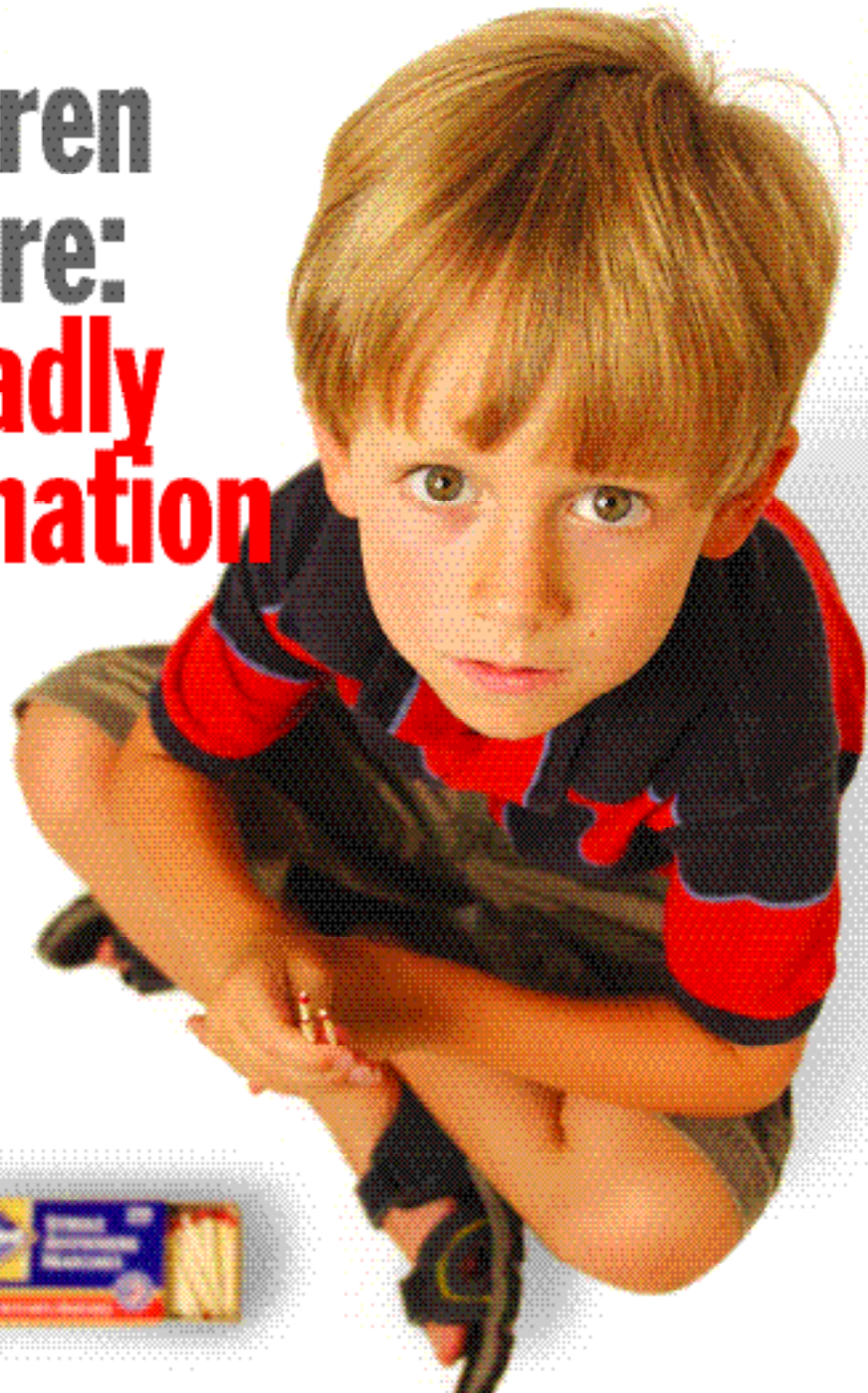


Burn Institute®

N E W S L E T T E R

Fire & Burn Prevention • Burn Survivor Support • Burn Research Vol. XXXVIII, No. 4 Winter 2004

Children & Fire: A Deadly Combination



Cover Story: Juvenile Firesetting . . . Page 2

COVER STORY: Juvenile Firesetting

Statistics show that more than 300 people are killed, and nearly one billion dollars in property is destroyed each year by fires set by children. Over 30-percent of the victims from these fires are the children themselves. Juvenile Firesetting is extremely dangerous and should not be dismissed as simple curiosity or just a phase. Left alone, it can cause property damage, severe burn injuries and loss of life. Parents and other adults who discover that a child is playing with fire should take immediate action.

