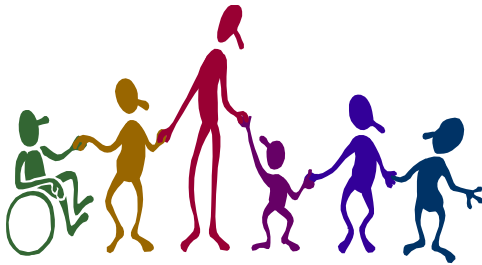


The BurnNet

November 2015, Volume 34, No. 11



OUR GROUP MEETING

Thursday, **November 5**, 7:30-9:00pm

Directors Conference Room

First Floor, Main Hospital

All survivors of burns or necrotizing fasciitis and their family and friends are welcome.

For more information call (916) 734-5596.

OTHER SUPPORT OPTIONS

- Bothin Burn Center Burn Support Group, San Francisco
4th Thursday of each month, 11:30 am – 1:00 pm
Call 800-755-2876 for details and directions

- Santa Clara Burn Support Group, San Jose
1st Tuesday of each month, 7:30 pm – 9:00 pm
Call 408-885-6670 for details and directions

- Phoenix Society – Live Online Support at www.phoenix-society.org

- **Peer Support**

Every Wednesday 6:00 – 7:30PM PST

- **Facilitated Parent Support**

Second Monday of each month 6:00-7:30PM PST



QUOTE



I am so beautiful, sometimes people weep when they see me. And it has nothing to do with what I look like really, it is just that I gave myself the power to say that I am beautiful, and if I could do that, maybe there is hope for them too. And the great divide between the beautiful and the ugly will cease to be.

Because we are all what we choose.
— Margaret Cho

ARE YOU RECEIVING THE BURNNET VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet every month?

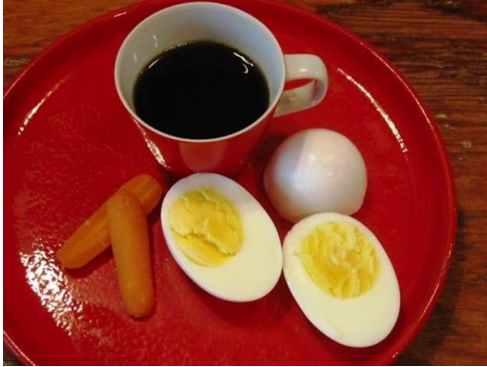
Email Deb Jones RN at: debjones@ucdavis.edu

ARE YOU A CARROT, AN EGG OR A COFFEE BEAN?

A young woman went to her grandmother and told her about her life and how things were so hard for her. She was devastated and did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as soon as one problem was solved, a new one arose.

Her grandmother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.



Turning to her granddaughter, she asked, 'Tell me what you see.' 'Carrots, eggs, and coffee,' she replied.

Her grandmother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The grandmother then asked the granddaughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, the grandmother asked the granddaughter to sip the coffee. The granddaughter smiled as she tasted its rich aroma. The granddaughter then asked, 'What does it mean, grandmother?'

Her grandmother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her granddaughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level?

How do you handle adversity? Are you a carrot, an egg or a coffee bean?

~Unknown author

PRESSURE GARMENT ASSISTANCE AVAILABLE

Patients who have problems with the fit or delivery of their garments can get help by calling the representative who fitted you first. In most cases, as a patient treated at UC Davis Regional Burn Center, that would be Heather Weidle of Enhance by Linda Reib. Her office phone number is 916-638-2508. Burn survivors should always act quickly anytime pressure garment problems are perceived. Don't be shy about this. Your recovery is dependent on being your own patient advocate.



UPCOMING EVENTS



November 6, 2015 FFBI SECOND ALARM CHILI COOK-OFF 2015

California Auto Museum, 6:30-10:30pm

Chili tasting, beer tasting, raffle, silent auction, live music and much more!

Presale Tickets: \$30 Adults/\$15 Children 12 & Under/\$300 Reserves a table for 10

Purchase tickets through Eventbrite or at the FFBI Office. To participate as a contestant, contact Rachel at (916) 739-8525 or rachel@ffburn.org.



