

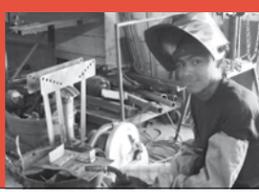
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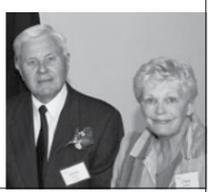
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www.burninstitute.org

VOLUME 44, NUMBER 2 FALL/WINTER 2010

 **Burn Institute®**

BEACON

Out of the Ashes: Burn Survivor, Firefighter Brooke Linman



Firefighter Brooke Linman poses with 10-year-old daughter, Ciara. Three years ago, Linman was severely injured while fighting the Harris Fire in Potrero.

In the three years since firefighter Brooke Linman was – quite literally – lifted from the ashes of the Harris Fire, her life has been a roller coaster filled with health issues, financial, physical and emotional stress. Yet through it all, Linman has rallied – not only refusing to be a victim, but finding strength in her circumstances.

THE INCIDENT

“When the fire hit us it was just – complete chaos,” the 36-year-old recalled, pausing for a moment. “You know you’re about to die.”

In the early morning hours of October 21, 2007, wildfires that would eventually consume much of San Diego County had already taken hold of the back

country. The Harris Fire began near the Mexican Border in the rural community of Potrero. Now it was rapidly burning to the north and west, encouraged by drought-dry brush and howling Santa Ana winds. The fire moved quickly – 2.25 miles of landscape within the first 90 minutes.

At 11 a.m., Brooke’s fire station in Dulzura was called to provide structure protection in Potrero. On board CAL FIRE’s Engine 3387 were Captain Raymond Rapue, firefighters Andrew Pikop, Jose Viramontes and Linman. When the team arrived at the scene, they were met by a frantic Thomas Varshock and his 15-year-old son, Richard.

The hillsides were ablaze. Blowing cinders and acrid smoke filled the air. Conditions rapidly turned from

bad to worse, forcing the crew to pull back from their original position to avoid being surrounded by the quickly-moving fire. As they tried to pull out of the area to safety, their engine stalled. Surrounded by intense heat and smoke, they jumped into the engine’s cab for protection. In an instant, their refuge became a trap, as extreme heat blew out the engine’s windows. Choking smoke and flame quickly filled the cab.

“Panic complete panic – you’re completely out of control,” recalled Linman, who was forced to crouch low behind the fire rig with the others. Badly injured, they took cover, praying that help would arrive. Somehow it did. U.S. Forest Service helicopter pilot Mike Wagstaff was flying water drops nearby. Despite the erratic winds, near-zero visibility and high-voltage power lines, Wagstaff bravely managed to locate and rescue the group. Richard Varshock, Linman, her captain and fellow firefighters were airlifted to safety and transported to UCSD Regional Burn Center for treatment. All were severely burned and sustained internal trauma from smoke inhalation. Thomas Varshock, 52, died as a result of his injuries.

THE ROAD TO RECOVERY

The call came next. Burn Institute Executive Director/CEO, Jim Floros was at home. CAL FIRE Unit Chief, Rick Henson, was on the other end, but his serious tone gave Floros pause.

There was a burn-over. Firefighters hurt. It was bad. “He told me that four firefighters and a civilian were headed to the Burn Unit,” remembered Floros. “His last words to me were, ‘Take care of my firefighters.’”

Floros quickly put the ball into motion. “We have such a deep love and admiration of the Fire Service – we are really a part of the same family,” said Floros, who dispatched Burn Institute personnel to the Burn Center to provide immediate comfort and support to the Varshocks, the firefighters and their families. “When someone is severely burned, it affects all family

(continued on Page 2)

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(continued from Page 1)

members – everything changes,” Floros explained. “Our resources were available from the moment these guys were admitted to the Burn Center – literally. We were there to offer support for the outstanding staff at UCSD, CAL FIRE, those injured and their families.”



Before the fire: Linman poses on the same engine that would provide only temporary refuge during the Harris Fire of 2007.

Linman’s husband, Michael, was in Maryland at the time of the accident and rushed home to tend to his wife and their 7-year-old daughter, Ciara. Devastated families stood vigil as Linman and the others remained in the Burn Unit, badly injured and fighting for their lives. For two

weeks, Linman lay in a medically-induced coma to allow her body to heal, but there were no guarantees she or the other firefighters would survive.

The firefighter had been burned on her face, ears, right shoulder and lungs; her left knee was badly injured when she hit the ground. Three weeks after the fire, Linman was released from the burn unit – dressings and ointment covering parts of her face and ears, a pronounced limp when she tried to walk.

Any burn survivor will tell you that recovery is a long process. Besides physical injuries, Linman has had to deal with bouts of Post-Traumatic Stress Disorder (PTSD). Like a war vet, certain sounds or events take her right back to that fateful day. The sight of smoke

in the distance, the sound of helicopters or hospital ventilators – all are possible triggers that must be managed. She has learned the tricks, but it is an ongoing battle. “You learn to get past it and not let it paralyze you,” said Linman, who described recovery as a process that seems to get easier the more she talks about it. “I’ll keep telling my story (so that) people aren’t afraid to ask me what happened. It just makes me a normal person who went through something bad.”

Every step of the way, the Burn Institute provided support toward Linman’s dream of returning to work as a firefighter. Her injured knee would require two years of physical therapy to strengthen her leg and an additional year with a personal trainer specializing in sports medicine. The BI was there. When the family’s finances became strained, the BI was there. When it became difficult to decide which bill to pay and how to put food on the table, the BI came through with financial support, provided gas cards and helped to cover hefty insurance premiums.

Like so many survivors that have come before, Linman has become a part of the BI family and will continue to benefit from the organization’s burn survivor support programs and services.

“Everyone at the BI has been so great,” said Linman. “The Burn Institute has had the tools to help me through the bad times. I remember the first day I met Jim and he said, ‘Don’t worry Brooke, you are one of us now and we will never forget you guys.’ And you haven’t – not once!”

“I’m so proud of our efforts to assist Brooke and her family,” said Floros, adding that the Burn Institute will continue to work hand-in-hand with her throughout the recovery process.

