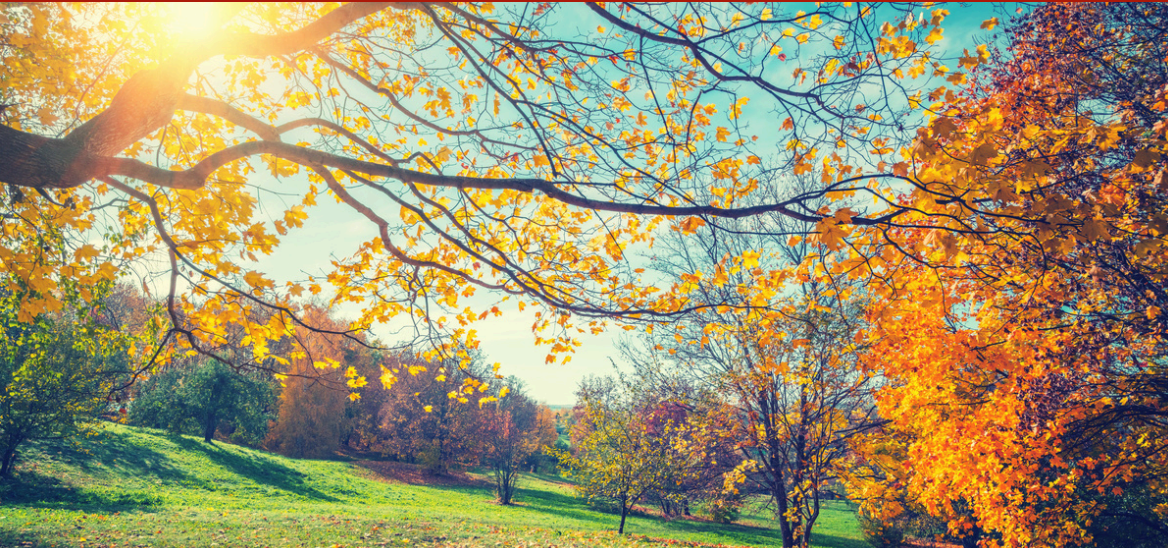


FALL 2024

Canadian Burn Survivors Community



What's Inside?

- Past & Upcoming Events
- Wellness
- Important Information
- How to Contact Us

Welcome

A message from our Chair

Hi everyone, welcome to our 2024 Fall Newsletter.

Thank you to all our volunteer board members for their dedicated work in supporting our bi-weekly Wednesday Chats, which provide valuable peer support to burn survivors, their families, and caregivers.

The next in-person Canadian Burn Survivor Conference is scheduled for April 30 to May 3, 2025 in Victoria, BC as hosted by the BC Professional Firefighters Burn Fund.

Please enjoy the newsletter and thank you to our Communications Committee Chair Victoria Vass and her team for all their work putting it together.



Michael Cook
CBSC Chair

Canadian
Burn Survivors
Community

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Upcoming Conferences (2024 & 2025)

Mamingwey Burn Society Conference

October 24-26, 2024
Winnipeg, Manitoba



Join us in Winnipeg and be part of a place where every journey is honored, and truly, where We All Belong.

Register Now!
www.mamingweyburnsocietyconference.ca

Join Us We All Belong

Mamingwey Burn Survivor Conference
October 24 to 26, 2024

Canadian Burn Survivors Conference

April 30-May 3, 2025
Victoria, British Columbia



Financial Support is AVAILABLE



www.canadianburnsurvivors.ca/financialsupport

FINANCIAL SUPPORT

Are you looking for financial support to attend the Canadian Burn Survivors Conference?
If so, please complete the form below.
If you require assistance with the financial support form, please email kyle@mycbsc.ca.

CONFERENCE FINANCIAL ASSISTANCE REQUEST

Hi there, please fill out and submit this form.
12 Questions

START →

The CBSC Secures University of British Columbia's (UBC) Partnership Recognition and Exploration (PRE) Fund to Support Peer Support Certification

We are excited to announce that the CBSC has received a \$1,500 grant from UBC's PRE-Fund. This fund fosters collaboration between UBC and community organizations, and we're proud to be one of the recipients. You can find more details about this grant [here](#).



THE UNIVERSITY
OF BRITISH COLUMBIA

UBC's Community Engagement Office is committed to building meaningful partnerships between the university and community organizations like ours, all working together for a more equitable and just society. You can learn more about their work [here](#).

CBSC Co-Chair Kyle Hynes and Catherine Liao, a CBSC board member and Ph.D. student at UBC, led the application for this fund. The funds will support one of our members in completing the Peer Support Certification through Peer Support Canada, helping us further our mission to foster community-based, peer-led support initiatives. More information about the certification program can be found [here](#).

At CBSC, we understand how essential peer support is in creating safe spaces where individuals can share experiences, offer support, and learn from one another. In this newsletter, we are excited to focus on the key elements that make peer support a powerful tool for personal growth and community building.

