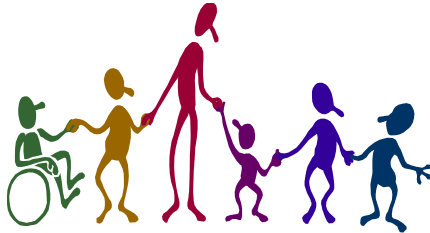


The BurnNet

June 2016, Volume 35, No. 6

OUR GROUP MEETING



Thursday, **June 2**, 7:30-9:00pm
Directors Conference Room
First Floor, Main Hospital

The Burn Recovery Support Group is a monthly meeting where burn survivors, families and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.

UPCOMING EVENTS



JUNE 5 EL DORADO SALOON 6TH ANNUAL CHARITY GOLF TOURNAMENT

Empire Ranch Golf Club, 1620 East Natoma Street, Folsom. Shotgun start 8:00 AM. Includes cart and lunch on the deck. Raffle, drink specials and live music. Individual \$95, foursome \$380 (preferred). For more information, call (916) 941-3600 or (310) 344-4603 or email acatcummings@gmail.com



JUNE 11 TOUGH MUDDER TAHOE 2016

South Lake Tahoe. Firefighters Burn Institute is proud to be an official charity partner. Are you tough enough? Would you like to be a donor or spectator? For any questions, please contact Lisa at lisa@ffburn.org or (916) 739-8525. To donate now, click here:

<https://www.crowdraise.com/FirefightersBurnInstituteToughMudderTahoe/fundraiser/firefightersburninstitute>



JUNE 11 FAMILY HEALTH & SAFETY FAIR

Safetyville USA Safety Center, 3909 Bradshaw Road, Sacramento
10:00 AM – 3:00 PM Free event! Families attending will enjoy Over 80 booths of community resources, Live Entertainment, Safety Demonstrations, Raffles, Free Giveaways & much more.



JUNE 25 5TH ANNUAL FIREFIGHTER'S "A TROPICAL AFFAIR"

The best tropical event of the year is BACK! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will be held in Sacramento, include live music entertainment, Hawaiian hula dancers, local celebrities as MCs, and a variety of foods and beverages provided by generous local business sponsors. Contact FFBI at (916) 739-8525 or staff@ffburn.org

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



TRULY YOU

Looking in the mirror
Seeing what you see
Wishing and changing
Is not what you need
What you need is love
Whoever you might be
From your five perfect toes
To your sparkling teeth
To your marks and your scars
To your tomato red acne
You are who you are
Just let you be

Look at those models
Don't compare them to you
They have fancy cameras
With Photoshop too
What you have is your smile
That can have heads turning like wheels
The eyes stay on you
Don't you love how the real you feels?

Imperfections are important
You'll know who truly loves you
If they don't love your imperfections
They don't deserve the perfect parts of you

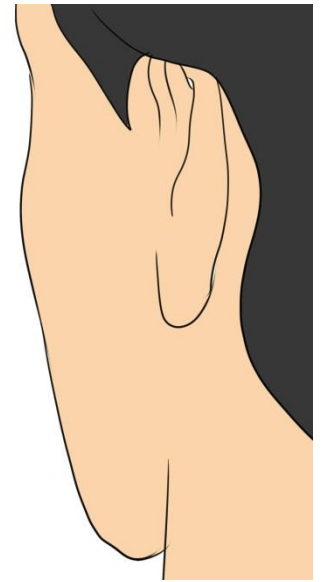
The makeup screams
"Cover your face"
But until you love you
Don't use that fake paint
Don't stress how you look
Constellations of zits
Bags under your eyes
Will have you wanting to quit

Stay strong and stay true
Take a look in the mirror
And just love you.

~Bailey Jane Cox, daughter of burn survivor, Carin Cox

Would you like to hear Bailey's spoken and musical accompaniment of her poem? Click on this link:

<https://drive.google.com/file/d/0B4Qft6-4YKYmNHIUVnFwaWx1R00/view?usp=sharing>



PHOENIX SOCIETY ONLINE LEARNING

Burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stares and social situations after a burn injury! In partnership with Target Solutions, Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:

www.phoenix-society.org/community/stayconnected/online-learning-community/

JUNE AND JULY ARE PEAK MONTHS FOR SUMMER GRILLING FIRES

As Memorial Day Weekend approaches kicking off the unofficial start of summer, backyard chefs everywhere are dusting off their grills, eager to spring into the long-awaited barbecue season. This summer, the National Fire Protection Association (NFPA) recommends that grillers pay particular attention to safety, especially in June and July, when home fires involving grilling incidents occur most often.

According to a [2013 NFPA report on cooking equipment fires](#), gas grills were involved in an annual average of 7,200 home fires in 2007-2011, while charcoal or other solid-fueled grills were responsible for an annual average of 1,400 home fires. While gas grills contribute to a higher number of home fires overall than their charcoal counterparts, NFPA reminds everyone that all types of grills pose a risk for fires and burn injuries. More than one-quarter (27%) of home structure grill fires started on a courtyard, terrace or patio, while 29% started on an exterior balcony or open porch, and 6% began in the kitchen, according to the report.