(continued on Page 8)

Dear Friends:

Well, it’s that time of year again! 2010 is drawing to a close and our thoughts are focused on the holidays and all the great wonderful memories we will be making with our friends, families and loved ones. But with the Holidays comes a hidden danger, the danger of an increased number of burn injuries and house fires. Each year we see a significant spike in burn injuries (scalds) and house fires (candles) during the holidays.

With the Holidays comes a hidden danger, the danger of an increased number of burn injuries and house fires.

With visiting relatives and friends, we see more crowded kitchens – lots of activity, kids running under foot – all leading to a recipe for disaster. Children should never be in the kitchen when cooking is taking place. Scalds are the #1 cause of burn injury among young children and most experts believe the scalds are 100 percent preventable. Cook on back burners, keep your pot handles turned backward, and ensure that hot liquids (tea, coffee, etc.) are kept away from the edges of tables, countertops, etc. where young, inquisitive hands can reach them. And my good friends up at UCSD Regional Burn Center would like me to remind you and emphasize – microwaves are very dangerous, and we have a large number of severe burn injuries occurring from products like prepared soups and noodle cups.

Don’t be fooled into thinking that microwaves are a safe alternative to stove-top cooking – they’re not! Kids shouldn’t be cooking – period!

And lastly, burning candles and the holidays seem to go hand-in-hand. But look in your newspaper and you’ll start seeing a spike of home fires caused by unattended candles. So please, let’s use a little common sense here. Sturdy base, never near combustible materials, decorations, etc. And never leave a burning candle unattended!

You may be thinking that I’m being a little tough on you. But compared to having your holidays ruined and your life turned upside down because of a loved one being severely burned or your house catching on fire – really doesn’t compare. Let’s call it tough love!

Here’s to hoping that everyone has a wonderful and safe Holiday Season!

Happy Holidays!

James A. Floros
Executive Director/
Chief Executive Officer



The Burn Institute is the local nonprofit 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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Please remember the Burn Institute in your annual United Way/CHAD & CFC Campaigns.

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United Way (Imperial County)
Combined Federal Campaign (San Diego #50359)
(Imperial County #7024)



DIRECTOR’S MESSAGE



Fire and Burn Prevention Facts & Tips

Fact 80% percent of burn injuries are preventable.

Tip Protect your family with a practiced fire escape plan, and establish an outside meeting area. Download your free plan at: www.burninstitute.org.

How 9-1-1 Works for You

Few people (other than those in emergency services), understand what goes on behind the curtain at a 9-1-1 Dispatch Center. Though the process is complicated, the dedicated, well trained and professional Dispatch Administrators and Dispatchers insure that the customer receives the appropriate level of response in a timely manner.

In San Diego County when you call 9-1-1 for Fire or Emergency Medical Services (EMS), your call goes to a Primary Public Safety Answering Point (PSAP). Once the PSAP obtains information that the call is Fire or EMS related they transfer the call to a Fire Secondary PSAP.

Once the call is received at the Fire Dispatcher Center, the Dispatcher triages the call, and determines if it is a Fire or EMS call. If the call is an EMS call, your address and nature of the problem is obtained, and Fire Units are sent to your house. After the dispatch of the units to your house, the dispatcher stays on the phone with the caller and provides Emergency Medical Dispatch (EMD). EMD may consist of very simple instructions prior to the EMS arrival, to very detailed instructions (i.e. CPR or child birth).

If the call is a fire, the dispatcher obtains information such as what is on fire, etc. The call for service is dispatched in the same fashion. Heartland Fire Communications prides itself in dispatching EMS calls in an average of 26 seconds, and Fire calls in an average of 56 seconds. These times are well above the national average.

Once the call is received by a dispatcher, the computer aided dispatch (CAD) system suggests the closest available resource to your home or business. The CAD calculates travel time from each station to the call location, and then recommends the closest unit. A great advantage in San Diego County is that the major dispatch centers and Fire Departments have “dropped boundaries.” In other words, if you live in Lemon Grove and the Lemon Grove fire units are on another call, the computer may suggest a San Diego Fire-Rescue unit located closer to the call.

Currently the County Fire Chiefs’ Association in partnership with the Urban Area Security Initiative Grant Program is working on enhancing the regions’ 9-1-1 systems by connecting all Fire-Based Dispatch Centers through the Regional CAD Interoperability Project. This is a \$2.9 million enhancement to the San Diego region, giving first responders a common operational picture and improving our ability to insure the customer gets the most appropriate and closest available resource to meet their needs. ♡



August F. Ghio, President,
San Diego County Fire
Chiefs’ Association &
Chip Yarborough, Heartland
Communications Director



Tips for a Safe Holiday Season

The holiday season has arrived – a festive and joyous time of year. It’s also a time for baking cookies, dragging out the holiday décor, and enjoying hot apple cider on a chilly night; that means increased risk of scalds and burn injury. Each holiday season in the U.S., fires injure more than 2,000 people and cause nearly \$100 million in damage. The Burn Institute would like to offer some simple holiday tips to keep your season safe and reduce your chance of becoming a holiday fire statistic. Find more tips at www.burninstitute.org or www.firesafekid.org. ♡

Holiday Recipe: Well-Hydrated Christmas Tree

INGREDIENTS

- 2 gallons of hot water
- 2 cups clear Karo syrup
- 2 ounces liquid chlorine bleach
- 2 pinches of Epsom salts
- One half-teaspoon Borax
- One teaspoon chelated iron (Can be purchased from a garden shop)



HOW DOES THE SOLUTION WORK?

The Karo Syrup provides the sugar necessary to allow the base of the tree to take up water. Up to 1.5 gallons of water can be taken up by the tree over a 2-week period. Boron in the Borax allows the tree to move water and sugar out to every branch and needle in the tree. Magnesium compounds in the Epsom salts and iron from the chelated iron provide components for the production of chlorophyll to help keep the tree green. The bleach prevents mold from forming in the solution. Other benefits of the recipe include a noticeable increase in the tree’s natural evergreen fragrance, plus the tendency to shed fewer needles means less mess to clean up after the holidays!

