

OUTLOOK



Burns Support Foundation Inc
P.O. Box 476, Paddington NSW 2021
ABN: 58794510947

www.burnssupportfoundation.org.au

Ph/Fax: 1800 655 042

CNF: 13805

Email: info@burnssupportfoundation.com.au

Motivational quote: Vitality shows not only in the ability to persist but the ability to start over.

- F. Scott Fitzgerald



All donations over \$2.00 are tax deductible!
Please give generously to help keep our foundation growing.

Thank you to all our anonymous donators.
Should you need a receipt, please contact us.

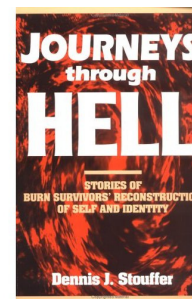
Cooking Safety Tips:



- Stand by your pan. Don't leave food, grease or oils cooking on the stovetop unattended.
- Put a lid on a grease fire to smother it, then turn off the heat. Baking soda will also work.
- Never move a burning pan. You can be badly burned or spread the fire.
- Never throw water or use a fire extinguisher on a grease fire. Water will only spread the fire and the force of the extinguisher can splash flaming grease out of the pan.
- Wear short or tight fitting sleeves when cooking. Loose fitting clothing can easily catch fire.
- If your clothing catches fire, **STOP, DROP & ROLL** to put out the flames. Cool burns with water. Call 000 for help.
- Keep pot handles turned inward to prevent accidental spills of hot contents.
- Create a three-foot "child-free zone" around the stove. Keep children and pets away from the stove while cooking to prevent burns and scalds. Keep combustible objects such as pot holders, towels, paper or plastic bags away from heating elements.
- For fires inside an oven or microwave, keep the door closed, turn off the appliance, and call the fire department.
- Don't place any metal inside a microwave. Utensils, aluminum foil or twist-tie wraps can arc and cause a fire.
- Microwaved foods and liquids can become very hot. Use caution to avoid scalds.
- Unplug appliances, such as toasters and coffee makers, when not in use.
- Don't use the oven to store items.

Reference Point

1. Journeys through Hell:
Stories of Burn Survivors'
Reconstruction of Self and Identity
by Dennis J. Stouffer

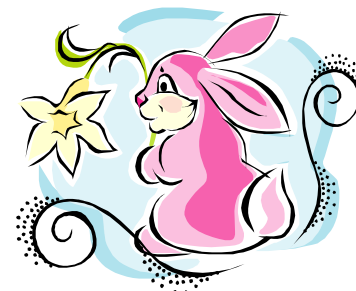


Based on detailed interviews with twenty adult burn survivors, "Journeys Through Hell" examines self, identity and social reality. Stouffer integrates theoretical perspectives with the survivors' own words to show how trauma affects the survivor's worldview, how support and acceptance are achieved, and how such an achievement is embedded within a social process involving not only the survivor but also doctors, nurses, therapists, friends and family members.

We will be posting a David Campese sports pack on



should you be interested in helping the BSF raise money.



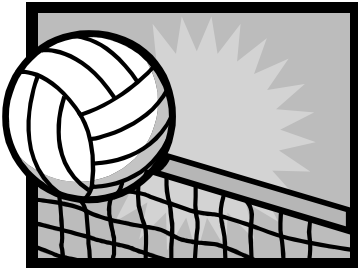


INVITATION STANWELL TOPS CAMP

Registered Charity : CNF 13805

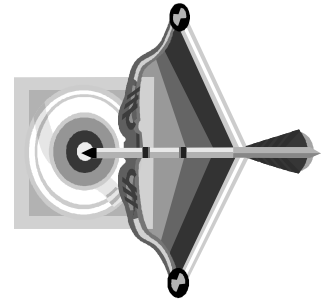
The Burns Support Foundation invites you to the First Family Camp of 2007. We have fun and exciting activities on offer or you may choose quiet relaxation and contemplation. Whatever your preference we guarantee that you will meet some wonderful folk and possibly make some special friends. We aim for an accepting and caring environment.

The Burns Support Foundation's next family camp is at:



THE TOPS
OFF BENDENA GARDEN ROAD
STANWELL TOPS NSW 2508

Camp dates: 11th-13th May 2007



ACTIVITIES MAY INCLUDE:

Mountain Bikes,(you can bring your helmet) otherwise supplied, Abseiling, Swimming, Grass & Sand Volleyball, Trapeze Jump, Mission Impossible, Archery and sessions with Sandra (Social Worker).

COST: \$50 per immediate family

**➔ Deposit \$20.00 per person (NON-REFUNDABLE UPON CANCELLATION).
Deposit must be paid by 1st April 2007**

We are limited to 20 rooms and can only secure your booking with your **FULL** deposit.