WHY DO CHILDREN SET FIRES?

Before you begin to understand firesetting behavior, you must first look at where and why children set fires. Experts believe that there are two basic types of children who start fires:

CURIOSITY FIRESETTER

Curiosity is the most common reason children under the age of five play with fire. Children want to know how fire feels, how it burns and what it can do. What begins as a natural exploration of the unknown can often lead to tragedy because children have not been taught to understand fire's destructive potential.

PROBLEM FIRESETTER

Problem firesetters are generally between the ages of 5-17 and may set fires because of mild to severe emotional or mental disturbances. A change or crisis in a child's life such as a move, a divorce, or death could trigger firesetting behavior. Some behavioral traits that have been linked to firesetting behavior include poor relationships with other children, extreme mood changes and cruelty to animals.

WHEN TO SEEK HELP . . .

Juvenile Firesetting is the fastest growing fire threat in the United States. If you suspect, or find evidence that your child is setting fires, you should be concerned! The first thing you should do is have a serious discussion with your child about the potentially fatal consequences of playing with fire. Then, don't be afraid to call for help! The Burn Institute's **Juvenile Firesetter Program** has a successful track record when it comes to educating children about the dangerous consequences of playing with fire.

Many children who set fires lack both parental supervision and fire safety education.

Educate your children that:

- Fire is a tool, not a toy.
- Fire is dangerous and that it can kill.
- All fires, even small ones, can spread quickly.
- Even adults must follow fire safety rules.

Other things you can do:

- Supervise children at all times.
- Store matches and lighters in a secure place away from a child's reach.
- Use a "Don't Touch!" approach with children under the age of five.
- Teach older children to bring matches to you and reward them with praise when they do.
- If an older child is curious about matches, demonstrate the proper and safe way to use them.
- Explain the importance of only using matches as a tool and when an adult is present.
- Occasionally check under your child's bed and inside the closets for burned matches. Parents often discover the first signs that a child may be playing with fire.

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To view this Newsletter in a PDF
format visit us online at
www.burninstitute.org

*The Burn Institute
would like to thank
State Farm Insurance
and the Walden W.
& Jean Young
Shaw Foundation
for supporting the
Juvenile Firesetter
Program.*



The Hot Line

Welcome

- The Burn Institute extends a warm welcome to Billy Dahmen, the Burn Institute's new Executive Assistant.

Mark Your 2005 Calendars

- **Bucca di Beppo Spaghetti Eating Contest and Share Your Heart Kickoff**
January 2005
10749 Westview Parkway, Mira Mesa
\$20 entry fee donation
All proceeds benefit the Burn Institute
- **Winter Camp Beyond The Scars**
January 15-17, 2005 - Camp Oakbridge
- **Retreat For Adult Burn Survivors**
January 14-17, 2005 - Camp Oakbridge
- **13th Annual Share Your Heart Auction, Wine Tasting & Casino Night**
February 5, 2005 - Hall of Champions
- **California Society for Healthcare Engineers Golf Tournament to Benefit the Burn Institute**
March 21, 2005 - Eastlake Country Club
- **Imperial Valley Fire Ball**
April 8, 2005
Barbara Worth Resort, Holtville
- **"Give Burns The Boot" Firefighter Boot Drive & Firefighters' Night at the Padres**
April 19, 2005
- **Bomberos Golf Tournament**
May 2, 2005 - Cottonwood Golf Course
- **32nd Annual Spirit of Courage Awards Banquet**
May 26, 2005
Sheraton San Diego Hotel & Marina

For more information on any of these events, call 858.541.2277 or visit us online at www.burninstitute.org

