probably need to slow down anyway. And instead of accepting it, we compound the stress with our harsh reactions.

And some will be major events. We lose someone we love. We aren’t ready. We won’t accept it. We turn our natural grief into a stubborn refusal to adjust. We didn’t want this and we just won’t have it! It’s not fair! We hang on to our fantasies and miss the real live opportunities in front of us. And our stress level in the meantime is off the charts.

Fifth, realize everything looks worse under three conditions. At night. When we’re tired or run down. And when we’re alone. Don’t let yourself dwell on problems in the middle of the night. They will seem worse and you’ll feel more depressed. We even have some scientific evidence that the chemicals that influence our sense of well-being are at a lower level in the middle of the night. It explains the old saying that everything will

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look better in the morning. Often it does.

And know that reflecting on your problems without the benefit of input from others is a recipe for emotional disaster. So you’re a private person. What exactly does that really mean? Perhaps it means you haven’t had much practice sharing yourself with others. Maybe earlier in life others hurt you if you showed your real feelings. But then isn’t now, and there are people who would listen. Consider seeking them out.

Nguyễn Thị Diệu Trân **BSTTW’s** Vice  
President & Director-Việt Nam

By: Michael Appleman

Nguyễn Thị Diệu Trân has been working for **BSTTW** for almost one year. During that time Ms. Diệu Trân has helped the Vietnamese people become aware of the burn survivor community and **BSTTW**. She has received many calls and letters requesting help for both adults and children.

In February of 2002, Michael Appleman, **BSTTW** Executive Director decided to ask Ms. Diệu Trân if she would like to become **BSTTW’s** Director-Việt Nam. She was very proud to take that position. Then in March 2002 there was an opening on the **BSTTW** Board of Directors. **BSTTW** needed a Vice President. A person that would take the responsibility of **BSTTW’s** needs and help rebuild burn survivor’s lives around the world. The board of directors asked the CEO if Ms. Diệu Trân would like the job. After the meeting, Mr. Appleman contacted Ms. Diệu Trân and offered her the position. She was very proud to be part of the board of directors.

On April 15, 2002, Ms. Diệu Trân went to the United States Consulate General’s Office in  
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Hồ Chí Minh City, Việt Nam for a Business Visa interview. The US Government decided to not give Nguyễn Thị Diệu Trân a business visa. Ms. Diệu Trân tried to explain **BSTTW's** need for her to be in the United States. She showed them papers from the **BSTTW** Board of Directors. Mr. Appleman asked to be allowed in the interview and he was denied. Jean Vander Woude at the US Embassy in Hà Nội, Việt Nam had requested the US Consulate General's Office to please interview Ms. Diệu Trân for a business visa and that also was done.

**BSTTW** needs Ms. Diệu Trân's help. She must teach the **BSTTW** representatives the Vietnamese language, contact the Vietnamese people in the US, churches, temples, companies, organizations and other communities in order to help them become aware of the financial support needed for our work in Việt Nam. There are so many burned Vietnamese children that need our help, like the ones in the pictures to your right. These boys, who currently live in Hồ Chí Minh, Việt Nam, need to come to the United States for medical treatment at Shriners Children's Hospital. **BSTTW** has been given a notarized release form by their father requesting that **BSTTW** helps his children get the medical help they need. Both boys were badly burned in a home fire. Their mother died and father lived. The father is having a very hard time getting 10,000 Vietnamese Dong together each month to feed his children. **BSTTW** needs to get each child a Visa, plane tickets and a place to live in the United States. These are just two of the many burned Vietnamese children that need **BSTTW's** help.

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**BSTTW** is also looking at increasing Ms. Diệu Trân's education of the English language, increase her knowledge about **BSTTW** and our contacts, go to the World Burn Congress 2002 in October 2002 and the take part in one of the Anthony Roberts Conferences in 2003.

The **BSTTW** Board of Directors have asked Senator Bill Nelson, Senator John Kerry, Senator Max Cleland and Congressman Leonard Boswell to help us with the Visa issue. Senator Nelson has been working with **BSTTW** for over eight months. The Senators are very interested in reviewing the problem and helping **BSTTW** find a solution. If any of you are interested in helping **BSTTW** bring Nguyễn Thị Diệu Trân to the US please write a letter to your Senator and to one of the Senators or Congressman **BSTTW** has listed. Your concern will help Senator Nelson and the others present the need for a Business Visa for Ms. Diệu Trân.

Mailing Address:

Senator Bill Nelson  
225 East Robinson Street Ste 410  
Orlando, Florida 32801

Senator Max Cleland  
461 Senator Dirken Bldg.  
Washington DC 20510

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Senator John Kerry  
304 Russell Bldg. Third Floor  
Washington DC 20510

Congressman Leonard Boswell  
1039 Longworth House Office Bldg.  
Washington DC 20515

If you have any questions or comments please  
contact **BSTTW** at 941-364-8457 or  
[vn@burnsurvivorsttw.org](mailto:vn@burnsurvivorsttw.org)

## "I remember The Song"

### Part Two

By Pastor Dale

This experience with Dayspring has been a foundation of what I am today. The group ministered in Colorado, Arizona, California, & Hawaii. Although I was not able to go on the 2 week tour outside of Colorado; The experience changed me. I was a new Believer (Christian) young in the Lord. The group was part of the "College Class" of Calvary Temple Church in Denver Colorado. Charles Blair was and still is the Pastor.

