



Burn Support Group Charitable Trust, Inc Auckland

March 2011

Wow !!! I don't know about you but I can't believe it's March already. I hope everyone had a lovely Christmas and New Year and you are enjoying the last of this amazing summer we've had.

Our thoughts are with everyone in Christchurch, if there is anything we can please let us know.

Take a break and enjoy our first newsletter for the year. ☺

"Happy are those who dream dreams and are ready to pay the price to make them come true"

The new Auckland 2011/12 Entertainment™ Book is available for presales from now until 31 March 2011. The Entertainment™ Book is a local restaurant and activity guide which provides 25% to 50% off and 2-for-1 offers from the finest restaurants, activities and accommodation throughout Auckland. Pre purchase yours now and receive an extra sheet of bonus vouchers from businesses new to the Book this year (limited availability, so get in fast). Books are distributed in early April and are valid until 1 June 2012. To pre-order your copy, visit www.burns.org.nz or call Carrie on (09) 276 0250. Burn Support Group Charitable Trust receives \$13 for each Book sold.





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Camp KIA KAHA 2011

Yes! The day had finally arrived! Fifteen of us gathered at the Kiwi International Hotel in Auckland, where the out of towners had stayed the previous night. We all waited patiently and as the bus arrived the children piled on, feeling excited about what was in store for us at Camp.

Once we arrived the children picked out their beds and then eagerly waited for their next instruction. The camp manager came over and gave us the rules and then we were off to explore the camp grounds before lunch. It was a beautiful day so after lunch the children were ready to get on the water slide and have some fun!!!



The activities at camp were great, each child had the opportunity and were encouraged to take part in all the activities which included Kayaking, flying fox, water slide, confidence course, archery, trolleys and much more.

Delwyn Breslau the founder of the Burn Support Group and her husband Alan, a burn survivor himself, came out Saturday afternoon and stayed the night with us.

After dinner Alan introduced the "Talking Stick". It gave the kids the opportunity to share their feelings and experiences by passing the stick around the group and using it as a talking post. A few of the children spoke which was really brave of them and the parents gave it a go as well, with a few tears shed.



That night we made smores with biscuits and toasted marshmallows and sat around a bonfire and played chinese whispers. With a group of imaginative children the story's that came out in the end were never the same which made everyone roar with laughter.

Camp was drawing to an end which left everyone a little sad. As Sunday morning rolled around, we all cleaned up our cabins and packed our bags. We then went off to try our luck on the trolleys, which were steered by ropes and had no brakes! Nail biting to say the least! Every time a child came around that corner, with a smile ear to ear, heading straight towards you at top speed was scary stuff!

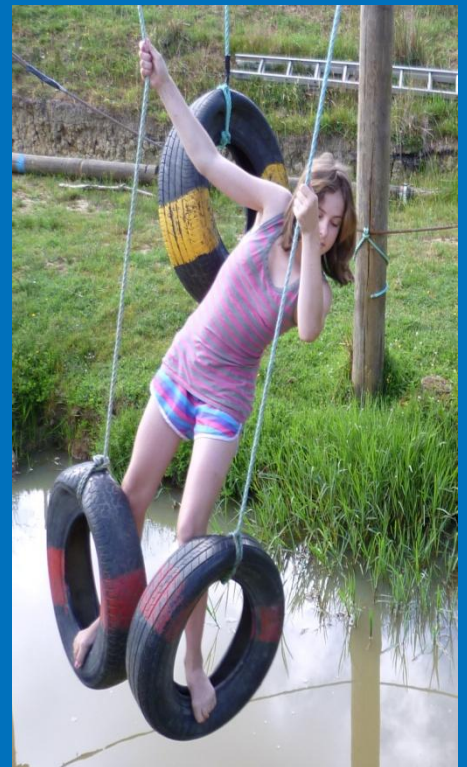
Lunch was put on so that the parents and friends of burn support could join us. Our adult burn survivors, Heather, Cameron, Erik and Melissa spoke about their experiences and how they coped as kids.

It was the perfect end to an amazing weekend and it left me feeling so privileged to be a part of it.

Camp mamma will miss everyone and can't wait for 2012.



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Aint no place I'd rather be !!!



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Presidents Corner

Wow what a Christmas. Only 11 and 1/2 months to go before we do it all again.

Hope that you made that New Year's resolution to either lose that extra bit of weight around the tummy or in my case I am buying bigger clothes. hahahahahahaha

Burn Camp 2011, was a raving success, in my opinion. When I visited the Camp on the last day to take part in the BBQ and the chat under the tree, I came away feeling pretty special. Why? Because I am the President of a special team and I am so lucky to have this opportunity to be a part of this group. Also because what I got back from all in attendance was a 100 fold for what I put in.

