

THE CBSC **newsletter**

WINTER 2019



## Welcome

Welcome to our second newsletter. The Canadian Burns Survivors Community (CBSC) is a community of burn survivors, firefighters, burn unit staff member and advisors who have come together to offer support and education to any person or people that have been affected by the trauma of burns. We have been working since 2007 to offer support to burn survivors and family members of survivors in a variety of ways. Our main work is to ensure that biennial conferences for burn survivors

take place across the country; we select the host groups and help with the planning and execution of the conferences. We also maintain a website that is often used by Canadians who have experienced burns to help them get connected in their own communities to local organizations or survivors.

# Burn Awareness Week – February 3-9, 2019

Burn Awareness Week is a coast-to-coast campaign in Canada and the USA dedicated to informing the general public of burn prevention education, provide information and materials on a variety of subjects relating to burn awareness and prevention tips.

## Newsletter Interview and Profile

### **John Westhaver**

*Burn Survivor & Co-Chair of the CBSC & Professional Speaker*

At the age of 18, John was involved in a vehicle crash that left him with burns to 75% of his body and took the lives of three of his friends. John moved to Victoria, BC from St. Stephen, NB in 2000. This is where he was introduced to his first peer support group.

John has been involved with the Peer Support Group for Burn Survivors Victoria, BC since 2001 and is now the Co-chair of this group along with Michael Cook. He is S.O.A.R. trained by the Phoenix Society for Burn Survivors. John and the support group works closely with the staff at the Royal Jubilee Hospital in Victoria, BC to support patients who have experienced burn traumas. Alongside a retired nurse, John coordinates the Burn Awareness Week activities put on by the Firefighters Burn Fund Victoria, BC. He also serves on the board of directors of the Firefighters Burn Fund Victoria, BC.

Currently, John works fulltime as a Professional Speaker and he has been speaking to high schools for 16 years on Road Safety and motivation. John is passionate about making the difference in the world that will last the test of time. He is on a mission to help people understand the power of personally responsible in all areas of life. John has an extraordinary life and is committed that others not only see that they can have an awesome life, but he helps them take actions that will have then obtain that life.

In 2012, John received the Queen Elizabeth II Diamond Jubilee Medal because of his work in the community and schools. In 2017, John received the Coast Mental Health Courage to Come Back Award. John is a decorated speaker and loves making the difference in the world.

In 5 years, John hopes to continue serving our burn survivor community. He hopes to have written a book and published several articles on overcoming trauma and living an extraordinary life



# Go for the Burn Run Winnipeg, Manitoba – April 27, 2019



## 5th Annual Go For the Burn Run

**Saturday, April 27, 2019**

at beautiful Assiniboine Park

**10K timed Run, 5K timed Run/Walk,  
3K Youth Run & 3K Walk**  
Wheelchair participants welcome

Hot breakfast will be served after the run

Medals for all 5K and 10K participants and Bronze,  
Silver and Gold medals for top finishers

T-shirt for each registrant

Go to [www.gofortheburn.ca](http://www.gofortheburn.ca) for more information

Register after January 8 at  
[www.runningroom.com](http://www.runningroom.com)



# 2018 Mamingwey Burn Survivor Conference

The Mamingwey Burn Survivor Society held its 21th annual Burn Survivor gathering on October 19 and 20, 2018 at the Canad Inns Polo Park Hotel in Winnipeg. The theme this year was “Not all Scars are Visible”.

Seventy-five burn survivors, their family members as well as Burn Unit staff from Manitoba attended this 2-day conference. The atmosphere was very uplifting and had a feeling of a family gathering, as people reconnected with other survivors, family members and hospital staff.

Keynote speaker Kelly Falardeau opened the conference by speaking on the theme “Not all Scars are Visible”. She shared her experiences of being burned as a two-year-old in a camp fire accident, which resulted in years of reconstructive surgeries as she grew up. She discussed her struggle and the hardship of not feeling beautiful and being labelled as the “ugly scar faced girl” for most of her life. Kelly revealed her vulnerabilities of wanting to be accepted by the world. With strength and determination, Kelly has moved towards acceptance, and works as a motivational speaker to improve people’s self-worth and confidence; she strives to make sure everyone knows their inner beauty. Kelly also shared her project “Blankets for Burn kids”. Several Manitoba rotary clubs offered monetary sponsorship for a blanket to be given to each kid at Manitoba’s Firefighters’ Burn Fund burn camp, Camp Phoenix, next year.

Sandi Mitchell spoke on the topic of Vicarious Trauma, she led her discussion on the signs and symptoms of what Vicarious trauma is and how easily it can be present in our daily lives from being over-stressed while being in



a caregiving role. She talked in relation to care givers of burn survivors which includes family, friends and health care professionals.

Sara-Jane Milne, Occupational Therapist, presented on the dangers of the internet when looking up health information. Her presentation was very informative and gave tips and tricks on how to know if the information you are obtaining is accurate and factual.