Go to the next page to learn more about peer support.

Peer Support

Submitted by Catherine Liao

What is Peer Support?

Peer support is a unique, supportive relationship between individuals who share similar experiences. It has been proven to offer significant benefits for individuals and their families, positively influencing recovery and well-being. ¹

While peer support programs come in different forms, they all share a common goal: to provide emotional, social, and informational support to people who have undergone similar challenges.

These programs also extend their support to families, friends, and loved ones, fostering a community where everyone can share and grow. ²



The Far-Reaching Impact of Burn Injuries

The effects of burn injuries extend beyond the physical, profoundly impacting both the individual and their loved ones.³ Those recovering from a burn injury often face a variety of psychosocial challenges, dealing with numerous losses that affect many aspects of their lives.

These losses may include physical appearance, mobility, and function changes, but they can also touch more profound areas, such as losing personal goals, dreams, and aspirations. Burn injuries can lead to significant shifts in relationships, roles within families or communities, and even how individuals perceive their own identity.³

While advancements in burn care have greatly improved survival rates and recovery outcomes, the journey of enhancing burn survivors' long-term quality of life continues. Many individuals still face challenges such as anxiety, depression, and difficulties in social interactions, making full emotional and social recovery a complex and ongoing process.⁴





Peer Support: Enhancing Recovery for Individuals with Burn Injuries

Peer support has profoundly impacted the lives of burn survivors, helping them gain a new perspective and renewed hope for the future. It has been shown to enhance their psychosocial rehabilitation significantly, offering a sense of connection and encouragement during recovery.⁵ While individuals may have different needs regarding support, research has shown that peer support plays a vital role for burn survivors⁴.

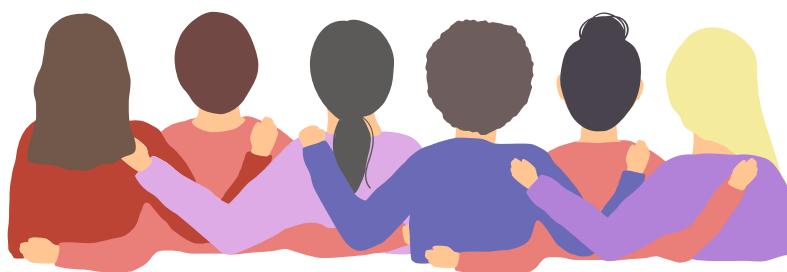
It has been linked to improved body image, higher self-esteem, and a decreased risk of depression, making it an essential component of the recovery process. Its role in emotional recovery continues to prove invaluable for many individuals on their healing journey.

There are various forms of peer support programs for burn survivors. One of the most well-known is [Survivors Offering Assistance in Recovery \(SOAR\)](#), a program led by the Phoenix Society for Burn Survivors. SOAR is offered in hospitals across the United States and Canada, providing a structured approach to peer support for patients and their families.

In Australia, the [Sharing Hope, Acceptance, Resilience, and Experience \(SHARE\)](#) program offers one-on-one peer support within burn and rehabilitation units, providing personalized guidance to survivors during their recovery journey.

Similarly, the [Dan's Fund for Burns \(DFFB\)](#) offers peer-to-peer support for adult burn survivors in the United Kingdom. This service collaborates with the Psychological Therapies Services within a hospital.

At CBSC, we host a bi-weekly peer support chat—an online forum where community members, families, healthcare professionals, and anyone interested can come together. This platform provides a space for sharing experiences, offering support, and building connections within our community.



Challenges in Providing Peer Support

While peer support can significantly enhance social reintegration and reduce psychological symptoms, it is not without its challenges. A significant obstacle is the **lack of funding** to sustain peer support initiatives, especially in the community setting. Additionally, the **time commitment** required from both participants and facilitators can pose difficulties. The **delivery method**—whether in person or online—also affects how accessible and practical peer support can be for different individuals. Providing peer support can take an **emotional toll** on those offering it. While many peer supporters share similar experiences with those they assist, they may not always have the proper tools or training to support others and themselves effectively. This can leave them vulnerable to **secondary trauma**, as they may absorb the emotional burdens of those they are helping without adequate resources at hand. Burn survivors from **disadvantaged communities** often face additional barriers in accessing peer support.⁶ **Limited access to the internet** may prevent participation in virtual forums, while **financial challenges** can hinder attendance at in-person support groups. Furthermore, mainstream peer support platforms may not always account for **cultural, linguistic, geographical, or other specific needs**, leaving some burn survivors underserved.⁶

Summary

Burn trauma presents unique physical and emotional challenges, making peer support an invaluable resource for survivors. However, peer supporters often face their own vulnerabilities, requiring adequate training and emotional support to prevent secondary trauma.

While peer support has shown benefits such as improved self-esteem, body image, and social reintegration, many challenges remain. These include funding limitations, accessibility issues, and the need for culturally sensitive programs.

