

The BurnNet News

December 2019, Volume 38, No. 12

BURNNET SURVIVORS MEETING

Thursday, **December 5**, 7:30-9:30pm

The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. The BurnNet Survivors meetings are held on the 7th floor of the Davis Tower, Room 7705. For more information, call Deb Jones RN at (916) 734-5596 or debjones@ucdavis.edu



A STAR IS BORN

*For a star to be born, there is one thing that must happen:
a gaseous nebula must collapse.*

So collapse.

Crumble.

This is not your destruction.

This is your birth.

~ Noor Tagouri

The beautiful words really struck a chord with me. Pieces of my life, certain weeks, even years have felt to me like the mythological phoenix melting to nothing then somehow rising from the ash. Or the prosaic butterfly - the awkward caterpillar climbing deeply into a cocoon, thinking this was her final resting place and then somehow a magical butterfly emerges.

All too often we run from life, we hide from the messy moments, we dampen the pain only to realize maybe those acute moments of chaos ARE LIFE. It's a cycle...What would things look like if it all stayed the same? Perhaps we have to disintegrate in order to let go of the things that dim our light.

Those moments when we emerge again as the glorious phoenix or the gorgeous butterfly are the result of the meltdown, the hibernation, the healing of raw emotions and our ability to embrace the shifting tides of our life cycles.

The key is keeping the faith - having the courage to look towards the future when the present is collapsing around us. Keep the faith, you will emerge - your inner light is stronger than the sun - even if in this moment, the moon is casting its shadow. Believe in your heart, YOU WILL SHINE AGAIN!

~Meredith Blis

www.seasky.org/astronomy/astronomy-calendar-2019.html

Would you like to receive The BurnNet News every month?

Email Deb Jones RN at debjones@ucdavis.edu

You can also find The BurnNet News at our website:

www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html



UPCOMING EVENTS



November 16 6th Alarm Chili Cook Off

Sacramento Regional Fire Museum: 3650 Industrial Blvd, West Sacramento, 6-10:00PM

Join us for the chili cooking competition featuring firefighter and civilian teams. Unlimited beer and chili tasting, live music, dancing, silent auction, raffle, photo booth and more ... all for one low ticket price! Adults: \$30, Children (Under 12): \$15, Table for 10: \$400 Call 916-739-8525



December 25 Christmas Morning Caroling

For the 31st year in a row, firefighters, burn survivors and volunteers of the Firefighters Burn Institute along with Santa Claus will sing Christmas carols to all the patients in the Burn Unit on Christmas morning. Would you like to join us Christmas morning? Call if you have questions: 916-739-8525



January 11 Guns & Hoses Annual Crab & Shrimp Feed

Presented by Pig Bowl, held at the Scottish Rite Center, 6151 H Street, Sacramento

5 PM no-host bar. 6 PM all-you-can-eat dinner. Tickets \$65 each. Purchase early, these always sell out fast! (PRESALE ONLY) www.pigbowl.org



January 25 46th Annual Guns & Hoses Football Game

Presented by Pig Bowl, held at CSU Sacramento Hornet Field, Sacramento

Sacramento Area Firefighters DOGS vs. Sacramento Law Enforcement HOGS.

Kids Safety Fair 11 AM to 1 pm / Pregame Show 12 pm / Kick Off 1 pm

Tickets \$10 each. 10:00AM Kids Safety Fair 1:00PM Kick-Off www.pigbowl.org



February 6 – 9 “Fill the Boots for Burns” Boot Drive

MARK YOUR CALENDAR! FFBI hosts its Firefighters “Fill the Boot for Burns” Boot Drive annually in conjunction with National Burn Awareness Week in Citrus Heights at the corner of Sunrise and Greenback at the Sunrise Mall in the Sunrise MarketPlace, 6041 Sunrise Mall, Citrus Heights.

Donations are used to improve burn treatment and to fund life-altering burn recovery programs. We are looking for volunteers to help man the FFBI Regional Burn Center Booth on Saturday, February 8 during the Safety Fair. Call (916) 734-5596 or (916) 739-8525 for more information or to sign up!