We heard about The Firefighters’ Burn Fund from Chair, Martin Johnson and Vice-Chair Jim Abram; they talked about the history of the Fund as well how they wanted to help burn survivors throughout their journey, and not just during the fire or accident.

Two of our local survivors and one family member of a burn survivor spoke as a panel, discussing their lives after being affected by a burn injury and how not all scars are visible. Their struggles and triumphs were told from the heart and many in our audience related to their words and were moved.



**Kelly Falardeau**



**Blankets for Burn Kids**

# The 2019 37th Annual Bowlarama For Burn Care

Conference attendees participated in several sharing circles, which are considered a most valuable healing experience. Survivors, family and friends of survivors as well as the health care professionals had separate meetings and were able to share their distinct journeys.

The conference closed with a banquet dinner including a local jazz trio who ensured we had some great entertainment and an upbeat atmosphere.

The Mamingwey Burn Survivor Society would like to thank our sponsors: The Firefighters' Burn Fund Inc., the Health Sciences Centre Foundation, as well as the Manitoba Government, Manitoba Hydro, Sobey's Birds Hill, Bio Oil, Century 21 Carrie.com, and Marie Alkana for their generous contributions that made this event possible.

We are very excited for the next conference, which is booked for October 19 and 20, 2019, at the same location. For more information, please email chair-person Barbara-Anne Hodge at [barb@hodgefamily.ca](mailto:barb@hodgefamily.ca) or visit our website at [www.mamingwey.ca](http://www.mamingwey.ca)



## **Nova Scotia Fire Fighters Burn Treatment Society**

P.O. Box 481 Dartmouth Main  
Dartmouth, Nova Scotia B2Y 3Y8  
Ph: 902.471.4328  
Fax: 902.835.0166  
Email: [info@nsffbts.ca](mailto:info@nsffbts.ca)

## **37th Annual Bowlarama for Burn Care**

April 27th, 2019  
South Centre Mall Bowlarama  
16 Dentith Road, Halifax  
Time: 11:30am  
Food & Prizes  
Licensed Premises

***"Taking Pride in Helping Others"***



# 2018 Canadian Burn Association Meeting



**Spencer Beach**

On October 28, 2018, I attended the 5th Canadian Burn Conference in Toronto. This conference currently has 2 teaching streams – an academic program for health care professionals who work

with burn survivors in hospitals and clinics across the country (surgeons, nurses, physio and occupational therapists, dietitians, etc.) as well as a first responder program for firefighters and paramedics.

The opening lecture was entitled “What really matters to burn survivors” and was given by Spencer Beach, a burn survivor who gives motivational and safety awareness talks across North America. Spencer delivered a very insightful and moving presentation on healing after a burn, which was very enthusiastically received by the audience. The 2-day conference then proceeded with academic lectures addressing challenges in modern burn care, research, rehabilitation, and special interested group meetings, while the first responder stream discussed a variety of issues faced by firefighters.

An important milestone was reached at this conference. The Canadian Burn Association was officially launched. It is a registered not-for-profit organization that will be membership based and will be the host organization for future Canadian Burn Conferences. While there, I

met with conference program director Dr. Marc Jeschke and committee member Dr. Sarvesh Logsetty, as well as Kathryn Andrews Clay, Executive Director of the Canadian Skin Patient Alliance. We discussed the possibility of the CBSC partnering with the Canadian Burn Association for future conferences so that a burn survivor stream could be added to their program. We are in early stages of working out how this will mesh with the current CBSC conferences that take place every 2 years, however the discussion was very positive, and we will publish updates in future newsletters.

For now, please mark your calendars for the next CBSC conference which will take place in Vancouver, BC from May 20 to 23, 2020. This conference will be hosted by the BC Professional Fire Fighters’ Burn Fund.

*Submitted by Barbara-Anne Hodge, Co-Chair, CBSC*



# Calgary Firefighters Burn Treatment Society

The Calgary Firefighters Burn Treatment Society is very pleased to announce that they have extended their funding agreement with the University of Calgary Veterinary Medicine Program for an additional five years.

The CFBTS will donate \$1 million over the next five years to fund the CFBTS Chair in Skin Regeneration and Wound Healing. The Chair position is currently held by Dr. Jeff Biernaskie, and this is the second \$1 million commitment that the Calgary Firefighters Burn Treatment Society has made to the University of Calgary for research. Through the use of stem cells the Biernaskie's lab has made large strides in their research. The ultimate goal is to eliminate many of the physical and psychological effects of burn injuries using dermal stem cells. The hope is that skin grafts in the future will have increased performance such as oil production, hair growth, temperature regulation, and the ability to sweat making the injured area closer to uninjured skin.

The Calgary Firefighters Burn Treatment Society has made funding research one of their priorities. Continuing this unique partnership was an easy decision for the CFBTS.



The lab has published dozens of papers over the last five years and has been recognized internationally for their work.



“We have a great relationship with Dr. Biernaskie and are very proud that we are a part of the work that he and his team are doing.” says CFBTS president Jim Fisher. “We are excited to see the evolution over the next 5 years.”