FREE Programs and Services

FIRE AND BURN PREVENTION EDUCATION

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

BURN SURVIVOR SUPPORT

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

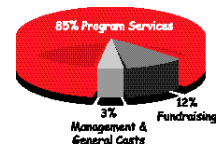
BURN RESEARCH

- Funding Vital Burn Research and Treatment

COMMUNITY SERVICE

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

WHERE YOUR DOLLARS GO
The Cost of Caring



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

- Please send me information on Planned Giving
- Please send me information on your programs and services.
- I am interested in becoming a Burn Institute volunteer.
- I am interested in joining the Burn Institute Auxiliary.
- I would like to support the important work of the Burn Institute.

Enclosed is my tax-deductible gift of \$ _____

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858.541.2277

Volunteer Action !

This December 31, make a New Year's Resolution that you will enjoy keeping . . . become a Burn Institute volunteer.

Being a Burn Institute volunteer helps others feel good and helps you feel good about yourself too. From installing smoke detectors in the homes of senior citizens, serving as a camp counselor at *Camp Beyond the Scars*, or assisting with a special event, there is something for everyone.

So what are you waiting for? Make volunteering for the Burn Institute your goal for 2005. To sign-up, call Kathleen at 858.541.2277 or visit us online at www.burninstitute.org.

WANTED!

Volunteers for the Share Your Heart Auction, Wine Tasting and Casino Night on February 5, 2005

A BIG THANK YOU!

Thank you to all our wonderful volunteers who represented the Burn Institute during Fire Prevention Month in October. Your presence at fire department open houses and community events throughout the county helped further our mission to end preventable burn injuries and deaths.

We would also like to thank all the volunteers who helped out at the Burn Institute tent during the Thunderboat Regatta Races held in September.



On September 21, employees from Hewlett Packard installed smoke detectors in the homes of senior citizens as their Hands On San Diego Volunteer Project. A special thank you to: Kelly Beall, Jared Carpenter, Anthony Hudson, Tim Jude, Jose Lim, Michael Linane and Derek Smith.



Thank you to the following Fireman's Fund employees who installed life-saving smoke detectors in the homes of senior citizens during Fireman Fund's "Day of Sharing":

- Ralph Columbino
- Sally Custenborder
- Ed Gillman
- Kelly Green
- Maria Mota
- Nenita Timbol

"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of other."

--DeAnn Hollis--

Ring in the **NEW YEAR** With Fire Safety in Mind!

Recent statistics show that approximately 6,400 fires in the United States occurred during the average New Year's holiday, causing an estimated \$53 million in property damage. Nearly 28-percent of New Year's outdoor fires were caused by fireworks. With 2005 just around the corner, the Burn Institute would like to offer the following fire and burn safety tips:

CHRISTMAS TREES

- Safely dispose of your tree before it begins dropping needles – dried out trees are fire hazards and should not be left inside a garage or placed against the house.

FIREWORKS

- Fireworks are **ILLEGAL** in San Diego County.
- Fireworks are dangerous.
- Sparklers are **ILLEGAL** and **DANGEROUS**.
- **NEVER** play with fireworks - even on New Year's Eve!

FIREPLACES

- Never burn your dry Christmas tree in the fireplace.
- Begin the year with a chimney inspection.
- Use a fireplace screen to prevent sparks from flying.
- Never use flammable liquids in a fireplace.

HEATING

- Be sure to inspect and clean all your heating equipment.
- Keep portable space heaters away from curtains, furniture and normal traffic patterns.
- Keep children and pets away from heating devices.
- Never dry clothing or place anything combustible over a heater.

CANDLES

- Make sure candles are placed in a sturdy, non-combustible holder.
- Do not leave children unattended in a room with lit candles.
- Keep wicks trimmed to 1/4 inch, and extinguish candles when they burn down to within two-inches of the holder.
- Never leave candles burning unattended and extinguish all candles before you leave a room or go to sleep.



Dry trees are a serious fire hazard because they burn very quickly. (Above) This tree had only been burning for 15-seconds.

