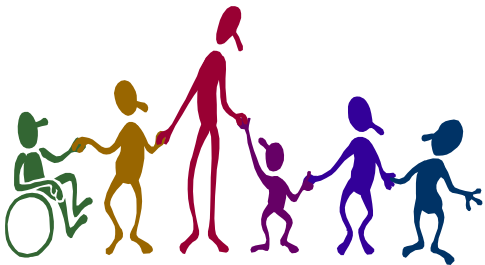


# The BurnNet

June 2015, Volume 34, No. 6

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## OUR GROUP MEETING

Thursday, **June 4**, 7:30-9:00pm

Directors Conference Room

First Floor, Main Hospital

All survivors of burns or necrotizing fasciitis and their family and friends are welcome. For more information call (916) 734-3636.

## ELECTRONIC CIGARETTES AND EXPLOSIONS: USFA REPORT

From 2009 to 2014, the U.S. Fire Administration (USFA) reported 25 incidents of explosion and fire involving electronic cigarettes (e-cigarettes) and while that isn't really a very large number, the growing popularity of e-cigarettes coupled with the dramatic explosions seen make this an issue fire personnel and investigators should be aware of.

E-cigarettes contain a heating element powered by a battery. Many have a USB port for ease in recharging. USFA reports that 80 percent of the reported explosions and fires happened during battery recharging. The events happened suddenly and in many cases the battery and/or other components were ejected from the device under pressure and “flew across the room” as a projectile. One suggested possibility for this is improper charging. There are different types of USB ports with different voltage and current; using a different USB port than recommended by the manufacturer may be unsafe.



The [USFA report](http://www.usfa.fema.gov) contains many more details found during this research. From: [www.usfa.fema.gov](http://www.usfa.fema.gov)



## ARE YOU RECEIVING THE BURNNET VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet every month?  
Email Deb Jones RN at: [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

## OTHER SUPPORT OPTIONS

- Bothin Burn Center Burn Support Group, San Francisco  
4<sup>th</sup> Thursday of each month, 11:30 am – 1:00 pm  
Call 800-755-2876 for details and directions

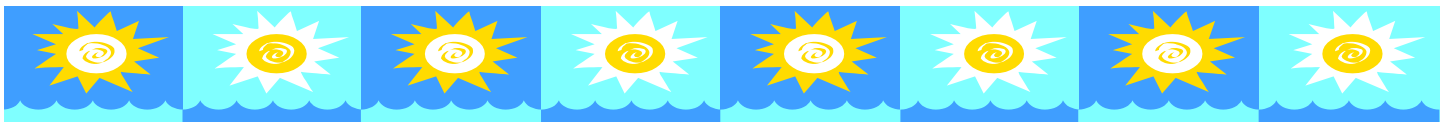
- Santa Clara Burn Support Group, San Jose  
1<sup>st</sup> Tuesday of each month, 7:30 pm – 9:00 pm  
Call 408-885-6670 for details and directions



- Phoenix Society – Live Online Support

TO ENTER THE INTERNET CHAT (Every Wednesday night 6:00 – 7:30PM PST)

1. To enter the Chat you need to create a profile on our website. This is where you will choose your Screen name and password.
2. Go to our website and click on Weekly Live Chat under the Get Support tab.
3. Click Login in the right-hand gray box.
4. Click Join Weekly Live Chat in the right-hand gray box.
5. Login with your email address and password that you created when you set up your profile. (If you are a first-timer, you will be asked additional profile information to participate).
6. The 123 Flash Chat will come up and you will need to type in your username (the Screen name you created) and password again at the top of the screen and click on login.
7. Click on the Burn Survivor Peer Support Room (blue band at top of screen) to enter the Chat room.
8. You are now ready to chat!



## WORLD BURN CONGRESS COMING TO INDIANAPOLIS, IN OCTOBER 21-24! SCHOLARSHIPS AVAILABLE



World Burn Congress can be a life changing experience. Each year burn survivors from all over the world gather at World Burn Congress to share their stories, find resources for their recovery and build a network for support. Anyone may attend World Burn Congress.

The Firefighters Burn Institute (FFBI) provides a limited number of scholarships for local burn survivors along with one primary support person (i.e. spouse, legal parent/guardian, caregiver, etc.), provided the need is there, to attend the Phoenix Society's "World Burn Congress". The scholarship typically includes roundtrip airfare, hotel costs for approved conference nights and conference registration.

To be considered for a scholarship, you must submit a Letter of Request with ALL information outlined in the application form by **July 13, 2015**. Contact the FFBI for an application. [Ka@ffburn.org](mailto:Ka@ffburn.org) or 916-739-8525.

The final decision of scholarship recipients will be made by the Executive Director of the Firefighters Burn Institute. Careful consideration will be given to each applicant. Scholarship approval for applicant's primary support person will be on an individual basis.

We encourage you to take advantage of the scholarship opportunity offered by the Firefighters Burn Institute and embrace the experience of World Burn Congress.