INSTRUCTIONS

1. Place water in bucket and add all ingredients. Stir until all ingredients are completely dissolved and set aside.
2. Make a fresh, level cut, 3-inches from the bottom of trunk.
3. Stand the trunk of the tree in the solution and leave for 24 hours.
4. Place tree in a stand that contains a well for liquid.
5. When the tree has been positioned in the stand, use a plastic cup to pour the solution into the tree well. Safely store remaining solution.
6. Every day, top-off the well with the solution to keep your tree hydrated throughout the season!

(** Note: Pet owners should make sure solution is kept out of reach to avoid ingestion.)

COOKING

- Cook on rear burners and turn pot handles toward the back of the stovetop.
- Avoid wearing loose clothing around open flames and roll-up sleeves.
- Never leave food unattended while cooking; when preparing a meal, keep children out of the kitchen area.
- When young children are present, avoid using tablecloths; keep hot foods in the center of the table.



LIGHTS

- Before leaving your home or going to bed, unplug tree lights and electronic ornaments.
- Do not link more than three light strands, unless the directions indicate it is safe.
- If lights are frayed or have cracked wiring or broken sockets, dispose and replace the string.
- Keep tree well-hydrated and away from heat sources.



CANDLES

- Always extinguish candles before leaving a room.
- Keep candles out of reach of children and pets; always make sure adults are present.
- Use sturdy, non-combustible holder, large enough to collect dripping wax.
- Keep candles away from curtains and other flammable materials.
- Consider using “flameless” candles as a safe alternative.



SCALDS

- Be aware of children in the area before carrying hot liquids; never hold a child while handling a hot beverage.
- Turn water heater setting to 120 degrees Fahrenheit.
- Always test bath water before bathing; youngsters and the elderly have thinner skin than adults and are more susceptible to burns.



\$450 will send one burn-injured child to winter *Camp Beyond The Scars*.

\$450

4

GIFTS & TRIBUTES

Donors

The Burn Institute is grateful to the following individuals, corporations, foundations and community groups for their generous gifts. Listed below are donations of \$250+ made from (July 1, 2010 – September 30, 2010).

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Year-End Giving

Fall is typically that time of year when we express our thanks for all that we have received. We would like to especially thank those who have chosen to continue their support, despite uncertain economic times.

In making a year-end charitable gift – deciding how much to give and when to give – can have a big impact. As you consider your charitable giving this year, remember that gifts made now can generate an income tax deduction that could help reduce your tax bill for 2010 ~ but only if you make your gift by December 31, 2010. Call Di Sutherland at 858-541-2277 Ext. 19 to arrange to speak with a tax professional. 🔥

President's Circle Members

July 1, 2010 – September 30, 2010

President's Circle members are individual donors who support the Burn Institute with an annual gift of \$1,000 or more. This annual gift can be made in the form of cash, check, credit card or appreciated stock. You can become a member for only \$83 a month. To learn about all the exciting annual benefits you will receive as a President's Circle member contact Diane Sutherland at 858.541.2277 Ext. 19 or dsutherland@burninstitute.org.

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IN MEMORY Judge Barrett Foerster

On November 10, 2010, the Burn Institute lost a dear friend and loyal supporter. Imperial County Superior Court Judge, Barrett J. Foerster, passed away at the age of 68. A coronary embolism is the suspected cause of death.

Foerster was appointed to the bench by Governor Gray Davis and sworn in on November 13, 2003. In 2006, he was re-elected to a 6-year term. Foerster worked at the Brawley branch courthouse, was a member of the Burn Institute-Imperial Valley Advisory Board and served as a member of the Board of Directors of the California Judge's Association.

Judge Foerster left a legacy of loyalty to his community and all he served. The Burn Institute extends its heartfelt condolences to the family.



Fire and Burn Prevention Facts & Tips

Fact A working smoke alarm decreases the chance of dying in a house fire by 50% percent.

Tip Check your smoke alarms every month and change batteries twice/year. The Burn Institute installs free smoke alarms for local seniors (55 and older).

GIFTS & TRIBUTES

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Winery Supports Burn Institute

Fire Station Red Winery of Sonoma County is offering a series of new wines for the holiday season, with a generous donation of 20% percent to benefit the Burn Institute. A long-time supporter of the BI, vintner/firefighter John Drady also produces the internationally acclaimed wines of Sonoma Coast Vineyards. FSR's new holiday releases include a Sonoma County Zinfandel, Pinot Noir, Cabernet Sauvignon and Chardonnay.

Celebrate the season with good food, friends and family – and support the BI with the addition of a great wine. Makes a perfect holiday gift; hurry, supplies are limited. Offer available through December 31, 2010.

To order, visit www.firestationred.com/burninstitute.



Fire Station Red wines are crafted by Sonoma County firefighter John Drady, pictured with wife Barbara at the BI's 2009 Spirit of Courage Awards Banquet.

Coffee Lover Alert!

Owned and run by local firefighters, Third Alarm Coffee Co. was founded with two goals in mind: To produce good, quality coffee – and to give back to the community.



In keeping with its mission, Third Alarm Coffee Co. has selected the Burn Institute as a beneficiary, with 5 percent of the company's proceeds to benefit burn survivor support programs and services.

New for the holidays:

Third Alarm Coffee Co. is offering Limited Edition Holiday Gift Packs! Two sizes are available. Prices start at \$21.99. Hurry, quantities are limited!

Visit www.thirdalarmcoffee.com.



Community Giving



On October 10, the Dublin Mob Choppers held its Working Class Heroes charity ride to benefit the Burn Institute. The annual event included a poker run and barbecue. On its website, the club reached out to its members: "Chops, Rods & Customs...Ride Em or Push Em...just ROLL for a good cause!"



On July 11, the Coronado Fire Department hosted its Annual Spaghetti Dinner to benefit the Burn Institute. Pictured are (L-R): Brian Clark; Darren Hall; BI Assistant Executive Director/COO, Diane Sutherland; Jamie Edmonds; Eric Hingeley and BI Executive Director/CEO, James Floros.

New Safety Publication Spanish Version, "Living with Wildfire" Guide

Hot off the press – a fully-translated version of the Burn Institute's informative guide "Living with Wildfire" is now available in Spanish. A free downloadable version is available at www.burninstitute.org.

For a free printed copy, contact your local fire department, visit the Burn Institute, 8825 Aero Drive, Suite 200, San Diego 92123, or call 858-541-2277.