In the group was Ken. He got us the ski lodge that the company that he worked for owned. He later got married to Marilyn I have to tell you about their wedding (some time) became a missionary to Asia.

Chuck our College Class Pastor & his wife Diane was not straightlace but enjoyed a good laugh. If there was any Practical joke being done it was either Chuck aka Chuckles, Ken, Mike or Me.

Then there was Howie, Annie, Eva, Michele, etc.

Due to space restraints it is hard to describe the stories but the Point is this. We each loved G-D with all of our heart. We put each

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other first. We went out ministering to others first. We allowed G-D to use us for His Glory & it worked. This is what can happen to you to Us, members of BSTTW.

Let us make this Group "BSTTW" a great group. I know sometimes we can't see beyond our own pain etc. But allow G-D to do His perfect work in you. I am not saying that Somme this is happening but continue the good you do. Come to the Website & BSTTW email at least once a day, if you can more.

I am only an email away. I am here to do what ever I can to help you & your family.

Grow with G-D, grow with each other.

God Bless you All.....Pastor Dale

## Why Me?

By: Michael Appleman, M. S.

Many burn survivors go through a WHY ME? phase. Most do not have a good answer to the "why me?" question. During their recovery the individual may continue to ask that question without a valid answer. Most burn survivors are deprived of meaningful control over their lives for an extended period of time. They are unable to do much about it. So is this possibly a reason behind "WHY ME?" This can cause a burn survivor to react in an infantile way. Before infants can talk they wail miserably in order to try to get what they need. If we look back into childhood many times when the parent did not respond, the child began to scream louder. In time some of the children relaxed and calmed down and others continued to scream until their parent arrived. Does this reaction to "Why Me?" solve the problem? It has not been see to do so. Does a burn survivor relax as time goes by? For most the answer is yes. How does this occur? For some they need mental health counseling and/or

**CONTINUED Page 6 "WHY ME"**

Continued from Page 5 "WHY ME" medication. For others as they recover and rebuild their lives, the emotional difficulties leave just as they occurred. For each individual we must look at their medical and psychological history. Becoming a burn survivor can increase preexisting difficulties. Always remember that the longer an individual indulges in such an attitude, the more embedded the resentment becomes. If this is not controlled, it can create the following problems: Social isolation, a self-centered approach to life; never again will I be "Mr. Nice Guy"; paranoid thinking; "someone is out to get me"; depression; "what is the use?". To free themselves of this spiteful resentment, some burn survivors have successfully changed the direction in their life. This individual decides that instead of complaining "Why me?", and he/she begins to ask, "Why NOT me?". "Maybe I can help others get on the correct path of recovery?" By using psychological control and balanced reflection, they have learned to put their own depression into a positive direction. At this point this individual will continue hopefully their path of growth and live a happy more productive life.

## **BSTTW CONTACT INFORMATION**

### **Emergency Contact**

We have an Emergency Email Form on the Internet. Go to:  
[www.burnsurvivorsttw.org/emergemail.html](http://www.burnsurvivorsttw.org/emergemail.html)

You, your family and friends can also reach us by phone at 941-364-8457. If we are not in the office or it is after hours, you will be given an emergency number to call. A support team member will respond to you within 24 hours. **BSTTW** has at least one

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 individual on call 24 hours day/7 days a week to meet everyone's needs.

### **BSTTW Directors**

Michael Appleman: **Executive Director**  
[michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org)

Nguyễn Thị Diệu Trân: **Việt Nam**  
[tran@burnsurvivorsttw.org](mailto:tran@burnsurvivorsttw.org)

### **DONATIONS**

As a 501 (c)(3) Non Profit Organization, all donations, big or small are tax deductible to the extent of the law. Donations from Companies, Churches, Organizations, Communities and individuals will help **BSTTW** to do the work that is needed for all Burn Survivors, family members and the public around the world. 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 #105  
 Sarasota, Florida 34232

#### **Donate on line at:**

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

If you have any questions call us at 941-364-8457 or email **BSTTW** at:  
[donations@burnsurvivorsttw.org](mailto:donations@burnsurvivorsttw.org)

### **Volunteering your time to BSTTW**

We always can use your help. There are many children, adults and families around the world that need support and other help. You can take part in rebuilding the lives and helping people reenter their community. If

you are interested contact **BSTTW** by phone  
or email us at  
[volunteers@burnsurvivorsttw.org](mailto:volunteers@burnsurvivorsttw.org)

### **Purchases**

**BSTTW** has an online store where you can  
purchase Skin Care Products, Books and  
Video Tapes. Got to:  
[www.burnsurvivorsttw.org/sales.html](http://www.burnsurvivorsttw.org/sales.html)

You can also purchase Skin Care Products  
by phone.

### **BSTTW ADDRESS & PHONE NUMBERS:**

**Burn Survivors Throughout The World, Inc.**  
650 N Beneva Road #105  
Sarasota, Florida 34232  
Phone: (941) 364-8457 Fax: (941) 364-8457

Feel free to email us if you have any  
questions and/or comments at:  
[info@burnsurvivorsttw.org](mailto:info@burnsurvivorsttw.org)