The team gets 10 ticks for their effort and the challenge for us all now is to do it bigger and better next year.

So get those expressions of interest to Carrie NOW if you want to come to next year's camp. We have a few places we are looking at now.

We have unfortunately moved out of the Middlemore Hospital Facilities. This was a very sad day for BSG but we must move on. Carrie is working from her home now, as an interim. I hope to be able to give you the good news about our new permanent relocation in the next Newsletter. Watch this space.

Very special thanks to Carrie and here Whanau for doing this very special thing.

This Month's Saying from George

To receive is great, but to give and receive back is good too, but to give and acknowledge that what you have given has made a difference, is supreme to me.

Please give us your feedback, positive and negative, so we can look at it and give it back (better) with interest.

This is **YOUR** Board working for **YOUR** needs and all we ask is your support. Tell a friend about us.

Take care, love one another, heaps, because tomorrow maybe too late.

*George Stephens,
President*



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WORDS OF INSPIRATION

Here is a list of inspiring words for you that will help you build your self esteem and help you feel better about yourself.

Your Self Esteem and Happiness:

- *Listen to your inner voice and follow it for it is wisdom and knows what is best for you.*
- *Talk health, happiness and prosperity to every person you meet.*
- *Think only of the best, to work only for the best and expect only the best-you deserve nothing less.*
- *Care about the happiness and success of others and offer them all the help and encouragement they need.*
- *Forget your past mistakes and focus on your successes encouraging yourself to greater achievements in the future.*
- *Always do your best so you can be proud that you gave it your best shot.*
- *When you help someone ask nothing in return, you will receive your reward ten times over.*

More words of inspiration :

- *Don't be afraid to go out on a limb...that's where the fruit is*
- *The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else. -- E. E. Cummings*
- *You cannot be lonely if you like the person you're alone with. -- Wayne Dyer*
- *Insist on yourself. Never imitate - Ralph Waldo Emerson*

Inspiration is something we all need from time to time. Are you feeling down? Lost your way or your direction? Bored? Perhaps you've taken a knock and feel rather negative about life. Whatever you feel and whatever the cause nothing has the power to motivate you like words.

Words of inspiration can inspire you daily - if you repeat them they become affirmations

The following three books are the very best on this topic, and are **highly recommend**.

#1 [Words to live by: Inspiration for everyday](#) by Eknath Easwaran ****

#2 [Motivating Quotes for Motivated People](#) ****

#3 [Healing words for the body, mind and spirit: 101 ways to inspire and affirm](#) by Caren Goldman



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Beautiful: A Beautiful Girl, an Evil Man, One Inspiring True Story of Courage.

A harrowing but ultimately inspiring memoir of how one girl's beautiful face was destroyed after a vicious acid attack, and her tremendous courage to fight back to life.

Katie Piper

BURN SUPPORTS NEW LOOK!!!

We are updating our website, not long now
and you'll be able to have a look for
yourselves!!!

I'll let you know once everything is perfect
and we've changed over 😊



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Camp 2012!!!

Our next children's camp. We've already started planning so

Register your interest by emailing Nathalie at education@burns.org.nz or calling our office on 09 276 0250. Camp attendance is FREE for children aged between 7 and 18; but we will be requesting that a \$20 donation from parents be sent along with the required permission forms as a sign of their commitment.



JOIN US ON FACEBOOK

Join the Burn Support Group on Facebook – search for 'Burn Support Group Charitable Trust' and become a member today!!!



Newsletter Contributions

If you have any comments about the contents of this newsletter or ideas for future newsletters please don't hesitate in contacting: nathalie@burns.org.nz or carrie@burns.org.nz.

Kind regards,
Carrie Trow, Nathalie Johnson & all the board members from Burn Support Group Charitable Trust Inc.



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BURN SUPPORT GROUP CHARITABLE TRUST, INC

Phone: **09 276 0250** Email: info@burns.org.nz

Name: _____ Phone: _____

Address: _____

Email: _____

- Thank you; please delete my name from your mailing list.
- I wish to receive the BSG newsletter, please add me to your mailing list.
- My address has changed my new address is:

- I would like the Burn Support Group to contact me.
- I enclose a donation of \$_____ for the Burn Support Group Charitable Trust.
(All donations are tax deductible.)

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To make a donation by direct debit please use the details below:

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