The 10th Annual Rolf Benirschke Legacy Golf Invitational was a two-day event that took place September 26-27 at The Bridges in Rancho Santa Fe. On Sunday, the event was kicked off with an evening gala including dinner, program and auction. The tournament took place the following day and was capped-off with an awards ceremony. This year the Burn Institute was proud to have been selected as one of the event's beneficiaries. On November 18, Rolf Benirschke (far left), presented a check to the Burn Institute. Pictured with Benirschke are (L-R) Carolyn Davee, Jerry Davee, Greg Anton and Burn Institute Executive Director/CEO, James Floros.

Do You Have a Story to Tell? Enter to Win!

Tell us your wildfire preparation success story! Take our quick online survey and enter to win a free home Emergency Preparedness Kit (\$250 value).

Share what you have done to safeguard your property and protect your loved ones. Visit www.burninstitute.org for all the details – and enter to win!

For a free downloadable version of "Living with Wildfire: A Guide for the Homeowner," visit www.burninstitute.org. For a printed copy, contact your local fire department or visit the Burn Institute, 8825 Aero Drive, Suite 200, San Diego 92123.

For more information, call the Burn Institute at 858-541-2277.



\$75 Will provide five senior citizens with lifesaving smoke alarms.

\$75



Pictured are (L-R): Andrew Martinez, Diana Medina, John Paul Figgone and his mother Christine; CAL FIRE firefighters Andrew Pikop, Luis Veramontes and Brooke Linman (with her daughter Ciara). The three firefighters were injured in the Harris Fire of October 2007, and honored the following year with the Burn Institute's Spirit of Courage Award.

World Burn Congress - 2010 Local Survivors Gather In Galveston

The Burn Institute sent several local burn survivors to Galveston, Texas for the Phoenix Society's 22nd Annual World Burn Congress, held October 20-23. The international conference is designed to provide support and information to burn survivors, their families, care givers, burn care professionals and firefighters. Filled with inspirational stories of survival, courage and personal growth, the gathering encourages participants to share their experiences in a supportive and educational atmosphere. ♠



Pictured with Schaitberger (L-R) are burn survivors Kaylee Saville, Amilyon Morgan, Ayden Ross and Rowdy Soland. Photo courtesy Jocelyn Augustino

IAFF Night at the Padres

International Association of Firefighters General President Harold A. Schaitberger, poses with local burn-injured children on the field at Petco Park before the game. Schaitberger also threw out the first pitch. The Burn Institute and the IAFF Burn Foundation hosted the pre-game event fundraiser in conjunction with the IAFF's 50th Annual Convention held in San Diego (August 22-27). ♠

Mountains of Fun: Winter Camp Just Around the Corner



Mark your 2011 calendars (February 18-21) for the next winter session of *Camp Beyond The Scars*. Since its inception in 1987, *Camp Beyond The Scars* has made a difference in the lives of hundreds of burn-injured children. The unique camp gives young burn survivors an opportunity to be with kids who are experiencing similar issues, as they deal with the physical and emotional trauma associated with burn injury. Held over President's Day weekend in the beautiful San Bernardino mountain community of Big Bear Lake, camp is open to burn-injured children 5-17 years.

For more information, contact Dana Kuhn at 858-541-2277, Ext. 21, e-mail dkuhn@burninstitute.org or visit us online at www.burninstitute.org.



CAMP BEYOND THE SCARS

Welcome to the World!

On September 21, 2010, Burn Institute Support Services Manager, Dana Kuhn, and her husband, Miramar firefighter Dustin Kuhn, welcomed little Bodie Davis into the world! Baby Kuhn weighed-in at a healthy 7 lbs., 12 oz. Congratulations and best wishes to the happy family!





Isidro Tellez (fourth from left), poses with friends and shop staff from New Image Customs. (L-R): Firefighter/EMT, Elfego Covarrubias; fellow camper, Cristian Gamboa and shop owner Lafayette Bell. On the far right is Corey Mason, shop manager.

Burn Survivor Finds His Passion

It all started with BI Support Services Manager, Dana Kuhn. In 2009, camper and burn survivor, Isidro Tellez, already had one winter *Camp Beyond The Scars* under his belt. This time around, Kuhn took the opportunity to find out more about the teen and his interests. Isidro was extremely shy and didn't talk much, but Kuhn found out the young man had a passion – he wanted to work on cars – to fabricate and re-build autos – and couldn't wait to begin taking shop classes in high school.

Severely injured from his neck, down, Isidro suffered a gasoline-related burn over 60% percent of his body. And while he was friendly and participated in camp activities, Kuhn felt she needed to tap into his passion and get him motivated. The end game was to encourage Isidro to envision a life beyond his burn and the limitations of his environment.

"I wanted to inspire him!" Kuhn explained, adding that she arranged for Isidro to receive a car magazine subscription, then set about to find someone who knew more about cars and could mentor the 16-year-old. The perfect match came along in Elfego Covarrubias, a Pala Fire Department Firefighter/EMT. Covarrubias, who also volunteers as a burn camp counselor, was what

Kuhn described as a "Gear Head" – or a guy REALLY into fixing up cars!

Kuhn handed the project over to Covarrubias, who had just the place. "Keeping in mind Isidro's curiosity of working on cars – fabrication, lowriders and imports, I began the process of getting in touch with (shop owner) Lafayette Bell at New Image Customs," he said.

"...I could really see Isidro slowly breaking out of his shell."

Established in 1999, New Image Customs in Lemon Grove bills itself as "The Ultimate Custom Shop." Among its specialties are: Auto body/paint, chrome/gold plating, custom rims, hydraulics, full vehicle

restoration and custom fabrication. Perhaps Bell describes it best with the phrase, "We are the 'Pimp My Ride' of San Diego!"

Covarrubias worked with Bell to plan a surprise visit to the shop. They settled on June 2010, during the week Isidro would be attending *Camp Beyond The Scars*.

SHOP TALK

On June 30, Isidro was greeted with smiles and open arms, as he met with Bell and the shop's Manager, Corey Mason. They began with a tour, which included finished vehicles and those still under renovation.



Isidro proudly poses with his newly-welded creation.