More research is necessary to better understand how peer support can be optimized in burn recovery, enabling healthcare providers to develop tailored programs that effectively meet the diverse needs of burn survivors and their families.

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Virtual Programs



**CBSC Peer Support Group: Biweekly on Wednesday's
5pm PST | 8PM EST**

September 25


October 9, 23

November 6, 20

December 4, 18

Email Barb b.hodge@mycbsc.ca

www.canadianburnsurvivors.ca/event-calendar



**NEW! Loved Ones & Caregivers Support Group:
Every 4 weeks on Thursday's
4pm PST | 7PM EST**

October 17

November 14

December 12

January 9

Email Victoria at ourlifeafterburns@gmail.com



**Foothills Hospital Group Meetings (Hybrid): 2nd Wednesday
of the Month at 6:30pm MT**

Email burn.survivors@albertahealthservices.ca

www.cfbts.org



CBSC Virtual Conferences

Email Heather for questions or if you'd like to be a speaker.

h.beveridge@mycbsc.ca

Burn Camps 2024

Atlantic Burn Camp Reflection

Submitted by Kenna MacIsaac

As one of the first campers back in 1998, Atlantic Burn Camp has always held a special place in my heart. Back then, I was a kid, just like many of the campers today, unsure of myself and self-conscious about my scars. But that week at camp changed everything for me. It was the first time I felt like I wasn't alone, surrounded by other kids who understood exactly what I had gone through. Now, as a counselor in 2024, it's incredible to see the same transformation happen for a new generation of campers.

Atlantic Burn Camp is so much more than just a week-long getaway—it's a lifeline. It's a free camp for kids from across the Atlantic Provinces who, like me, have survived burn injuries. The camp gives us all a chance to leave behind the daily struggles of being different and just be ourselves. This year, we enjoyed a wide range of activities, from rock climbing and archery to bowling and virtual reality. One of the most exciting days is always 'Mira Day,' when we head out on the water for jet skiing and tubing. The joy and laughter from the kids during these moments is contagious, reminding me of my own first time at camp, feeling free and full of excitement.



The carnival night this year was as magical as ever. The campers dressed up, played games at sponsor-run booths, and the night ended with an amazing fireworks display. Seeing those bright smiles on the kids' faces brought me right back to my first carnival night, where I realized for the first time that my scars didn't define me—they were just part of my story.

Now, as a counselor, I see myself in these kids. Many of them arrive at camp shy and unsure, just as I was. But as the week goes on, you can see the transformation happening. They open up, they try new things, and they start to realize they're not alone. Watching a child who was once hesitant on the first day take on the rock-climbing wall or share their story around the campfire is such a powerful reminder of how much this camp can do. I know how much it helped me as a child, and I see that same spark of confidence growing in them by the end of the week.



This camp gave me the strength to accept myself when I was a child, and now, I get to help these kids do the same. They come to camp feeling like their scars make them different, but they leave knowing they're part of something bigger—a community that understands and supports them. They learn that they are more than their scars, and that's a lesson I've carried with me throughout my life.



Atlantic Burn Camp is truly a place of healing, belonging, and transformation. It's not just the fun activities or the beautiful surroundings—it's the people, the friendships, and the sense of community that make it so special. As someone who's been on both sides—as a camper and now as a counselor—I know firsthand just how powerful this camp can be. Watching these kids grow in confidence and self-love, just like I did all those years ago, is one of the most rewarding experiences of my life.

Manitoba Burn Camp Phoenix Submitted by Hon Ha O'Donovan

- Burn Camp Phoenix was held at Variety's Camp Brereton this year from July 8-12
- It was fully sponsored by the Manitoba Firefighter's Burn Fund as in past years; this year Mamingwey Burn Society Inc. partnered with the fund to plan and run the camp
- We had 14 kids attend and 14 volunteers



Alberta Burn Camp Reflection

Submitted by Kyle Hynes

On August 14, the Calgary Burn Survivor Group had an unforgettable day at Alberta Burn Camp, where burn survivor children from Alberta and Western Canada come together for Unforgettable Adventure and Friendship. Supported by the Edmonton Firefighters Burn Treatment Society, this camp is more than just fun; it's a place where kids rediscover their strength, build confidence, and create lifelong connections. The day was a powerful reminder of how these experiences help us overcome life's challenges, bringing people together to create memories that will never fade.



The day began with a cold, cloudy morning, but as we prepared for the much-anticipated water fight, the sun broke through just in time. The camp buzzed with excitement as the children immersed themselves in a variety of activities, from climbing the Ropes Course and Rock Climbing Wall to paddling in Canoeing and Kayaking, and exploring their creativity in Arts and Crafts. These adventures are what make the camp so special—giving the kids a chance to push their limits, experience the joy of living fully, and build lasting friendships.

The water fight—a true highlight of camp—brought everyone together. