



Burn Institute®

N E W S L E T T E R

Fire & Burn Prevention • Burn Survivor Support • Burn Research Vol. XXXIII, No. 1 Spring 2003

Think Ahead...

Be Prepared...

Save Your Life!

**What You Should Know About
Hotel Fire Safety - See Page 2**



What You Should Know About Hotel Fire Safety

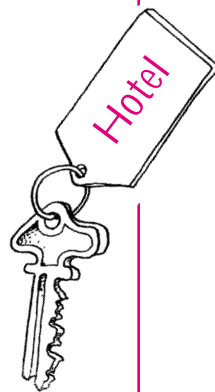
Before you leave for that long-awaited vacation, especially for an exotic destination where state-of-the-art safety codes may not be in place, make sure you know how to escape from a fire in your hotel.

Most modern hotels are safer now than ever. However, fires do still happen, so it pays to be prepared! Smoke and panic will almost always be the cause of death long before the fire reaches you.

With this in mind, here is what you should know about hotel fire safety to help increase your chances for survival.

- **SMOKE** - In many cases it's the smoke that kills people and not the fire. For this reason, at the first sign of smoke your prime objective should be to stay low to the ground, locate the nearest exit, and leave the building immediately.

- **PANIC** - Panic is almost irreversible: once it sets in, it seems to grow. Panic will make you do things that could kill you. People in a state of panic are rarely able to save themselves. If you understand what's going on, what to do, where to go, and how to get there, you will be able to think more clearly.



- **EXITS** - The first thing you should do when you arrive to your hotel room is turn around, go back into the hallway and locate the nearest exit. It won't take more than 30 seconds, and believe me, you may NEVER get another chance!

- **USING THE EXIT** - Should you need to utilize a stairwell exit it is very important that you WALK down the steps while holding on to the handrail so that you don't get knocked down by frantic people who may be running by.

- **YOUR ROOM** - If you are trapped in your hotel room here are things you can do to save your life: Turn on the bathroom vent, open room windows if you can, pick up the phone and let someone know you are still in your room, fill the bath with water, wet some sheets and towels and stuff the cracks of your door to keep the smoke out, and with your ice bucket, bail water from the bath onto the door to keep it cool.

- **ELEVATORS** - Do not use elevators! They can be very unpredictable during a fire. Always use the stairs to exit.

- **CALLING THE FIRE DEPARTMENT** - Believe it or not, most hotels will not call the fire department until they verify whether or not there really is a fire and try to put it out themselves. Should you smell smoke or see a fire, get an outside line and call the fire department directly and tell them your room number in case you need to be rescued.

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www.burninstitute.org

NOTE: This information is part of a longer article,
which contains much more valuable information.

To read this article in its entirety
visit us on line at www.burninstitute.org and look
under the NEWS SECTION.

On the Cover... Thank you to Sheri Karpinski and Dennis Kinsley from the San Diego Sheraton San Diego Hotel & Marina for providing the photo shoot location, and to Rich Henry from Heartland Training for providing the smoke simulator machine.

Burn Institute and UCSD Regional Burn Center Brighten The Holidays for Burn Survivors



In December, the Burn Institute and the UCSD Regional Burn Center teamed up for a heartwarming holiday celebration - **The Holiday Party for Burn Survivors**.

Nearly 400 guests gathered at the Radisson Hotel in San Diego for this first-ever co-hosted event. The evening began with a buffet dinner and ended with the much-anticipated arrival of Santa Claus aboard a red fire truck. Santa arrived with toys and gifts for each of the children. Throughout the evening the guests enjoyed many fun activities such as face painting by a colorful group of clowns.

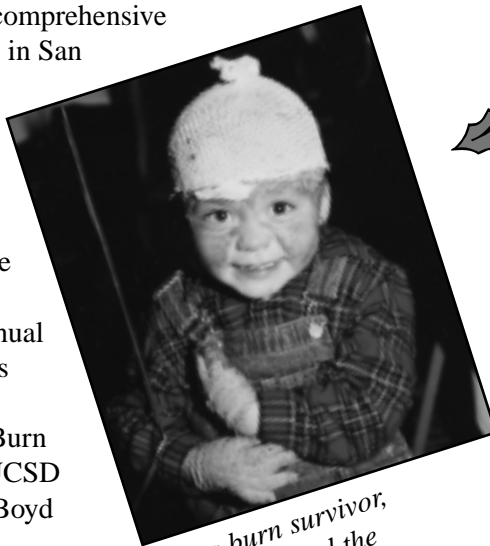
The UCSD Regional Burn Center was established in 1973 to provide specialized medical care and rehabilitation for severely burned patients. Since it's opening, the Burn Center has treated thousands of patients and is the only comprehensive burn program of its kind in San Diego and Imperial counties.