They viewed a customized paint job (2004 Hummer); hydraulic suspension (1997 Lincoln Town Car); air bag suspension (1995 Chevrolet Pickup), and the frame wrapping for a G-body auto (Oldsmobile Cutlass, Chevrolet Monte Carlo, or Buick Regal).

While they were there, Bell and Mason wanted to teach Isidro something that would motivate and inspire him to pursue his interest in working on customized vehicles. The teen was treated to a demo in MIG welding (a type of arc welding), then outfitted with a welding helmet, gloves and arm protectors so that he could give it a try himself. Isidro was a quick study. By the time he left, the teen was wearing a big smile and had learned a valuable skill. Bell and Mason awarded Isidro with a trophy made from his welded metal creation – even personalized it with his name.

When he returned to camp that day, Kuhn noticed a change in Isidro. "He was stoked," she said. "He would not part with that statue – even brought it to the cafeteria!" Covarrubias agreed: "After taking him to the shop, I could really see Isidro slowly breaking out of his shell."

If nothing else, Isidro got an insider's look at a profession that interests him, but Kuhn hopes the experience has planted a seed for the future. "We want him to know it's out there," she said, "and that he can get there too." By the looks of it, this could be the start of something big. 🔥



New Image Customs shop manager, Corey Mason, teaches Isidro the finer points of MIG welding.



Congratulations to the first place players who can proudly say they mastered Maderas: (L-R) Todd Stires, Bob Parker and Chad Quilaseng (Robert Erling not pictured).

Chiefs' Tournament: Mastering Maderas



On September 13, local fire chiefs joined forces with local community and business leaders

in support of the Burn Institute, as they gathered at the prestigious Maderas Country Club and enjoyed a day of golfing. For the third year in a row, the Poway course served as the venue for the 20th Annual Sunroad San Diego County Fire Chiefs' Association Golf Tournament, presented by Datron.

A typically perfect San Diego day greeted the group of 144 players, who worked to master the challenging course, designed by former PGA Tour player Johnny Miller. After the tournament, sponsors, golfers and guests gathered at the clubhouse for a hearty dinner and an opportunity to bid on live and silent auction items ranging from a catered sailboat party to lavish vacations. The event netted nearly \$80,000 for the Burn Institute's programs and services including *Camp Beyond The Scars* for burn-injured children.

A special thank you to Sycuan Deputy Fire Chief Mitch Villalpando for chairing this year's event committee, and to all of the hard-working committee members: Chief Jon Canavan, Poway Fire Department; Division Chief Gary Croucher, San Miguel Consolidated Fire Protection District; Chief Brian Fennessy, San Diego Fire-Rescue Department; Chief Augie Ghio, San Miguel Consolidated Fire Protection District; Chief Rick Henson (ret.), CAL FIRE; Valerie Nellis, Heartland Fire Communications; Chief David Ott (ret.), Solana Beach City Manager/Public Safety Director and Chief Scott Walker, Bonita-Sunnyside Fire Protection District.

A big thank you to event Emcee/Auctioneer Rod Luck, to Casino del Charro for generously providing lunch, and to beverage sponsors Ballast Point Brewing Company and Lightning Brewery. ♠

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SUNROAD
ENTERPRISES

(continued from Page 2)

FINDING PEACE IN CHANGE

"You start on paths and you have goals. There are hiccups on these roads, speed bumps. You have to find it within yourself to get past these speed bumps," said Linman, adding that everything in her life changed as a result of the fire.

November 4, 2008 – exactly one year after she came out of her coma, Linman gave birth to a miracle – a beautiful baby boy. They aptly named him Phoenix (after the mythical bird rising from the ashes).

In July 2010, with years of grueling physical therapy sessions under her belt, Linman beamed as she proudly announced to Burn Institute staff that she was ready to return to work at CAL FIRE.

With the help of the BI, she had realized her goal. Her doctor warned that she may be unable to handle the steep climbs and heavy lifting firefighting required.

Undaunted, Linman had passed the physical tests to re-join the department – but only four shifts into her new tenure, she re-injured herself. As her doctor had predicted, the muscle mass in Linman's quads had been compromised due to inactivity during the coma and her long recuperation. The sad fact: No amount of training could bring those muscles back to their pre-injury condition.

When Linman arrived home to announce she'd been put on medical leave and would have to put firefighting on hold – perhaps for good – she got an unexpected response from her daughter. Ciara reacted to the news with an emotional plea that broke her mother's heart, "You mean I don't have to worry about you dying anymore?" Until that moment, Linman had no idea how her injury had profoundly affected her little girl. It changed everything. Why continue to stubbornly nurse an injury that would never heal? Firefighting was no longer an option.

"I was very proud to be a firefighter... but I'm more proud to be a mom."

Today, Linman (who by now is used to bumps in the road), has again shifted her priorities to make room for her family and new challenges to come. She is planning to return to school to become a paramedic where she can still work with patients (her favorite part of being a firefighter). "I didn't go through all of this for nothing," she said. "I'm supposed to help somebody else – it's just not on a fire truck. I realize that firefighting isn't the end all goal I thought it was, but a stepping stone. The fire taught me that – and to see that I have it within me to do something else. This isn't the end of a career – but the beginning of a new life."

Once upon a time, Linman's narrative was all about being a firefighter. Now she has a new one: being there for her husband and two children. "I was very proud to be a firefighter," Linman said reflectively, adding with broad smile, "but I'm more proud to be a mom." ♠



Her proudest role: Linman with daughter, Ciara (10), and 2-year-old son, Phoenix.





Leaning Rock Financial foursome takes first place at the 2010 Fire on the Fairways Golf Tournament.

Swinging in the Rain: Fire on the Fairways 2010 – A Soggy Success



A wetter-than-normal October threatened to postpone this year's San Diego New Car Dealers Association Fire on the Fairways Golf Tournament held Oct. 25 at Salt Creek Golf Club in Chula Vista. However, more than 100 golfers came out in support of the Burn Institute – prepared to play in their raingear – and managed to get in all 18 holes before the day was through. As the tournament progressed, the sun made a welcome appearance, giving the golfers beautiful weather and majestic mountain views. The 6th Annual event raised nearly \$25,000 to fund Burn Institute programs and burn survivor support services, including *Camp Beyond The Scars* for burn injured children.

