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# BSTTW TEEN NEWS

Volume 4 Issue 2

April 2004

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## BSTTW OPENING DOORS

### 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.

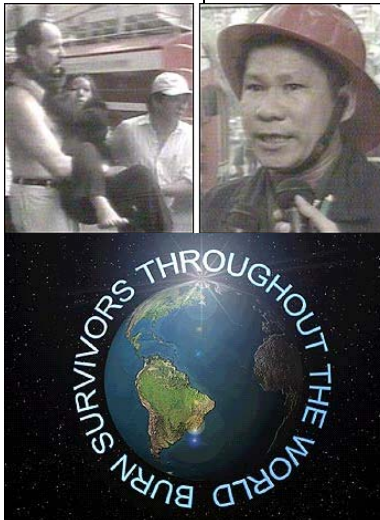
BSTTW contacted over one thousand of the sellers on eBay. We requested that they sell on the eBay Charity Works and donate a percentage of their winning bid to BSTTW. Many eBay sellers decided to donate to

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

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.



### A FAMILY AROUND THE WORLD

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## 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.

### 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

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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!

## Preventing Candle Fires

By Delores Gempel Lekowski

Candles add a certain ambience to a room. They fill a room with a cozy, soft, warm light and a delightful scent. It's hard to believe that something that offers us such beauty and comfort can also be dangerous if not used correctly, but in 1999, more than 1/3 of home candle fires were caused by abandoned or unattended candles, according to the National Fire Protection Association.

Before filling a room with that magical softness that only candles can bring, make sure you are burning your candles safely! Below is a list of do's and don'ts for candle use.

- ♣ Never leave burning candles unattended.
  - ♣ Never leave children alone in a room with a burning candle, even if the candles have been placed where you think a child can't reach them - and please educate your children about the dangers of candles and open flames.
  - ♣ Never burn candles near flammables such as curtains, bedding, furniture or walls. The National
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Fire Protection Association recommends a one-foot circle of safety around each candle that is free from flammable objects.

- ♣ Trim the candlewick before lighting so that only ¼ inch of the wick sticks out from the top of the candle.
- ♣ Make sure candles and candle holders are placed on a heat-resistant surface.
- ♣ Don't burn candles where animals might knock them over or come in contact with the candle flame.
- ♣ Don't burn candles if there is less than an inch of wax in the bottom of the container. When the wax gets that low, throw the candle out.
- ♣ Don't leave wick clippings or matches at the base of the candle or in the melted wax near the wick, on top of the candle. These items can catch fire and flare up dangerously.
- ♣ Keep burning candles away from drafts.
- ♣ Be extra careful when burning gel candles - or better yet, don't burn them at all! (Gel candles are generally non-wax candles that you can kind-of see through. They burn hotter than wax candles and are more likely to re-light. Too much heat also can shatter a glass candleholder and make it more likely that nearby combustibles will catch fire.)

Floating candles might seem safer because they are in water, but as long as there is a flame, you need to keep safety in mind. Floating candles always should be used in an appropriate, wide-mouthed bowl for decoration - never in a bathtub or swimming pool.

Last, but certainly not least, it is important to think about the placement of candles and the number of candles being burned. We all have seen the romantic scenarios on TV or in the movies, where burning candles are placed all around a bedroom - on the floor (where they easily can be knocked over), on bed stands (near highly flammable bedding) or on dressers (often beneath curtains, pictures or other flammable objects). These multiple burning, ill-placed candles certainly set a mood, and while the romantic movie scene is beautiful, it is a dangerous example to imitate. In fact, according to the National

Fire Protection Association, 40 percent of home candle fires begin in the bedroom. So, be smart about candle fire safety, and don't let your romantic evening turn into a night you wish you could forget.

Burn your candles intelligently and enjoy them safely.

**Being the Expert on Yourself**

By: Mary Ellen Copeland, MS, MA

You are the best expert on yourself. You have, by far, more knowledge about yourself than anyone else. No one else lives inside your body or inside your brain. No one else has ever experienced exactly what you have experienced. And no one else can know what you want to do with life--your goals and dreams. (I remember when a vocational counselor showed me my file and it contained goals for my life and how I was going to meet those goals--a document I had never seen. I was flabbergasted.)

If you are like most of us, when you come upon troubling times, experience distressing symptoms or need to make some life changes, you look outside yourself for answers. And you will find that there are many people who will be delighted to direct you, make decisions for you and take action in your behalf. You may reach out to your partner or another family member, friends, colleagues, a religious or spiritual advisor, a counselor or therapist, a medical doctor or medical specialist like a psychiatrist, a nutritionist, an acupuncturist--the list goes on and on. And while all of these people may be able to provide some help, information or guidance, you may overlook the most important authority--yourself. If you overlook your own inner guidance as a source of wisdom, your course of action may prove to be less than helpful.

In 1976 I was experiencing another deep depression--one of a succession of depressions that have troubled me through my life. I had never looked at the possible causes of this depression. I thought they were something outside of myself and that I couldn't control them--that these depressions controlled me. This time I decided to reach out for help. I went to see a psychiatrist and described my symptoms. He told me that, like my mother, I had manic depression, and if I took lithium and an anti-

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depressant I would be fine. I accepted his diagnosis and took the medications he prescribed. In looking back I know that I should have asked him what being manic depressive meant and how he determined that should be my diagnosis. Then I could have decided for myself if the diagnosis really fit. I could have asked him if he thought other issues in my life--like being in an abusive relationship, being overworked and overwhelmed much of the time, bad things that happened to me when I was a child, lack of close friends and supporters, being kept from doing the things I wanted to do with my life--might be causing or worsening my symptoms. I know now that I definitely should have asked him the possible short and long term side effects of the recommended medication, how much water to drink when taking this medication, if there are times I should not take it, what would happen if I took too much of the medication, etc. Based on what I felt and learned, I could have decided whether I wanted to follow his direction and take the medication.