June 17-22 ANGEL FACES Head Up, Wings Out! Annual Retreat

Wolfeboro, New Hampshire

Now Accepting Applications for our 2020 Retreat [Apply Today](#)

Angel Faces is planning its 17th annual retreat for adolescent girls and young women with severe burn and trauma injuries. These

retreats, well respected in the burn community for the transformative

affect they have on their participants, are part of a year-round support program that helps disfigured girls and young women overcome low self-esteem, social anxiety and other psychosocial challenges to reach their optimum potential. Recommended for Ages 14 - 18 and 19 – 29. www.angelfaces.com or call (760) 846-6280



OTHER SUPPORT OPTIONS



Virtual Support Group

Join us for a live, interactive support group on Thursday, November 21 from anywhere in the world! In a virtual setting, moderated by Phoenix SOAR trained peer supporters and emotional support providers, survivors, and their loved ones can address questions and concerns about burn recovery. The group will meet through WebEx, a video conference platform, in which users can use a webcam and phone to connect. If you are interested in joining the group, please email Jessica Irven at Jessica@phoenix-society.org. Please note - if you are located outside of the United States, there are international call-in numbers for use (provided upon request).

Learn and Get Support

Were you or a loved one recently injured? Or, have you ever thought you could use help increasing your confidence in social situations? Join our new Education + Support Groups from anywhere in the world! We will be offering two group options for survivors and loved ones:

- A series of three conference calls based on an educational packet (we'll mail it to you before the calls). We'll focus on supporting one another as well as tackling "getting back out there" in social situations.
- A series of three WebEx (video conferencing) group sessions to explore our brand-new online education site! We'll combine online education resources with webcam-based meetings to learn skills and support each other along the way. (We recommend high bandwidth and quiet space for signing in to meetings).

Both group options will be offered in early December - be sure to follow us on [Facebook](#) for more information! If you are interested in joining either group, please email Jessica Irven at Jessica@phoenix-society.org.

A HOLIDAY GIFT TO YOURSELF

A Self-Healing Day

A beautiful gift to yourself is a day of healing and nourishing just for you.



Human beings carry within themselves the seed of healing. Our choices affect us more than we realize, and it is because of this that we tend to place responsibility for our wellness in the hands of others. As beneficial as regular visits to a healer can be, we have the power to heal ourselves at will. When we dedicate a day to the pursuit of wellness, we can relax and renew ourselves in a nourishing and comfortable environment. A sincere desire to open ourselves to the highest realities of our physical and spiritual selves is the key to self-healing so that healing energy can flow into us unimpeded.

A self-healing day should address the vital needs of the self as a whole while directing healing energy where it is needed most. Solitude is an important part of the process as is the ability to take refuge in a space that is both beautiful and peaceful. Start your healing day by setting the intention that you are dedicating this time to healing yourself. Flowers, candlelight, incense, and music can guide our focus toward a more tranquil state. For a more intense session, try listening to music through headphones since tuning out can help you tune in. It is up to us to decide what we need to do to cultivate wellness in our lives. For some, it may be time spent in reflection. Others will turn to calming activities that help them remember their purpose, such as journal writing, being in nature, or studying. Our healing may even take a more direct form as we use color, sound, or crystals to balance and ground ourselves.

Ultimately, your wholesome intentions transform what might otherwise be a simple day of rest into a day of healing. Grant yourself permission to relax and savor the stillness. If you attune yourself to the calm around you, worldly distractions will be minimized and the unadulterated flow of your consciousness will reestablish itself in the forefront of your mind. The needs of the body, the heart, and the soul will then be revealed to you, empowering you to tap into the essential healing energy of the universe. The mechanism you use to channel this energy will be dependent on your shifting requirements, so each day of healing you enjoy will be unique. All will replenish you, however, allowing you to recreate yourself in a perfect image of health.



QUOTE OF THE MONTH

Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect.

– Oren Arnold

THE HOLIDAYS ARE APPROACHING. DO YOU SHOP ON AMAZON?

Would you like to help AMAZON donate to the FFBI?

IT'S AS EASY AS 1, 2, 3!

1. Log onto smile.amazon.com with your own amazon account.
2. Choose **Firefighters Burn Institute** as your charity of choice.
3. Start shopping!



WATER THAT TREE!