## UPCOMING EVENTS



### **June 7<sup>th</sup> Annual Hook & Ladder 5K-10K-Kids Fun Run**

Wente Vineyards, Livermore. Start time 8:00 am. Registration fees \$15-\$40, depending on which portion of race you participate in. Registration deadline is May 29. Details, forms or online registration at [www.onyourmarkevents.com](http://www.onyourmarkevents.com)



### **June 20 "Firefighters Burn Institute Night!" at Raley Field**

River Cats vs. Reno Aces First Pitch: 7:05 pm. Family & friends sit together, scoreboard recognition, FREE parking, and Post- game fireworks! Tickets: \$25 Senate Section/ \$20 Assembly Section. Purchase tickets online

[www.ticketmaster.com/event/1C004E557EBE1E11](http://www.ticketmaster.com/event/1C004E557EBE1E11) with code: fire15



### **June 27 4rd Annual Firefighter's "A Tropical Affair" Fundraiser**

Hosted by FFBI at "the grassy knoll" at Shriners Hospital for Children in Sacramento.

For 21 & Over! Includes: Strolling Dinner, Wine & Beer Tasting and No Host Bar, Hula Dancers, Photo Booth, Wine Raffle, Live Music & Dancing. Tickets: \$50/ Two for \$90/ \$75 at the Door.



### **July 18 Dixon's Grillin & Chillin Car & Truck Show**

Downtown Dixon, CA. Includes a Rib Cook-Off from 10am – 10pm. Classic Cars & Trucks, Live Music, Great Food, and Artisans. For more details, please visit:

[www.dixonribcookoff.com](http://www.dixonribcookoff.com)



### **July 25 9th Annual AFSA Softball Tournament**

To be held at the Bartholomew Sports Park in Elk Grove. Game begins at 8:00 am. All proceeds to go to the Firefighters Burn Institute. For more information, contact Amy Donahoo at (209) 834-3460



### **July 25-30 Firefighters Kids Camp**

Camp Arroyo, Livermore, CA. For more information contact Ka Vue at (916) 739-8525 or [ka@ffburn.org](mailto:ka@ffburn.org)



### **August 28 Bogle Vineyards "Friday Alfresco"**

Bogle Vineyards & Winery is again hosting their "Friday Alfresco", an outdoor summer series at their tasting room in Clarksburg from 5-7pm. Tickets available soon and includes wine, food and live music! Proceeds Benefit FFBI



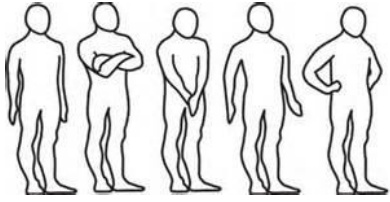
### **September 27 Burn Survivor Community Picnic**

Camp Arroyo at 5555 Arroyo Rd, Livermore, CA. **FREE** to burn survivors of all ages, firefighters, burn unit and clinic staff and their families! For more info contact Ka Vue (916) 739-8525 or email [ka@ffburn.org](mailto:ka@ffburn.org)



Don't forget, applications for the **Phoenix Education Grant (PEG)** deadline to apply is **MAY 30<sup>th</sup>**. This scholarship is available to burn survivors who are pursuing post-secondary education and have been accepted to a program. More information about this scholarship opportunity can be found at <http://www.phoenix-society.org/our-programs/education-grant>. If you have any questions, please feel free to call Susan Wise, Phoenix Society for Burn Survivors at 616-458-2773 or 800-888-2876

## SHOWING UP FOR LIFE



The way we walk into a room says a lot about the way we live our lives. When we walk into a room curious about what's happening, willing to engage, and perceiving ourselves as an active participant with something to offer, then we have really shown up to the party. When we walk into a room with our eyes down, or nervously smiling, we are holding ourselves back for one reason or another. We may be hurting inside and in need of healing, or we may lack the confidence required to really be present in the room. Still, just noticing that we're not really showing up, and having a vision of what it will look and feel like when we do, can give us the inspiration we need to recover ourselves.

Even if we are suffering, we can show up to that experience ready to fully engage in it and learn what it has to offer. When we show up for our life, we are actively participating in being a happy person, achieving our goals, and generally living the life our soul really wants. If we need healing, we begin the process of seeking out those who can help us heal. If we need experience, we find the places and opportunities that can give us the experience we need in order to do the work we want to do in the world. Whatever we need, we look for it, and when we find it, we engage in the process of letting ourselves have it. When we do this kind of work, we become lively, confident, and passionate individuals.

There is almost nothing better in the world than the feeling of showing up for our own lives. When we can do this, we become people that are more alive and who have the ability to make things happen in our lives and the lives of the people around us. We walk through the world with the knowledge that we have a lot to offer and the desire to share it. If you show up for yourself in your life, the universe will show up for you.

~Madisyn Taylor [www.dailyom.com](http://www.dailyom.com)

## QUOTE

One day she finally grasped that unexpected things were always going to happen in life. And with that she realized the only control she had was how she chose to handle them. So she made the decision to survive using courage, humor and grace. She was the queen of her own life and the choice was hers.

~Lupytha Hermin



## PRESSURE GARMENT ASSISTANCE AVAILABLE



Patients who have problems with the fit or delivery of their garments can get help by calling the representative who fitted you first. In most cases, as a patient treated at UC Davis Regional Burn Center, that would be Heather Weidle of Enhance by Linda Reib. Her office phone number is 916-638-2508. Burn survivors should always act quickly anytime pressure garment problems are perceived. Don't be shy about this. Your recovery is dependent on being your own patient advocate.