In the years since then, I have reached out to many other sources for help and guidance. They include:

1. a nutritionist who told me that I needed more B vitamins and some amino acids,
2. a minister who felt my problems would be eased by more involvement in a religious community--that I was out of touch with God,
3. various counselors who told me I should try to heal my relationship with my husband, or that I should leave my husband, and tried to direct me in and out of other relationships,
4. a body worker who told me that my healing was dependent on the thoroughness with which I could remember and share childhood trauma,
5. a family member who told me that I should "pull myself up by the bootstraps,"
6. a well-meaning friend who said I should go home and bake pies for my family,
7. a benefits provider that accused me of malingering and being non-compliant.

When I told a psychiatrist that I wanted to write a book, he told me that I was being "grandiose." Since then I have written 10 books and had them published. The same psychiatrist told me I could never lead a workshop. Since then I have led hundreds of workshops--attended by thousands of people--all over the world.

The most important lesson that I learned from all of this is that in making decisions about me and my life, I first must listen to myself. I must ask myself what I know and feel about myself. Then, if I want to, I can reach out to others for their ideas. As each of them shares their opinion or gives their advice, I can weigh it carefully and see how it resonates with me--does it feel right to me or doesn't it? If it feels right I can do or believe as they suggest. If it doesn't feel right, I don't need to.

You may have received so much advice and been told so many things about yourself over the years that you have no idea how to access your inner knowledge. While it takes time and patience, you can learn, or improve your ability, to listen to yourself and to determine what is best and right for you. Some of the following ideas may be helpful to you. As you work on this, you will discover other ways that help you to know yourself and what you need.

1. When another person makes a suggestion of something you should do or says something about you, make sure it feels right to you before acting on it. You may ask yourself, is it a "bing" (right) or is it a "thud" (wrong)? If it is about some action, you could write the options on sheets of paper. Shuffle them. Then choose a sheet of paper. By noticing your emotions about what the paper says, you will know whether or not it is the right answer for you.
  2. Educate yourself so that you know all there is to know about the issue or issues at hand. As you learn, make sure what you are learning feels right to you. Remember, just because it is in a book by a prestigious author or is on an internet site does not mean it is right, or that it is right for you. For instance, many people who have a
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psychiatric diagnosis are given erroneous information like: you will never get well, you can never have children, you can never be in an intimate relationship, you can never go to college, or you can never have the career of your choice. Education will help you make your own assessment of each issue. You may decide that you don't even agree with the diagnosis or that anyone has the right to diagnose you with anything. You may prefer to think about your symptoms as feelings rather than a diagnosis.

3. Discuss the issue in depth with a person or people you trust, even an "expert" like a doctor or a counselor. Then decide for yourself how you feel about the input you received and what action you are going to take.
4. Before making a major decision about anything, decide to wait a specified amount of time, for instance three days (or longer for more major decisions). Often, after reflection, you will change your mind. My mother once jotted down a note that said, "If you haven't changed your mind lately, maybe you don't have one."
5. Journaling. The process of writing can be helpful in gaining understanding of how you really feel about something. Don't worry about penmanship or grammar. Write anything you think or feel. It doesn't have to be right. It can be pure fantasy. It can be thoughts, feelings, expressions of emotions, ideas, plans--anything you want. You never have to show it to anyone if you don't want to. Others should respect the privacy of your writings. Reread your writings when you feel like it.
6. Peer counseling. Ask a friend that you trust to peer counsel with you. Decide how much time you can spend (most people do it for one hour but it could be more or less time). Divide the time in half, and each of you spend your half of the time talking, laughing, crying, ranting, raving--anything

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that feels right to you--while the other person listens closely without interrupting you.

As you work on accessing the inner knowledge that you possess, and taking action based on what you know about and want for yourself, you may find, as I have, that the quality of your life improves and that your life becomes richer than you could have ever imagined.

**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

**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

## 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](http://www.burnsurvivorsttw.org/emergemail.html) or the BSTTW Support Team E-Form at [www.burnsurvivorsttw.org/supportemail.html](http://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

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

Nguyễn Thi Diêu Trân: **Director- Việt Nam**  
[tran@burnsurvivorsttw.org](mailto:tran@burnsurvivorsttw.org)

Ariel Gonzalez: **Director- Mexico**  
[ariel@burnsurvivorsttw.org](mailto: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

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can donate to. The BSTTW general fund, the Bishop Peter Nguyen Van Nho World Wide Burned Children's Fund, the "Dwight Lunkley Racing To Victory" fund, USA & Asian Burn Camp funds, BSTTW Healing Weekend Fund and the World Burn Congress Fund.

Your donations will help BSTTW to do what is needed to help a burn survivor, family members rebuild their lives. It will also be used for public awareness on fire safety and how the community can help a burn survivor reenter their community.

BSTTW also offers people that donate \$25.00 or higher to a free copy of the BSTTW Music CD. To learn more about this you should go to [www.burnsurvivorsttw.org/donations/donatecd.html](http://www.burnsurvivorsttw.org/donations/donatecd.html) or [www.burnsurvivorsttw.org/donations.html](http://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](http://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](mailto: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](mailto: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](http://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](http://www.burnsurvivorsttw.org/donations/donatecd.html) or [www.burnsurvivorsttw.org/donations.html](http://www.burnsurvivorsttw.org/donations.html)

**BSTTW ADDRESS & PHONE NUMBERS:**

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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 E-Form at: [www.burnsurvivorsttw.org/emailform.html](http://www.burnsurvivorsttw.org/emailform.html)