On May 22, the UCSD Regional Burn Center will be honored for thirty-years of service to the community at the Burn Institute's 30th Annual Spirit of Courage Awards Banquet.

Special thanks to the Burn Institute Auxiliary, the UCSD Braveheart Committee, Boyd Applegate, Christine Shuttleworth, B94.9 FM, Sheila Brown/Radisson Hotel San Diego, and San Diego Fire-Rescue Department/ Engineer Jim Cranfield.



Eliza, a recent burn survivor treated at the UCSD Regional Burn Center, visits with Santa Claus, played by adult burn survivor and Burn Institute volunteer Boyd Applegate.



Young burn survivor, Ruben, enjoyed the holiday celebration.



(Left to right) Daniel Lozano, M.D., UCSD Regional Burn Center and Burn Institute Executive Director James Floros.

\$50 will provide 5 senior citizens with lifesaving smoke detectors in their home

Burn Research and Treatment

Since 1973, the Burn Institute has donated nearly one-million dollars to fund vital burn research and to purchase specialized equipment to treat burn patients.

In December 2002, the Burn Institute donated \$15,000 to the UCSD Regional Burn Center in San Diego for a research project titled *The Regulation and Secretion of Growth Factors From Noenatal Fibroblasts and Their Effect on Keratinocyte Proliferation and Wound Healing*.

On March 4, 2003, the Burn Institute purchased a mesher for the Arrowhead Regional Burn Center in Colton. See photo at right. (From left to right) Burn Institute - Inland Empire Board Member Dev Gnanadev, M.D., Burn Institute - Inland Empire Board Member Ruben Orsorio, M.D., Burn Institute - San Diego Board Member Michael Pierschbacher, Ph.D., Burn Institute Executive Director, James Floros and Burn Institute - Inland Empire Board President Fire Chief L. Dennis Michael.



Announcing...The President's Circle

To further the important work of the Burn Institute and to recognize the individual donors whose outstanding support makes this possible, the Institute's board president created The President's Circle.

When you join The President's Circle, with an annual gift of \$1,000 or more, you express your understanding of the Institute's important mission of reducing burn injuries and deaths in our communities. Your President's Circle gift demonstrates your belief in the Burn Institute's ability to prevent burn injuries and help heal the emotional scars burn survivors suffer.

"President Circle members will help guarantee that the Burn Institute's programs and services continue to meet the community's need."

Paul G. Nieto

President

Burn Institute Board of Directors

President Circle members enjoy a variety of benefits including: VIP tickets to the Spirit of Courage Awards Banquet and other events; Burn Run/FIRE EXPO prizes; special recognition in the Biennial Report and on "The Life Friends" Donor Wall.

THE PRESIDENT'S CIRCLE

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For more information about the President's Circle, please call 858.541.2277 or visit www.burninstitute.org and click on "Contribute."

When Daylight Savings Time begins on April 6 and you move your clock forward, remember to change the batteries in your smoke detector!

CONTRIBUTIONS

The Burn Institute's programs and services are supported with donations from individuals like you, local companies, foundations, community groups, service clubs and organizations.

A warm ***Thank You!*** is extended to the following for their support and generosity (Gifts of \$250 or more from Nov 1, 2002 to Feb 20, 2003):

BFG Rohr Employees Will-Share Club
Dale and Tammy Birmingham
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Change a Life Foundation
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San Diego County Fire Chiefs' Association
San Diego County Office of Education
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The San Diego Foundation Dr. Seuss Fund at the
recommendation of Mrs. Audrey Geisel
San Diego Forestry Firefighters
San Diego Kiwanis Club Foundation
San Miguel Fire Fighters-Local 1434
SBC Employee Giving/United Way Campaign
San Diego County Fire Prevention Officers Association
Mr. and Mrs. Martin Schoonderwoerd
Jack Scudder Memorial Fund
SDG&E Employees Contrib Club
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Sea World Adventure Park
Walden W. & Jean Young Shaw Foundation
Shillady Engineered Systems Company
Ms. Christine Shuttleworth
Society of Incentive & Travel Executives/SITE So Cal
Society of Fire Protection Engineers
The Sundt Foundation
Estate of Paul C. Tubach
Underwater Kinetics
United Way of Imperial County
Viejas Enterprises
Mr. & Mrs. Pete Vrendenburgh
The Whitney Family Foundation
Mr. and Mrs. Richard Yokley

TRIBUTE GIFTS

Gifts can be made to the Burn Institute *In Memory* or *In Honor* of a loved one, colleague, friend, or any occasion. A card will be sent to the individual or family notifying them of your thoughtfulness.