✓ **NEW YEAR'S CHECKLIST**

- Install a smoke detector on every level of your home and test them monthly.
- Visit www.burninstitute.org and create a family fire escape plan.
- Keep all matches and lighters locked up away from children.
- Set your water heater to 120 degrees to avoid serious scald injuries.
- Do not stack firewood directly against your house.
- Cut all large native shrubbery back 100 feet from your home, rake leaves and clean your roof and gutters.

For more information on Wildfire preparedness contact the Burn Institute at 858.541.2277 to obtain your FREE 12-page guide to "Living With Wildfire."

Fire Chiefs Enjoy a **TEE**-rific Day and Raise Thousands for the Burn Institute

When golfers arrived to the 14th Annual San Diego County Fire Chiefs' Association Golf Tournament they were greeted with a big island welcome, which included lei's, macadamia nuts, Hawaiian-style golf shirts and a group photo. Each member of a foursome was asked to pick a straw; the team member with the short straw wore the hula skirt for the group photo.

Held at beautiful Lomas Sante Fe Country Club in Solana Beach, golfers took to the course for a fun-filled tropical afternoon. After the tournament, golfers were treated to a Polynesian style dinner and had the chance to participate in a silent and live auction - the tournament raised more than \$30,000 for the Burn Institute.

A very special thank you to this year's golf committee: Sycuan Assistant Chief Mitch Villalpando, Chair; CDF Division Chief Rick Henson, Chula Vista Chief Doug Perry, Bonita Chief Scott Walker, Vickie Torvinen from the East County Fire Protection District, and to all the golfers who supported this wonderful event.

Don't miss next year's tournament, September 13, 2005 at The Crosby!



First place honors went to Barona. (Above) Team members Mike Banegas, Martin Padilla, Adam Reyes and Tim Kniffing.

The Burn Institute would like to thank the San Diego Fire Protection Association for hosting their inaugural golf tournament on May 22. More than \$10,000 was raised to support the San Diego County Fire Chiefs' Association Golf Tournament and the Burn Institute. A very special thank you to Mike Moffat and the entire San Diego Fire Protection Association for their generous donation.

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Bureau

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Chief Bill Metcalf

Chief Jeff Bowman

Protect Your Family With a Fire Escape Plan!

Residential fires claim the lives of more than 3,000 people each year and injure tens of thousands more. Would you know what to do if there was a fire in your home? Would your children? You can survive a fire in your home if you know what to do. Every family should **PLAN**, **PRACTICE**, and **PREPARE** for the worst.

PLAN

- Visit www.burninstitute.org and create a personalized family fire escape plan today!
- Make sure your plan identifies two ways out of every room.
- Let children participate by having them color in parts of the plan.
- Agree on an outside meeting place where everyone can meet once they have safely escaped.

PRACTICE

- Practice your escape plan until everyone in your family knows exactly what to do.
- Make your plan realistic by pretending that some exits are blocked by fire.

PREPARE

- Make sure everyone knows how to unlock every door and window in your home.
- Before opening any doors inside your home, be sure to feel the doors with the back of your hand.
- If the door feels cool, open it carefully as there might be deadly smoke on the other side. If so, close the door quickly and use an alternate escape route.
- If the door feels warm, do not open it and select an alternate escape route.


MORE ESCAPE TIPS:

- If you have to escape through smoke be sure to crawl on your hands and knees with your head one to two feet above the floor - the air will be cleanest, coolest and safest there.
- Remember to leave quickly and don't stop to take anything with you - no possession is worth a life!
- Once you are safely out, stay out!
- If you live in a two-story house, you should consider purchasing a fire escape ladder, which will provide a safe way to reach the ground from a second story window. Teach everyone who lives in the house how to use these ladders and be sure to have a special plan for children, older adults and people with disabilities.
- Make sure your house numbers are clearly visible from the street - during an emergency every minute counts when emergency crews are trying to locate your home.



Build Your Family Fire Escape Plan

Use our online tool to design and print your family's fire escape plan.