PAYMENTS:

Cheques payable to **BURNS SUPPORT FOUNDATION** with a note stating name and age of each family member and who the survivor is, to accompany each payment. A deposit of \$20.00 per person is required to be paid to secure your booking. Balance to be paid one month prior to the camp. Information Pack will be sent after receiving the deposit. Get in early and pay your deposit so you don't miss out on this weekend of fun.

Payment sent to ***Camp Information***
P.O. Box 476,
Paddington NSW 2021

Any queries to
Carolyn Robb
Tel: 8783-8624

Jan Bullen
Tel: 9644 4149

We are unable to accept Bankcard due to Bank policy.

I enclose credit card details for \$.....being payment for

Mr Mrs Ms Miss Dr First Name.....Surname.....

Address.....Postcode.....State.....

Phone (.....)..... Mobile..... Visa .Mastercard

Cardholder.....Card No.....

Expires.....Signature.....Date.....



Seven years ago Linda Lowndes embarked upon a most remarkable quest. Linda's commitment and dedication eventually of the Microskin™ System.

Microskin™ is a revolutionary new Australian product. Microskin™ is a 'simulated second skin' - An effective, safe, visual correction of skin-related conditions, colour corrected to your skin tone.

Microskin™ can dramatically improve your confidence and happiness as you struggle to overcome the trauma of burn scarring. Your unique Microskin™ formula will be stored in their database and can be mixed and provided for you when required.

Linda was kind enough to attend an introductory seminar for the Burns Support Foundation on a Saturday in November to demonstrate the application of the formula. We had a fantastic turn out with around 10 families joining us.

If you are interested in further information, please contact the BSF.



ThankYou!

We would like to thank all who donated to the Foundation especially -

**Mrs. E. Valentine
Covington Construction
Mrs. J. Finkelde**



Meet the Team
 President - Cheri Templeton
 Treasurer/Camp Co-ordinator Carolyn Robb
 Assistant Camp Co-ordinator Janet Bullen
 Secretary Gale Pritchett
 Assistant Secretary Maryanne D'Orazio
 Support Co-ordinator Sandra Spalding
 Medical Co-ordinator Dr Hugh Martin
 Public Officer John Bullen
 Fundraiser/Editor Sandra Pittaro
 Returning Officer Frank Pritchett
 First Aid Officers Margaret Jackson Allison Robb

Please explore our new updated website
www.burnssupportfoundation.org.au

**Camp Corroborree
 Winter Family Camp 2007**

Location: Stanwell Tops
 Off Bendena Garden Rd
 Stanwell Tops NSW 2508

Date: 11 - 13 May 2007

We have fun and exciting activities on offer or you may choose quiet relaxation and contemplation. Whatever your preference we guarantee that you will meet some wonderful folk.

Our 2007 Winter Camp will be the first subsidized BSF camp. This has only been possible through the generous sponsorship of Day of Difference.

Early bird catches the worm, so we would encourage you to secure your spot asap.

Sandra's thoughts - Reflections on the BSF Camp.

A camp for burns survivors has to do with meeting, sharing and healing in an environment of acceptance, compassion and genuine caring. It is an opportunity to have a lot of fun and provides a time to reflect on life after burn injury. There are opportunities to explore the questions "What is my goal in life?", "What am I striving for?", "What is my purpose?". These are the questions which most burn survivors ask themselves at one time or another, sometimes in agonizing uncertainty or despair and sometimes calmly and thoughtfully. These questions are not unique to burn survivors and neither are they new. They are old questions which have been asked through out time. For each person the questions and answers are unique-they are asked and answered for each person in their own way.

For me, as a group facilitator, to express an opinion about the whole issue of goals and purposes for burn survivors would seem presumptuous. But I have worked for many years with troubled burns survivors, and I believe I can discern a pattern, a trend in the tentative answers to these questions which they have found for themselves. The first phase has to do with the acceptance of the injury and its consequences. If this happens it often leads to an active and responsible participation in life. What follows next