Dr. Harmon Craig, *In Honor of The doctors and nurses at the UCSD Burn Center.*
Ms. Michelle Mercier, *In Memory of Ruth Mercier.*
Ms. Esther Robb, *In Memory of William B. Wheat.*

A "Wizard of Oz" theme paves the road

Sponsored by the Kiwanis Club of San Diego Foundation

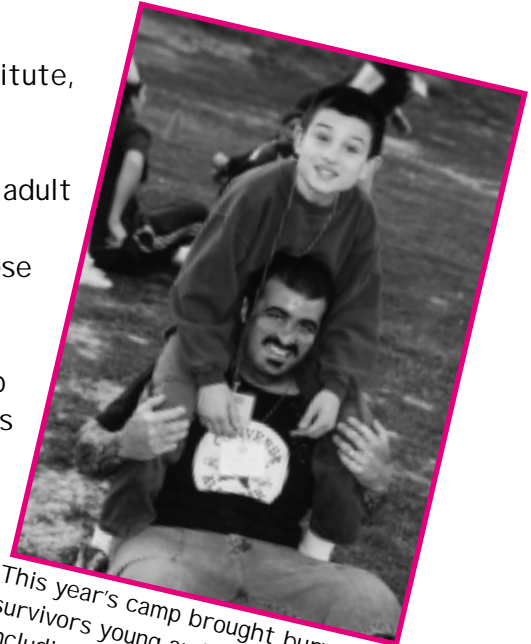


In January, the Burn Institute, for the first time ever, combined two successful programs, its youth camp and adult retreat. And, we are proud to report that the joining of these two burn survivor support programs proved to be an

incredible success. Set in the tranquil mountain setting of Camp Oakbridge in Ramona, more than 100 participants and volunteers participated in the Institute's *Camp Beyond The Scars* and *Retreat For Adult Burn Survivors*.

This joint venture, called "The Bridge," was designed to bring together burn survivors young and old alike. This combination support program created an atmosphere of mentoring between young burn survivors and adult burn survivors. The adults had a chance to recapture their "childlike qualities" and the children got to see how adult burn survivors continue to live productive lives within the scope of their injury.

Camp activities for everyone included: archery, astronomy, dodge ball, soccer, tennis, volleyball and crafts. In addition, there was also an intramural olympics which included the "Follow the Yellow Brick Road Team Builder," Jumble Lunch, Karaoke, Lion's Ropes Course of Courage and the Scarecrow's Brain Teasers.



This year's camp brought burn survivors young and old together including young burn survivor (above) and adult burn survivor Mark (bottom).

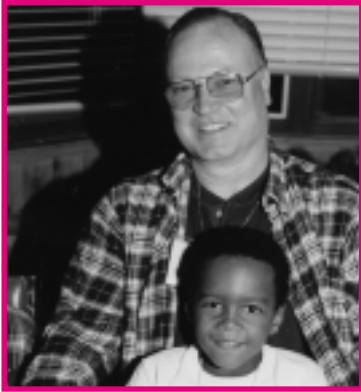


(Left to right) Adult burn survivors Jim, Jill, Cindy and Bob served as the Adult Retreat Facilitators.



(Top left to right) Camp counselor Candy, camper Jenica, camper Amanda (front left to right) camper Yadira and first time camp counselor Christine from Imperial Valley.

to fun and success for burn survivors



Camp Counselor Marty Schoonderwoerd (top) and camper Donnell (bottom)



San Diego Fire-Rescue Department Paramedic and Camp Activities director Mark helps adult burn survivor Karen get ready for the ropes course.

The entire three-day weekend was based on the movie "The Wizard of Oz." Themes are used to generate a sense of fun and lightheartedness at camp and those who wished to participate were encouraged to dress up as theme characters or tap their creative side to help with decorations.