What's a holiday party or even the traditional Christmas morning scene itself without a beautifully decorated tree? If your household, as those of more than 33 million other American homes, includes a natural tree in its festivities, take to heart the sales person's suggestion—"Keep the tree watered." That's good advice and not just to create a fragrant indoor winter wonderland atmosphere. Christmas trees account for 250 fires annually, resulting in 14 deaths, 26 injuries and more than \$13.8 million in property damage.¹ Typically shorts in electrical lights or open flames from candles, lighters or matches start tree fires. Well-watered trees are not a problem. Dry and neglected trees can be.

http://www.usfa.dhs.gov/citizens/home_fire_prev/holiday-seasonal/treefire.shtm

The video clip above from the Building and Fire Research Laboratory of the National Institute of Standards and Technology illustrates what happens when fire touches a dry tree. Within three seconds of ignition, the dry Scotch pine is completely ablaze. At five seconds, the fire extends up the tree and black smoke with searing gases streaks across the ceiling. Fresh air near the floor feeds the fire. The sofa, coffee table and the carpet ignite prior to any flame contact. Within 40 seconds "flashover" occurs - that's when an entire room erupts into flames, oxygen is depleted and dense, deadly toxic smoke engulfs the scene.

Wet trees tell a different story. For comparative purposes, the NIST fire safety engineers selected a green Scotch pine, had it cut in their presence, had an additional two inches cut from the trunk's bottom, and placed the tree in a stand with at least a 7.6 liter water capacity. The researchers maintained the Scotch pine's water on a daily basis. A single match could not ignite the tree. A second attempt in which an electric current ignited an entire matchbook failed to fire the tree. Finally they applied an open flame to the tree using a propane torch. The branches ignited briefly, but self-extinguished when the researchers removed the torch from the branches.

As NIST fire safety engineers say: REMEMBER, A WET TREE IS A SAFE TREE!

HIGH PROTEIN HOLIDAY TREAT



Once a year, I pull out a recipe that (usually) is high protein- a macro-nutrient burn survivors early in their recovery must get plenty, but anyone can enjoy. Healthy Pumpkin Pie Pudding — tastes like the filling of a pumpkin pie, but it's got the nutrition of a healthy balanced meal. It's got healthy fats, fiber and protein. ...And did I mention it's super easy to make too? You just add all the ingredients into a blender and it's ready. No cooking required. Seriously!

Healthy Pumpkin Pie Pudding (Makes 4 servings).

Ingredients

16 oz container Firm Tofu
2 cups 100% Pure Pumpkin Puree (canned)
¼ cup Unsweetened Vanilla Almond Milk
2 tbsp. Almond Butter
2 tsp English Toffee-Flavored Stevia or Torani syrup
2 tsp Maple Flavor Extract
2 tsp Ground Cinnamon
1 tsp Pumpkin Pie Spice
¼ tsp Salt

Instructions

1. Drain and rinse the tofu. Press the tofu block in between paper towels to remove as much water as possible.
2. Dump the tofu into a high-speed blender.
3. Add the rest of the ingredients to the blender and puree until completely smooth and even.
4. Give it a taste and add more spices, stevia, or salt to taste.
5. Scoop into serving bowls, cover and refrigerate overnight. Serve and enjoy!

Nutrition Facts Per 1 Serving

Calories 250
Fat 11g
Carbohydrates 20g
Fiber 10g
Sugar 5g
Protein 17g



**WE WISH YOU ALL THE VERY BEST THIS HOLIDAY SEASON,
NO MATTER WHICH HOLIDAYS YOU CHOSE TO CELEBRATE!**

12/01	Festival de la Luz	12/22-30	Hanukkah /Chanukah
12/01-24	Advent	12/23	Festivus - for the rest of us!
12/05-08	La Fête des Lumières	12/24-25	Christmas Eve/Christmas Day
12/06	Saint Nicholas Day	12/25-01/01	Cochin Carnival
12/08	Feast of the Immaculate Conception	12/26	Boxing Day
12/12	Feast of Our Lady of Guadalupe	12/26-01/01	Kwanzaa
12/12	Poinsettia Day	12/27	National Fruitcake Day
12/13	Santa Lucia Day	12/30-01/01	Hogmanay
12/16-01/02	Feast of Winter Veil	12/31-01/01	Torotot
12/21-22	Yalda/Winter Solstice	12/31-01/01	New Year Eve/New Year Day
12/21-25	Pancha Ganapati	01/02	Bodhi Day
12/22	Dōngzhì Festival		