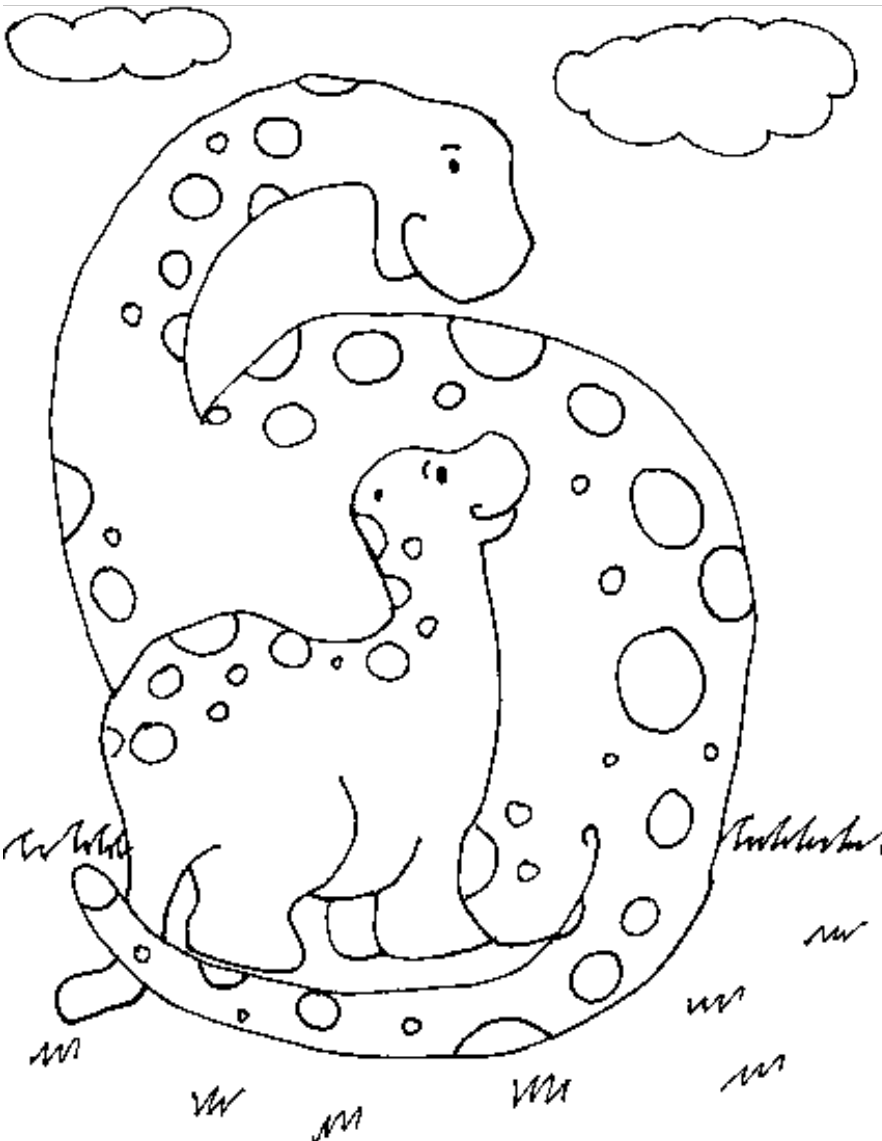
can be described as an attempt to overcome obstacles. It involves confidence and courage either in resolving personal and social problems or in overcoming practical problems or difficulties. The next step is the development of self awareness. Control over other people and things become less important than deep and sympathetic insight into oneself and others. When this cycle of emotional healing occurs, I see survivors achieve self-enjoyment, and a relaxed openness to life. It is then that survivors can become "that self which one truly is" (Soren Kierkegaard) without being prisoner to the past and what might have been.

Camp participants are at different stages in their physical and emotional recovery and the camp provides a unique opportunity for survivors and their families to meet with and learn from others who have tread the same path. In the words of a parent attending the camp "You can hear the same words from a counselor but it is so much easier to believe someone who has lived through the same (burn injury) experience"

I pay tribute to the enormous courage of the burn survivors and their families who have attended the camps. I continue to learn from you all and in turn I hope this makes me a better facilitator.



Kids Corner



Easter Word Hunt

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

BASKET	FLOWERS	PALM
BUNNY	GRASS	PARADE
CHICK	HIDE	RABBIT
DYE	HUNT	SEARCH
EASTER	LAMB	SPRING
EGGS	LILY	SUNDAY
FIND	NEST	TULIPS

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If you are moving house please let the Foundation know so we can continue to inform you of our Family camps and other important information.



Don't forget to explore our new website
www.burnssupportfoundation.org.au



CHILDREN'S CAMP 2007
If you have a child who is a burns survivor and is between the ages of 10 to 18, then don't forget that they can attend the Westmead Children's Hospital Camp. If you would like to attend or put your child on the list please call Cheri on (02) 9845 3369



HAVE A HAPPY EASTER AND A SAFE HOLIDAYS



FROM ALL OF US AT THE BURNS SUPPORT FOUNDATION

Love this newsletter in an email??
Then please email info@burnssupportfoundation.com to be on our mailing list or alternatively download our newsletter from our website.