On a deeper level, this theme was meant to touch upon some of the feelings burn survivors may face as they try to make sense of their lives. In the movie, Dorothy goes through a cataclysmic event, sets off on a journey to find answers outside herself, all the while making key friends along the way who share similar experiences, or at the very least, attitudes about their personal deficiencies. The journey takes all of them through experiences from one extreme to the other, trying to find these answers. The campers, like the characters in the movie, have the opportunity to share experiences and get to discover... courage, heart, love and home.

ADULT RETREAT FACILITATORS:

Cindy Rutter, RN, BSN, San Jose Fire Captain Bob Nice and Jill Sproul, RN, BSN, all retreat co-founders. Special thank you to guest speaker Jim Bosch from the Alicia Anne Ruche Foundation.

SPECIAL THANK YOU'S

The Legacy Quilt Guild generously donated quilts for each camper and retreat participant. Angel Flight provided transportation for outside area retreat participants. Jim Carter provided the astronomy. Jim Garcia provided the DJ entertainment. Christine Shuttleworth provided her photographic talents. The San Diego Fire-Rescue Department staffed the ropes course and donated the USAR truck for transporting supplies. And finally, the Camp OakBridge Facility Staff who provided excellent meals and were always ready to go and meet our needs.



(Back row) Burn survivors Tana, Jaime and Carly. (Front row) Burn survivors Tina, Sylvia, camp counselor San Diego Firefighter Lance Takata and young burn survivor Madelyn.

A \$450 donation will send one young burn survivor to Camp Beyond The Scars

Burn Institute Auxiliary Celebrates A Hallmark Success

Presented by **NORDSTROM & VIEJAS**

On February 8, the unique Hall of Champions Sports Museum in Balboa Park served as the backdrop for the 11th Annual Share Your Heart Auction, Wine Tasting and Casino Night.

The evening featured a silent auction, which included hundreds of great items such as exclusive hotel stays, dinners, fine jewelry, art and autographed sports memorabilia.

The evening ended with a live auction, where one lucky person walked away with a trip to London and Paris with accommodations at the five-star **Hotel Lutetia**. The airfare was generously donated by **Virgin Atlantic Airways**. Another guest was the successful bidder on a Ted Williams autographed lithograph.

Throughout the evening, guests enjoyed sipping fine wines from more than 30 different wineries. They also enjoyed sampling food from some of San Diego's finest restaurants.

The event was hosted by the Burn Institute Auxiliary and raised more than \$35,000 for the important work of the Burn Institute.

WINERIES

Belvedere, Benziger, Beringer, Bogle, Bonterra, Cambria, Castlerock, Forest Glenn, Hahn, Hess, Husch, Jacob Gerhardt USA, Inc., Jekel, Landmark, Lockwood, Maddelena, Imports, Montes, Morgan, Norton, Omaka, Presidio, Rombauer, Rutherford, Sansimeon, Seghesio, Shaleridge, Silver Oak, St. Francis, Stonestreet, Talley, Wilson Creek Winery, Winebow, Water donated by Sparkletts Water

RESTAURANTS

Anthony's Seafood Group, Brigantine, European Cake Gallery, Forever Fondue, Mona Lisa Italian Restaurant, Old Town Mexican Cafe, Old Venice, Pacifica Del Mar, Tent City/Coronado Brewing Company



(Left to right) Share Your Co-Chair Cheryl Floros, Burn Institute Executive Director James Floros and Share Your Heart Co-Chair Marcia Snow.



Emcees, Kimberly Hunt and Billy Ray Smith pose with their daughter Savannah.

Share Your Heart ...Continued



(Left to right) Burn Institute Advisory Board Members Cindy Rutter and San Diego County Supervisor Ron Roberts.



(Left to right) Burn Institute Volunteers John Francois, Ann Francois, Burn Institute Auxiliary President Jolee Garcia and Burn Institute Volunteer Captain Arnell Garcia from the San Diego Fire-Rescue Department.



Burn Institute - Imperial Valley to Host 4th Annual Fire Ball

Since 1998, when the Burn Institute officially opened its first office in Imperial County, residents throughout the county, have benefitted from an increased level of services by the Institute. Some of these programs and services include the “Let’s Stay Safe From Fires and Burns” puppet show for grades K-3, the Juvenile Firesetter Program for children who display dangerous firesetting behavior, the Senior Smoke Detector Program which provides eligible senior citizens with free smoke detectors, and Camp Beyond the Scars for burn-injured children. All of these programs and services are FREE to residents throughout the Imperial Valley.