Designed with firefighters in mind, the annual event is hosted by the San Diego-Imperial County Fire Fighters Advisory Council to the Burn Institute. The tournament is a spoof of the prestigious Master's Tournament – more about having a great time and camaraderie than it is about the game – but that didn't stop the players from showing off their golf skills!

Throughout the day, golfers were kept well-fed and hydrated, starting with a hearty breakfast donated by Einstein Bros. Bagels. Lunch was provided by MASSH Express, salsa and chips from La Salsa Chilena and complimentary beverages were provided courtesy of Ballast Point Brewing & Spirits, Margarita Man and Third Alarm Coffee Co.

Thank you to Master of Ceremonies/Auctioneer, Rod Luck, who enthusiastically presided over the

award banquet, silent and live auctions and "Green Jacket" trophy presentation. A special thank you to Tournament Chair Jeff Chumbley and his committee who did an outstanding job planning the tournament, acquiring auction items and securing event sponsors. Thanks to all the players, donors, sponsors and volunteers for their generous support!

The winning foursome was Leaning Rock Financial, who happily donned the traditional green fire jackets for photos and applause. Congratulations! 🔥



Fire on Fairways foursome enjoy a day of golf at Salt Creek Golf Club in Chula Vista. Pictured (L-R) are: Zak Shultz, Erik Olson, Alan Arrollado and Frank De Clercq, President San Diego City Fire Fighters Local 145.

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Medical Legal Consultants, Laura Burchell-Henson
Joseph Wambaugh



Fire Safe Kids Poster Contest



The Burn Institute is inviting local children to submit original artwork featuring fire and burn prevention safety messages for use in its 2012 calendar.

Kids (5-9 years) are asked to submit artwork representing one area of fire/burn prevention. They are encouraged to include seasonal references (i.e. holidays, summer), to be creative and have fun!

Twelve posters will be selected for use in the 2012 Burn Institute calendar. Winning artwork will be displayed at the 21st Annual Fire Expo, June 18, 2011, San Diego County Fairgrounds, Del Mar.

The Grand Prize winner will get the ride of a lifetime – in a fire engine at the Burn Run Parade! Contest is open to children 5-9 years living in San Diego, Imperial, Riverside or San Bernardino counties. Artwork must be submitted NO LATER THAN 5 p.m., Thursday, March 31, 2011 (no exceptions).

Questions? Contact Fabianne Furman at 858-541-2277 Ext. 13 or email Ffurman@burninstitute.org. Visit www.burninstitute.org for more information.



10 VOLUNTEERS



Warren Johnson (second from right) was awarded with the 2010 CHAD Volunteer of the Year Award. Celebrating the honor with him are: (L-R) Di Sutherland, BI Assistant Executive Director/COO; Fabianne Furman, BI Community Outreach Specialist; Kathleen Frampton, Director of Volunteer Services; James Floros, BI Executive Director/CEO, Johnson and his wife Cherie. The event was held at the Contemporary Museum of Art in La Jolla.

Johnson Named Volunteer Of Year – His Goal: Keeping Seniors Safe

On September 15, longtime Burn Institute volunteer Warren Johnson was presented with the Combined Health Agencies Volunteer of the Year Award for his contribution to the local health community. The Burn Institute nominated Johnson for his many years of selfless dedication and service to the organization and its mission. For the past five years, Johnson's work with the Burn Institute has protected thousands of local seniors through the organization's Senior Fire Safety & Smoke Alarm Program.

"I have such a warm spot for the Burn Institute and the fire service – they do so much good work!"

After retirement, Johnson didn't slow down. Instead, he immersed himself in volunteerism and working to better his community. In 2003, the Escondido resident joined the San Marcos Fire Department's Senior Volunteer Group and was trained to inspect smoke alarms and test pressurized items. His next stop was the Burn Institute. In 2004, he began volunteering for the organization (joined in 2006 by good friend, Joe Wolowsky) – and has been involved ever since.

Whether it's installing new alarms, inspecting existing units or replacing batteries, Johnson covers as many homes as he can – targeting North County

communities and mobile home parks. Armed with a friendly smile and helpful burn prevention tips, Johnson provides each homeowner with senior-friendly fire and burn prevention literature covering scald prevention and kitchen safety – and of course, smoke alarms and batteries!

Johnson, who worked his way from truck driver to President of the Special Products Division at Snap-on Tools, said his need to give back comes from his own humble beginnings. "You see so many people who need help. Why not give something back? The smile on some of their faces – it makes you feel good all over!"

A high percentage of seniors live in the North County – in Johnson's community alone there are nearly 20 mobile home parks. However, getting through to seniors can be tough, as he found out at a mobile home park in Vista; after trying in vain to stimulate interest in the smoke alarm program, only a fraction of the 300 residents showed up for his safety presentation. Announcements were ending up in the trash because residents didn't want to invite a stranger into their homes. But Johnson persevered, and came up with the idea to customize flyers for each park with their name. He also emphasized that alarms would be installed or replaced at no charge. Johnson's creative approach worked – the calls came flooding in!

"Warren takes a real interest in the safety of our senior population," said Di Sutherland, BI Assistant Executive Director/COO. "He is a true ambassador of the work we do in the community."

By the Numbers

Since his volunteer service began with the Burn Institute, Johnson is responsible for inspecting nearly 3,700 smoke alarms, installing close to 2,000 new alarms, and replacing more than 1,400 batteries.

Today, Johnson is revisiting homes he once served as old smoke alarm batteries need to be replaced. "We get a chance to replace them with our new ten-year lithium battery," said Johnson, who plans to continue visiting mobile home parks in an attempt to reach seniors who haven't had an inspection.

Between June-October 2010, Johnson has made a difference for hundreds of North County seniors:

	June-Oct 2010	North County Totals (2005-2010)
Resident Contacts:	161	2,479
Alarms inspected:	337	3,694
Alarms Added/ Replaced:	167	1,975
Batteries Replaced:	163	1,483

2011 EVENT CALENDAR

APRIL

12th Annual Firefighter Boot Drive

Date: TBD

Held throughout San Diego County

12th Annual Firefighter Night at the Padres

Date: TBD

PETCO Park, San Diego



MAY

39th Annual Spirit of Courage Awards Banquet

Thursday, May 26

Hyatt Regency La Jolla at Aventine



JUNE

The 21st Annual FIRE EXPO/Firefighter Demo Derby

Saturday, June 18

Del Mar Fairgrounds

Volunteer opportunities are available for many of our events. For more information, call Kathleen Frampton, Director of Volunteer Services at kframpton@burninstitute.org or call **858-541-2277, Ext. 11**. For more event information, call our offices or visit us online at www.burninstitute.org.