As part of the new agreement the lab will be utilized as a training environment for post-graduate medicine and surgical residents working at the Calgary Firefighters Burn Treatment Centre. This one-of-a-kind partnership will provide many unique learning opportunities for the residents at the centre.

In 2018 the Calgary Firefighters Burn Treatment Society celebrated it's 40th year of Fundraising for Burn Care in Southern Alberta. We called as many Directors from past and present to network and pose for a picture in front of 'Old Number One' Firehall. It was great to pick the brains of these firefighters from yesteryear and discuss their incredible forethought which led to the inception of our Charitable Society.

The Calgary Burn Survivor Group partnered with the Calgary Firefighters Burn Treatment Society will be putting on a FUN-draising Run on May 26th, as part of the Scotiabank Calgary Marathon. There will be 5km, 10km, half and full marathon, and even an ultra. Come out and help us celebrate the day! For details, check back at [www.cfbts.org](http://www.cfbts.org)

# Featured Burn Care Organizations

## BC Professional Firefighters Burn Fund

Four decades ago Fire Fighters visiting patients in the Burn Unit saw a critical need and started contributing money for Burn Unit medical equipment and to help patients on their journey to recovery. Inspired by such spontaneous generosity, Captain Alex Blake from the Coquitlam Fire Department proposed a province-wide initiative.....And the BC Professional Fire Fighters' Burn Fund was formed.

The Future is Mine – Adult Burn Survivor Program has a variety of social, support and educational programming – typically several events each month are scheduled throughout the Lower Mainland and Province.

*Future Is Mine – Heather Lynn Beveridge, Survivor Services Coordinator*

### **We are available to:**

- Share information about support and recovery of burn & trauma
- Discuss benefits of the tools available through The Future is Mine
- Request resource information for survivors
- Inform you of activities and programs offered through The Future is Mine



For information about The Future is Mine and the Adult Burn Survivor Program, please contact the Burn Fund office.

Email: [survivorservices@burnfund.org](mailto:survivorservices@burnfund.org)

Phone: 604-436-5617

Going into our 16th year with events for you and your family & friends to enjoy! All these free activities have been sponsored and we hope you will join in and meet the members of this great and positive community!

# Other Programs We Support

## Young Burn Survivors Camp - July 21-26, 2019

- Thanks to the support of donors and sponsors, the Burn Fund covers the campers' travel, accommodation and the cost of coordinating and operating the camp.

## Prevention and Education

- Most burns are preventable.
- Through school curriculum, education materials and community activities the Burn Fund, and its professional fire fighter members, are committed to increasing public awareness of potentially dangerous situations, and how they can be avoided.

## Burn Units and Research

- BC Professional Fire Fighters' Burn, Plastic and High Acuity at Vancouver General Hospital or the Children's Burn Program at BC Children's Hospital

## Ways to Help

- Programs of the Burn Fund are funded entirely by community support, both directly through gifts to the Burn Fund, and through the generous initiatives of Fire Fighter locals in British Columbia and the Yukon.

## Burn Fund Centre

- A home away from home for patients and families while undergoing treatment, on discharge transition or returning for follow up treatment.

## Contact Us

Website: [www.burnfund.org](http://www.burnfund.org)

Email: [info@burnfund.org](mailto:info@burnfund.org)

Phone: (604) 436-5617

## Mailing Address

3891 Main Street

Vancouver, BC

V5V 3P1, Canada



# Next CBSC Conference – Vancouver, BC 2020

Mark your calendars May 20 to 23, 2020 for our next conference at the Pinnacle Hotel Harbourfront in Vancouver, BC as hosted by the BC Professional Firefighters Burn Fund. More details to follow as they are available.



## LOCATION:

Pinnacle Harbourfront—To book your room at a discounted rate online, please use the link:  
[bit.ly/burnsurvivors2020](http://bit.ly/burnsurvivors2020)

*(Group rate also in effect up to three days before and after the conference.)*

PINNACLE HOTEL  
HARBOURFRONT

## REGISTRATION:

Before February 20, 2020: \$325 per person

After February 21, 2020: \$375 per person

On-Site Registration: \$375 per person

Optional Day Rate: \$145 per person

# Calendar of Future Events – February to May 2019

**February 3 – 9, 2019** - Burn Awareness Week – (Canada and USA)

- the Firefighter's Burn Fund Victoria, BC will have a Burn Awareness display at the Royal Jubilee Hospital all week.

**April 13, 2019** – CBSC Executive and Director's Conference Call

**April 27, 2019** – Go for the Burn Run – Winnipeg, MB

**April 27, 2019** - Bowlarama for Burn Care – Halifax, NS (NSFFBTS)

## Website Update – [www.canadianburnsurvivors.ca](http://www.canadianburnsurvivors.ca)

Our website has been updated recently to added copies of our newsletters and ensuring the board information is current. A huge thank-you to Kyle Hynes for volunteering to take on this task.

## Newsletter Submissions

Please submit any submissions for our quarterly newsletter to Michael and Sandy Cook: [michaeldcook@shaw.ca](mailto:michaeldcook@shaw.ca)