These programs are funded through grants, Prop 10 funding, United Way and Combined Federal Campaign, and proceeds raised from special events.

On, April 12, the Burn Institute - Imperial Valley Advisory Board will proudly present the **Fourth Annual Fire Ball** at the Barbara Worth Resort. This dinner, dance, auction is an annual “Tribute to the Fire Service.” Tickets are \$40 each for the general public, and \$25 each for fire service members. To obtain more information about Fire Ball, to receive an invitation by mail, or for sponsorship opportunities contact the Burn Institute at (760) 355-3175, (858) 541-2277 or visit us online at www.burninstitute.org.

Burn Institute Board of Directors Welcome Three New Members



Chief Jeff Bowman

Jeff Bowman is the Fire Chief for the San Diego Fire-Rescue Department. With more than 28 years experience in the fire service, Chief

Bowman oversees a budget of more than \$124 million and a work force of more than 1,200 employees. Previous to coming to San Diego, he served as the Fire Chief for the City of Anaheim and currently serves as the chairman of the Fire Apparatus Committee and the Ground Ladder Committee of the National Fire Protection Association.



Ted Drcar, Esq.

Ted Drcar is an associate in the San Diego office of McKenna Long & Aldridge. He has significant experience in complex litigation and

has represented a variety of clients in matters such as business disputes, officer and director liability, administrative matters, writs and receivers, surety law, organization of new companies, sales of companies, bankruptcy and commercial law. Ted has been a Burn Institute donor since he was seven-years-old.



Chris Saunders

Chris Saunders is the Public Affairs Officer for the San Diego County Sheriff's Department. Before that he was the Executive

Director of the Trauma Intervention Program, and an adjunct faculty member at Palomar College. Chris has been on the Burn Institute Advisory Board since the 1980's. He began his association with the the Burn Institute while doing stories at KFMB News 8, where he was a producer and reporter for 20-years.

Proceeds From TV Firefighters Book to Benefit the Burn Institute

Retired Bonita-Sunnyside Fire Protection District Firefighter Richard Yokley has written the first and only comprehensive look at the rich and exciting history of firefighters on television. From *Rescue 8* and *Emergency!* to *Third Watch*, including Singapore's *Code Red*, Australia's *Fire*, and England's *London's Burning*, Yokley covers them all. Every TV series and mini-series that has ever aired on any network, anywhere in the world, as well as many related documentaries, are mentioned. **TV FIREFIGHTERS** is a most fascinating, one-of-a-kind encyclopedia which is packed with exclusive interviews and rare photos, an amazing treasure trove of facts and trivia for everyone from media scholars and collectors, to screen writers and aspiring firefighters.

A portion of the proceeds will be donated to the Burn Institute.



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914 Nolan Way, Chula Vista, CA

91911-2408 or call (888) 808- 5440.



The Hot Line

SYMPATHY

The Burn Institute extends its heartfelt condolences to the family and friends of Richard Van Cleave, Burn Institute Auxiliary Vice President who passed away on February 23.

FOR THE RECORD

In the Fall 2002 Burn Institute Newsletter, it stated that the Escondido Fire Department won first place honors in the San Diego County Chiefs' Golf Tournament. That is incorrect! First Place honors actually belong to **San Diego City Fire Fighters Local 145**. In addition, **Alaska Airlines** served as major sponsor of the golf tournament but their name was omitted from the last issue. The Burn Institute regrets these errors.

MARK YOUR CALENDARS

- **Imperial Valley Fire Ball, April 12**
Barbara Worth Resort, Holtville
- **Bomberos Golf Tournament, May 6**
Eastlake Country Club.
- **30th Annual Spirit of Courage Awards Banquet, May 22** Sheraton San Diego Hotel & Marina.
- **The Brigantine Family of Restaurants 2003 Charity Golf Tournament to benefit the Burn Institute, Monday, June 2, 2003** Riverwalk Golf Course. For more info contact Ed Pecus at (619) 224-2871 or Patrick Walsh at (858) 454-9616.
- **Fire Fighters Destruction Derby** June 14 at Cajon Speedway.
- **"Give Burns the Boot" Firefighter Boot Drive, July 15.**
- **Burn Run/FIRE EXPO, July 19** Qualcomm Stadium
- **Camp Beyond the Scars** August 4-10 at Camp Cuyamaca.