Along with his energetic involvement with the BI's Senior Smoke Alarm Program, Johnson and his wife, Cherie, are very loyal donors to the agency. Most recently, they arranged to purchase 1,000 LED nightlights for free distribution to homeowners who have a smoke alarm installed. The Burn Institute thanks the Johnsons for their generosity and congratulates Warren Johnson – CHAD's 2010 Volunteer of the Year! ♡

Volunteers Needed!

Senior Smoke Alarm Installation Program

Individual volunteers and employee-based volunteer groups are needed to install free smoke alarms for seniors. The Burn Institute's popular program is available year-round to qualifying seniors in San Diego County. Seniors must be 55 years or older, own their own home and not have a working smoke alarm. Volunteers are sent out in teams to provide this much-needed service. Spend a few hours per month making your community safer place in which to live!

To volunteer, contact BI Director of Volunteer Services, Kathleen Frampton at 858.541.2277, Ext. 11 / kframpton@burninstitute.org. To schedule an installation, contact BI Community Outreach Specialist, Fabianne Furman at 858-541-2277, Ext. 13 / ffurman@burninstitute.org.

\$250

A \$250 gift will provide a juvenile firesetter intervention, designed to teach children the dangerous consequences of playing with fire.

11th Annual Fire Ball Goes Country!



On October 8, more than 200 guests from across Imperial County headed to the 2010 Viejas Fire Ball gussied up in their best denim, cowboy hats and boots. Formerly held at the Barbara Worth Resort as a semi-formal event, this year's Burn Institute-Imperial Valley Fire Ball adopted a casual tone to match its new venue – the Casa De Mañana Building at the Imperial Valley Expo. Even the food was in theme, as Famous Dave's Barbeque kept guests happy with its saucy selection of country favorites.

The Burn Institute's 2010 Distinguished Service Award went to retired Fire Chief and BI-IV Advisory Board member "Benny" Benavides for his selfless work on behalf of the Burn Institute-Imperial Valley. Benny's son, David Benavides, presented his father with the prestigious award in a touching tribute that included a heartwarming video highlighting his career in the fire service and U.S. Navy. A moment of silence was observed for fallen firefighter, Captain Mark Franks of the Brawley Fire Department, and Congressman Bob Filner's office presented his widow, Lori, with a folded American flag.

In its "Tribute to the Fire Service," the BI-IV honored seven fire service professionals from the Imperial Valley and neighboring communities. The Exceptional Service Award was presented to: Firefighter Marcos Cornejo, Holtville Fire Department; Lieutenant Carrie Cruz, Westmorland Fire Department; Captain/Fire Marshal Chuck Peraza, Brawley Fire Department; Firefighter David Ramirez, the Calipatria Fire Department; Captain Alex Romero, El Centro Fire Department; Firefighter/CEP Juan Ortiz, City of Yuma Fire Department and Captain Danny Stauf, Imperial County Fire Department. Each honoree received a commemorative plaque.

Following the presentation, guests enthusiastically bid on live and silent auction items, purchased opportunity tickets, tried their luck at the casino tables (in hopes of winning a vacation getaway for two), and line-danced the night away to the music of DJ Dubious. When the night was through, nearly \$20,000 had

been raised for the Burn Institute-Imperial Valley. Proceeds from Fire Ball 2010 will be used locally to service the Imperial Valley and its neighboring communities in fire and burn prevention education and support services.

Thank you to Title Sponsor - Viejas Band of Kumeyaay

Indians; Casino Sponsor - SDG&E/Sempra Energy; Associate Sponsors – Home Depot and Wireless Infrastructure Services, and to Contributing Sponsors- Burgers & Beer Inc. and Larry Grogan. Special thanks to Emcee, Cheryl Walker and Victor Jaime, Ph.D. who shared presenting duties with James Floros, Burn Institute Executive Director/CEO. Thanks also to Guest Presenter David Benavides, and to Xtreme Staging Systems/Mario Roacho and Mike Nicholas Photography for their services.

This year's event would not have been possible without the Fire Ball Committee who organized the evening and were responsible for the great auction items and authentic country décor. A very special thank you to the following committee members: Yvonne Cabrera, Tina Hines, Rosa Hernandez, Christine Oczkowski, Bonnie Payne, Faith Payne, Laura Payne and Cynthia Ramirez! ♡



(L-R) David Benavides and his father, Distinguished Service Award recipient Chief "Benny" Benavides, pose with BI-IV Advisory Board Chair Victor Jaime, Ph.D. and Burn Institute Executive Director/CEO James Floros.

Fill-the-Boot at NASCAR – Everyone's a Winner



Firefighters from throughout the Inland Empire recently joined in "Fill-the-Boot" efforts at the Auto Club Speedway in Fontana to support the Burn Institute-Inland Empire (BI-IE).

Volunteers began the weekend's activities at Fan Night Thursday, October 7, and met the first wave of enthusiastic NASCAR fans, as they viewed the cars and got autographs from the drivers. The donations collected from the weekend's efforts went to the BI-IE's *Camp Beyond The Scars*.

Among those volunteering were approximately 30 pre-Fire Academy students from Crafton Hills College. Their instructor and BI-IE Board Member, Terry Koeper, a professor of Fire Science, wanted the students to learn that becoming Firefighters carries with it a sense of responsibility to others.

"We've been supporting the programs of the Burn Institute-Inland Empire for many years, said Koeper," and there's nothing more important, or more meaningful, than helping send deserving children to the camp in Big Bear."

The volunteers were back at the Speedway that Saturday for NASCAR's fourth Sprint Cup Series Chase of the season. And again on Sunday for the final NASCAR Sprint Cup race of the fall season.



Firefighter Ray Orozco with the Riverside City Fire Department helps a youngster "Fill-the-Boot" at the Auto Club Speedway in Fontana for NASCAR weekend in October.