START HERE 

Flash plug-in required.
Get Flash >

(Above) In 2004, the Burn Institute, in partnership with Fireman's Fund Insurance Company, unveiled a "one-of-a-kind," interactive tool which allows you to customize a Home Fire Escape Plan. (Below) This partnership also included the development of the Online Challenge, which is a fun place where kids can test their fire safety knowledge. To take the Online Challenge and create a Family Fire Escape Plan, visit the Burn Institute at www.burninstitute.org



Burn Institute Continues to Provide Support to Burn Survivors From Firestorm 2003

When Firestorm 2003 rolled through San Diego last October, the Burn Institute was there assisting burn survivors and their families.

Now, a little more than a year has passed and the Burn Institute continues to provide much needed support to those who sustained burn injuries during our state's worst wildfire in history.

One such burn survivor receiving support from the Burn Institute is 45-year-old Chuck Paul. It was just before nightfall on October 26, 2003, and Chuck was monitoring the fast approaching fire from the rooftop of his home in Crest. As a precaution, his wife and 6-year-old son had been evacuated earlier, but Chuck wasn't sure his house was in immediate danger. It looked as though the fire was

“Being a burn survivor is a life-long challenge -- it's not a sprint, it's a marathon,” says James Floros, executive director of the Burn Institute.

heading in the opposite direction. But then, large embers began falling from the sky. Within minutes, countless spot fires ignited all around him. Dodging flames and running through smoke, Chuck ran to a storage shed to retrieve his prized cycling bikes. As he loaded his bikes into the car he could feel the immense heat burning his skin, but with his adrenaline pumping, he didn't give it a second thought.

After he drove down the long driveway, he was met by a passing deputy who saw Chuck's burn injuries and told him to go to a nearby ambulance. Within minutes, paramedics transported Chuck to Sharp Hospital - he was later transferred to the UCSD Burn Center where he was treated for second and third degree burns to 25% of his body. Those injuries kept Chuck in the hospital for 31 days. After his discharge from the hospital and during his recovery, Chuck learned of the Burn Institute and has received the support he and his family so urgently needs.



(Above) Regular cycling has helped Chuck recover from his injuries faster. Exercising helps promote blood flow throughout the body, which helps to restore the feeling back to Chuck's arms and legs.

The Burn Institute understands the unique nature of a burn injury and the long-term support needed to heal emotional scars. From the moment a patient is discharged from the hospital, the Burn Institute is there for life. For more than three decades the Burn Institute has been transforming burn victims into burn survivors.

“Being a burn survivor is a life-long challenge -- it's not a sprint, it's a marathon,” says James Floros, executive director of the Burn Institute.

Through a series of grants awarded to the Institute, Chuck, and others like him, have been able to receive direct support from the Institute to help put their lives back together. From paying medical bills to providing food and gas vouchers, the Burn Institute is the only agency in San Diego that specializes in this kind of direct support for burn survivors.

If you know someone who sustained a burn injury during Firestorm 2003, please contact the Burn Institute at 858.541.2277, or burnsupport@burninstitute.org.

The Burn Institute would like to thank the following for their generous donations to the Burn Institute to help those who were burned during Firestorm 2003:

Cardinal Health Foundation, The City of La Mesa, the Chula Vista Firefighter Foundation, Grossmont Healthcare District, North County Times & KSWB-TV Fire Relief Campaign (A campaign of the Robert R. McCormick Tribune Foundation), The Morrison & Foerster Foundation and the TRW Employees Charity Organization.

Burn Institute - Inland Empire Honors Ten Heroes at Inaugural Event



The Burn Institute - Inland Empire held its Inaugural Spirit of Courage Awards Banquet at the Ontario Doubletree Hotel on November 18. More than 150 guests attended to help honor ten recipients who risked their

lives in an effort to save another from burn injury or death by fire. The ten heroes honored were: Riverside City Fire Captain **Jeff Loveland**, Civilian **Manny Ontiveros**, Hemet Firefighter **Eric Janert**, Sheriff Deputy **Scott Omelich**, Civilian **Cassandra Burleson**,

Apple Valley Firefighter **Jay Northey** and AMR Paramedic **Lynn Thompson-Northey**, Sheriff Deputy **Bill Conoway**, Civilian **Jon Richards** and Civilian **Joshua Greco** who rescued his 9-year-old brother Corey.