November 13-15, 2015 LITTLE HEROES PRESCHOOL BURN CAMP

Camp Arroyo, Livermore, CA This camp is a model burn recovery program focusing on burn survivors ages 3 to 6 years old and their families. For more information, please contact the FFBI at (916) 739-8525 or ka@ffburn.org



January 23, 2016 KIWANIS CLUB of CITRUS HEIGHTS 30th ANNUAL CRAB FEED

Citrus Heights Community Center, 6300 Fountain Square Drive. Doors open at 6:00pm.

Dinner at 7:00pm. Door prizes. Raffle. Silent auction. Live auction. Music. \$50 per person

or \$450 for Table of 10. Proceeds benefit Kiwanis Family House. For more information

call Mark Casha at 530-368-6080 or marcusdc@comcast.net

TURKEY FRYER SAFETY

NFPA discourages the use of outdoor gas-fueled turkey fryers that cook the turkey in hot oil. The use of turkey fryers can lead to devastating burns, other injuries and the destruction of property.

The Dangers of Turkey Fryers

- Hot oil may splash or spill during the cooking. Contact between hot oil and skin could result in serious injury.
- A hot oil spill can happen with fryers designed for outdoor use using a stand. The fryer could tip over or collapse causing the hot oil to spill. Newer countertop units using a solid base appear to reduce this risk. NFPA does not believe the risks of either type of turkey fryer to be acceptable because of the large amount of hot oil involved and the speed and severity of burns.
- In deep frying, oil is heated to temperatures of 350° Fahrenheit or more. Cooking oil is combustible. If it is heated above its cooking temperature, its vapors can ignite.
- Propane-fired turkey fryers must be used outdoors. They are very popular for Thanksgiving. Many parts of the country may have rain or snow at this time of year. If rain or snow hits the hot cooking oil, the oil may splatter or turn to steam, leading to burns.
- Turkeys must be completely thawed before placing in the fryer, because a partially thawed turkey will cause the oil to splatter causing serious burns.
- The fryers use a lot of oil, about five gallons. Considering the size and weight of the turkey, extreme caution must be taken when placing and removing the turkey from the fryer to be sure it is not dropped back into the fryer, splattering the oil on the chef.

NFPA urges those who prefer fried turkey to look for grocery stores, specialty food retailers, and restaurants that sell deep fried turkeys, or consider a new type of "oil-less" turkey fryer."

Learn more at www.nfpa.org/education



DEB JONES' HIGH-PROTEIN RECIPE

How many of you knew that baking cakes and cheesecakes helped me pay for nursing school MANY years ago? For those of you still healing, and those of you that just like rich desserts, you may enjoy this tasty high-protein holiday dessert.

Orange Chèvre Cheesecake with Cranberry Sauce

Makes 12 servings. About 28g protein per serving.

Crust:

8 oz gingersnaps

4 Tbsp unsalted butter, melted

Filling:

8 oz Chèvre (goat cheese), room temperature

8 oz cream cheese, room temperature

2/3 cup sugar

1/8 tsp salt

2 eggs

2 tsp orange-flavored liqueur, such as Cointreau

Or use thawed concentrated orange juice

1 tsp vanilla extract



Preheat oven to 350°F. Place 12 cupcake liners into a standard muffin tin. Finely ground gingersnaps in food processor- makes about 1 cup. Pour melted butter in and process until well-combined. Press 2 Tablespoons of gingersnap-butter firmly into bottom of each liner.

Beat goat cheese and cream cheese with a hand mixer on low until smooth. Add sugar and salt, beat until combined. Add eggs one at a time-beating well between each; then the orange liqueur or juice and vanilla. Beat on high until smooth-about 2 minutes. Pour evenly into muffin liners. Bake at 350 degrees for 15 minutes. Cool to room temperature, then refrigerate until cold.

Quick Cranberry Sauce

1/3 cup sugar

1/2 cup water

1 cup of fresh cranberries

Boil sugar and water together for 5 minutes. Add cranberries and boil without stirring until all the skins pop open (about 5 minutes). Remove from heat and allow the sauce to remain in the pan until cool.

Serve with or without liners. Spoon cranberries on top of each cake before serving.