For more information call (858) 541-2277, or visit us online at www.burninstitute.org

PROGRAMS & SERVICES

FIRE AND BURN PREVENTION EDUCATION

- "Burni the Dragon's Preschool Fire & Burn Prevention Program"
- "Let's Stay Safe From Fires and Burns"
- "Stop Fires and Burns"
- "Burns are Serious Business"
- "Juvenile Firesetter Program"
- Child Care Burn Prevention
- Senior Fire Safety & Smoke Detector Program
- Fire Safety Training Program (*Nominal Fee*)
- Wildfire Program
- First Responder Smoke Detector Program

BURN SURVIVOR SUPPORT

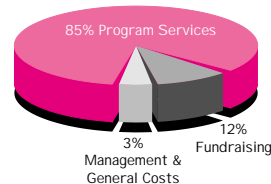
- Camp Beyond the Scars for Burn-Injured Children
- Holiday Party for Burn Survivors
- Retreat For Adult Burn Survivors
- Burn Survivor Emergency Needs Fund
- School Re-Entry Program
- Special Assistance Fund
- Monthly Outings

BURN RESEARCH

- Funding Vital Burn Research and Treatment

COMMUNITY SERVICE

- Spirit of Courage Awards Banquet
- Public Service Announcements
- Fire and Burn Prevention Literature
- Speakers Bureau



WHERE YOUR DOLLARS GO

Yes! I want to become more involved with the Burn Institute.

- Send me information on Planned Giving
- Send me more information on your programs and services.
- Please contact me about becoming a Burn Institute volunteer
- I would like to become an Auxiliary member - enclosed is my \$25 annual membership fee made payable to the Burn Institute Auxiliary.
- I would like to support the important work of the Burn Institute. Enclosed is my tax-deductible gift of \$_____.

Credit Card number/exp.date _____

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ADDRESS _____

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Send to:
Burn Institute
3702 Ruffin Road, Suite 101
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(858) 541-2277

The Burn Institute is a nonprofit health agency dedicated to reducing the number of burn injuries and deaths in San Diego and Imperial counties through fire and burn prevention education, burn care research and treatment, and burn survivor support services.

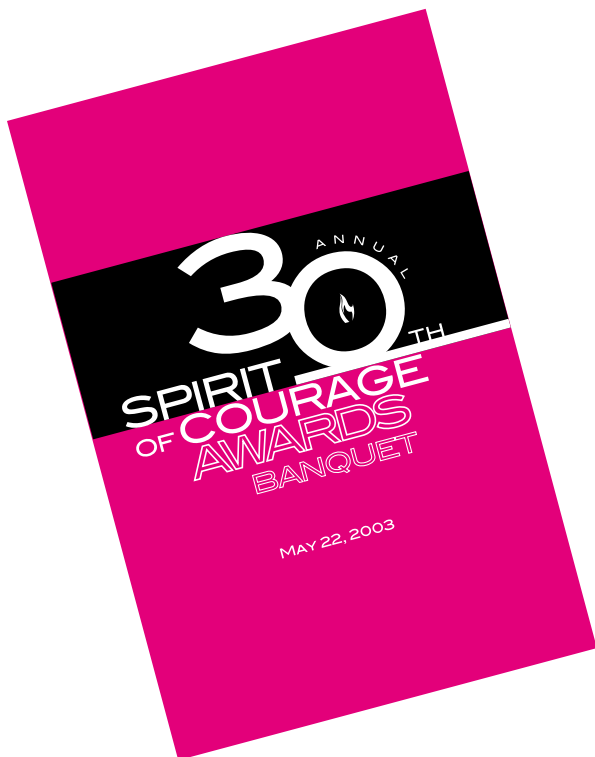
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Fernando Felix	Program Coordinator
Kathleen Frampton	Executive Assistant
Gilbert Guerrero	Community Outreach Specialist
Vicki Schoonderwoerd	Office Manager
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Darlene Snow	Special Events Coordinator
Donna Zimmerly	Director of Development

Member Agency of Combined Health Agencies (San Diego County); United Way (Imperial County); Combined Federal Campaign (San Diego/#5581 and Imperial counties/#7024)

Save the Date!

30th Annual Spirit of Courage



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