A very special thank you to Todd Spitzer, Assemblyman from the 71st District for serving as the evening's emcee and to Joe Lyons, Operations Director for K-SPA for serving as award co-presenter. This event would not have been possible without the support of so many generous sponsors and volunteers from Soroptimist International of Baldy View. A special thank you to board members: Chief Dennis Michael (ret.), Chief Michael Warren, Chief Dennis Ellison, Jill Posadas, R.N., Chief Craig Anthony, Honorable Russ Bogh, Chief Dave Carlson, Ray Flores, James Floros, Patricia Fromer, M.S., Dev Gnanadev, M.D., Biff Gordon, Darren Hoopingarner, Joelle Jakobsen, M.D., Thomas Jay, Bud Korn, Chief Stan Lake, Laura Ortega, Penny Overstreet and Frank Re.

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San Bernardino County Firefighters Association



The 2004 Burn Institute - Inland Empire Spirit of Courage Recipients. (left to right) Bill Conoway, Cassandra Burleson, Jon Richards, Joshua Greco, Eric Janert, Jeff Loveland, Lynn Thompson-Northey, Jay Northey, Scott Omelich.

The Burn Institute's Life Friends

The Burn Institute would like to recognize all of its Life Friends: Donors whose cumulative totals are shown below. Your support makes our important work in the community possible year after year.

Listed below are the many gifts from individuals, organizations, corporations, employee groups, foundations, community groups, fire departments, firefighter locals and associations and fire chiefs' associations. With a small gift by year's end, many of you will reach the next giving level!

\$250,000 and more

Combined Health Agencies
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F-11 Productions
Fireworks & Stage FX America, Inc.
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Hillyer and Irwin
Hitachi Home Electronics
Home Depot
House of Blues Concerts, Inc.
Ms. Linda Howard
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Hughes Employees' Give Once Club
Imperial Irrigation District
J.C. Towing, Inc.
Mr. and Mrs. Richard W. Jacobsen
Ms. Daryl K. James
Mr. and Mrs. Michael W. Kew
Kiwanis Club of East San Diego County
Mr. and Mrs. George Krempf
La Mesa Firemens Association
Mr. Jeff Lakin
Lions Club of San Diego

Mr. and Mrs. Matthew McLaughlin
McParlane & Associates, Inc.
Medtronic Foundation
Ms. Michelle Mercier
Mission Beach Woman's Club
Mitchell International
Mrs. Marguerite Monsees
Dr. Gail K. Naughton, Ph.D.
Nice Guys
Mr. and Mrs. Richard Okleshen
Mr. & Mrs. Thomas M. Osvold
The Outlaws
Mr. and Mrs. J.P. Overlund
Pacific Beach Woman's Club
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Riverside County Firefighters Association
IAFF Local 1067
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Risk & Insurance Management Society
Ms. Esther Robb
Roel Construction Co. Inc.
Mr. & Mrs. Barry Ross
San Diego County Credit Union
San Diego Forestry Firefighters
San Diego National Bank
San Miguel Firefighters-Local 1434
Foundation
San Onofre Nuclear Org. Employee
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Unisys Corporation
Veterans Administration Hospital
Chief & Mrs. Dennis Van Der Maaten (ret.)
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Webcor Builders Inc.
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Mr. and Mrs. Guy F. Wilcox
World Reach, Inc.
Mr. & Mrs. Richard Yokley
Mr. Walter A. Zitlau

If your name was inadvertently omitted, categorized wrong or misspelled, please accept our apologies and call the development office at 858.541.2277 to notify us of our mistake. In addition, please advise us if you've named the Burn Institute in your estate plans so that we may properly recognize your contribution to tomorrow, today.

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

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Art Garcia	Community Outreach Specialist (<i>Imperial Valley</i>)
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Darlene Snow	Special Events Coordinator
Liz Sorenson	Burn Survivor Support Coordinator
Donna Zimmerly	Director of Development

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

SAVE THE DATE! Saturday, February 5, 2005



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