Fill-the-Boot is a tradition at the Speedway, so many spectators already have their money in-hand, ready to drop in a boot, as they come through the gate. BI-IE Director Sherri Laffey said \$5,125 was collected over the three-day effort at NASCAR. "It was another successful and memorable event!" ♡

Straight into the Corner Pocket: Pool Tourney a Hit

As a board member of the Corona Fire Safety Foundation, Alan Monroe already understands the devastation of fire. But after he saw a presentation by the Burn Institute-Inland Empire (BI-IE) about children with burns and their experiences at *Camp Beyond The Scars*, he became determined to help.

"I saw the courage these survivors have, and how this special (camp) experience can help them to be strong," Monroe said. "It touched my heart."

On Saturday November 6, Shooters Sports Grill in Riverside hosted the tournament. The event was open to everyone, regardless of skill level, and 19 teams signed up to participate. Kimberly Pankonin, Regional Director of the American Pool Association (APA), was on hand to oversee the tournament and The Gas Company generously matched each entry fee paid by a First Responder (up to \$1,000).

Trophies were awarded to the winning teams: 1st Place - Bill Alden/Shirell Ivey; 2nd Place - Mary Ann Starkey/Fernando Cardona, (Corona Fire Dept.); 3rd Place - Kim Starkey/Ken Kel, and 4th Place - David Aguirre/Jessie Chance. Congratulations to the winners!

The successful event raised more than \$1,600. Event proceeds will serve local burn-injured children and the BI-IE's winter *Camp Beyond The Scars*, to be held Feb. 18-21 in Big Bear. Monroe and the BI-IE staff were encouraged by the turnout of the inaugural event. "Next year we may consider adding a competition between fire departments," he said, "to make things even more interesting!" ♡



(L-R): Board member of the Corona Fire Safety Foundation, Alan Monroe; Regional Director of the American Pool Association, Kimberly Pankonin; BI-IE Director, Sherri Laffey accept a donation from The Gas Company from BI-IE Board Member, Robert Visconti.

Programs and Services

Fire and Burn Prevention Education

- Burni the Dragon's Preschool Curriculum Guide
- Child Care Burn Prevention
- Emergency Preparedness in the Workplace (Nominal Fee)
- **Fire Safe Kids Program & Website (K-3)**
- First Responder Smoke Alarm Program
- It's Your Choice 1 & 2
- Juvenile Firesetter Program
- Senior Fire Safety & Smoke Alarm Program
- Wildfire Guide

Burn Research

- Funding Vital Burn Research and Treatment

Burn Survivor Support

- Adult Support Group
- *Camp Beyond The Scars* for Burn-Injured Children
- Emergency Needs/Special Assistance Fund
- Holiday Party
- Mentorship Program
- Retreat for Adult Burn Survivors
- Scholarship Program
- School Re-Entry Program
- SOAR Peer Support

Community Service

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

Beacon Bits

- The Burn Institute Board of Directors would like to welcome new Board Member Dr. Timothy O'Malley Ph.D of USD. And welcome to new Advisory Board Members Dan Feldman of Sunroad Enterprises and Captain Ron Hollander of Federal Fire.
- A warm welcome to new Burn Institute staff members: Kelsey Warren - Special Events Manager, and Fabianne Furman - Community Outreach Specialist / JFS Interventionist.
- A fond farewell to outgoing staff members, Kasey Shephard and Gwen Lammers.
- Thank you to the Blue Thong Society (El Cajon and Santee chapters), for their generous donation of school supplies and backpacks. In August, the stuffed backpacks were distributed to burn injured children in the East County.
- Thank you to the New Venture Christian Fellowship of Oceanside for choosing to support the BI's Burn Survivor Support Programs benefitting burn-injured children. By all accounts, their 22nd Annual Autumnfest held November 5 was a tremendous success!
- In the Summer Edition, the second and third place winners for the 2010 Firefighter Demolition Derby were incorrectly identified. Division Chief Bob Pfohl of the Viejas Fire Department came in second, and Matt Newlin of Carlsbad Fire came in third place. We regret the error.

You are reading the Fall/Winter 2010 issue of the Burn Institute Beacon. Please don't throw this newsletter away! Pass it along to a friend. If you know someone who would like to receive this publication, would like to be removed from our mailing list, or if you have an address change, please e-mail kframpton@burninstitute.org.

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Irma Covarrubias
Development Coordinator

Kathleen Frampton
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Dana Kuhn
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i Program Highlight

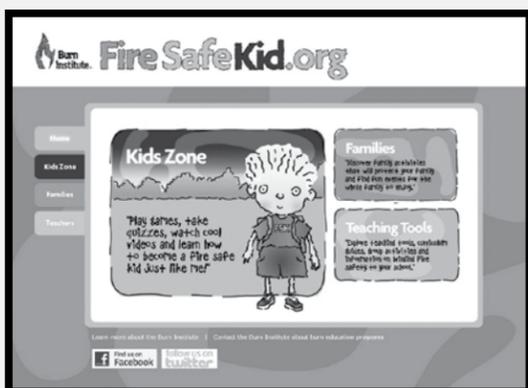
Fire Safe Kids Program & Website (K-3)

The Burn Institute's Fire Safe Kids Program is a school-based fire and burn prevention curriculum geared to children (K-3). The dynamic program is designed to keep youngsters entertained and involved through the use of colorful characters, video clips of familiar community professionals (firefighter, teacher and police officer) and student participation to help reinforce key safety messages.

Designed by local educators, child development specialists and fire service professionals, lessons include: "Stop, Drop and Roll," how to escape fire and scald prevention, among others.

The program is available in English and Spanish at no cost to schools within San Diego County for children (K-3). A colorful bag of goodies goes home to each child. Take home materials and the website www.firesafekid.org are designed to supplement the classroom program.

To Request a Program in Your School:
Visit www.firesafekid.org for a request form or contact Fabianne Furman, Community Outreach Specialist, at 858-541-2277 Ext. 13, or e-mail ffurman@burninstitute.org.



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Burn Institute Beacon
Published by:
Burn Institute

Managing Editor
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dsparacino@burninstitute.org

Design & Layout
Kramer Design
www.kramerdesign.com

Printing
Bordeaux, an L+L Printers Company
www.bordeauxprint.com