“Grilling season is a great time of year for friends and families to have cookouts and tailgate, but before starting the season, be sure your grill is working properly and review safety tips,” said Lorraine Carli, vice president of Outreach and Advocacy for NFPA. “Propane gas hose leaks or breaks were the leading factors contributing to gas grill fires. It is good practice to check for damage before using it for the first time each year, and to clean and check the entire grill regularly.”

When grilling, NFPA suggests the following:

- Stay alert when grilling. Do not grill if you are sleepy or when you are drinking alcohol.
- Don't leave your cooking/grill area unattended.
- Keep children and pets at least three feet away from the grill area. Remove flammable materials from around the grill.
- Additional [grilling safety tips](#) to consider:
- Propane and charcoal BBQ grills should only be used outdoors.
- Grills should be placed well away from the home and deck railings and out from under eaves and overhanging branches.
- Check the gas tank hose for leaks before using it for the first time each year. NOTE: A light soap and water solution applied to the hose is a great way to check for leaks. You can often smell a propane leak but propane will also release bubbles when the soap and water solution is applied. If you detect a leak, turn the gas tank and grill off. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department.
- Always make sure your gas grill lid is open before igniting.
- If you smell gas while cooking, immediately move away from the grill and call the fire department. Do not move the grill.
- If the flames go out for any reason, turn the grill and gas off and wait at least 15 minutes before re-lighting it.
- Keep your grill clean by regularly removing grease or fat buildup from the grates and trays below.
- Charcoal grill safety tips to consider:
- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquid to the flames.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- Electric charcoal starters do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container with a lid.

For additional information, visit www.nfpa.org/grilling or download NFPA's safety tips sheet on grilling for easy access.



QUOTE

You can spend minutes, hours, days, weeks, or even months over-analyzing a situation; trying to put the pieces together, justifying what could've, would've happened... or you can just leave the pieces on the floor and move on. ~Tupac Shakur

OTHER SUPPORT OPTIONS

- Bothin Burn Center Burn Support Group, San Francisco
4th 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
1st Tuesday of each month, 7:30 pm – 9:00 pm
Call 408-885-6670 for details and directions
- Phoenix Society – Live Online Support at www.phoenix-society.org
 - **Peer Support**
Every Wednesday 6:00 – 7:30PM PST
 - **Facilitated Parent Support**
2nd Monday of each month 6:00-7:30PM PST



PHOENIX EDUCATION GRANT (PEG) SCHOLARSHIP

Are you a high school burn survivor going on to college? How about young adult burn survivor continuing your education, or adult burn survivor going back to school? Consider applying for a Phoenix Education Grant (PEG) Scholarship. They are now accepting applications for the 2016-2017 academic year! Applicants must be a burn survivor and attending a college, university, vocational or graduate school. Feel free to learn more at the Phoenix Society website for more information, <http://www.phoenix-society.org/our-programs/education-grant>. This year you can fill out the form electronically or download it to complete by hand. Prior PEG Scholarship Award recipients are welcome to apply. **ALL applications MUST be postmarked no later than June 30, 2016 and MUST be complete in order to be considered.**

WORDSEARCH OF POSITIVE AFFIRMATIONS - "I AM..."

U I H G P I T I O M M Y S A M A Z I N G
 J E D X N E D Y S W V E L B A G G U H M
 I O E F L L R P I M X I M P O R T A N T
 U C H L C Q S F H R A D I M Y Q K Q D A
 Y Y R O A S G S E I N R L D K M S W Y J
 N L T D Y U X G L C P Z T X Q I B M B E
 T U K R H I G B T E T Y T S D D W O M C
 K F B X U M S H L T N E G I L L E T N I
 R I P H V E U B I N I U Q W D Y X R P G
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 V U S G K U H C S X G C F I E R N Y N Q
 G A W K L I Y C R E A T I V E R A I Y W
 N E A A I F A T Q E M Q D S A H T N G A
 I B V Q T P S J O S T Q I H J S S G N B
 L F L O V I N G G H N L Y G E Z B G I U
 K J Y W X S D Z G T I V X R C B H G L N
 R U T S E N O H R E O L E Q A Z J X I I
 A I T S F D S N N G S T R O N G S L M Q
 P X H G T S Q T N I N F V G L M B C S U
 S R O B D V R O V I V R U S C Z V O K E

AMAZING
 BEAUTIFUL
 CREATIVE
 HONEST
 HUGGABLE
 IMPORTANT
 INTELLIGENT
 INTERESTING
 LAUGHING
 LOVING
 PERFECT
 RESILIENT
 SMART
 SMILING
 SPARKLING
 STRONG
 SURVIVOR
 TRUE
 UNIQUE
 VALUABLE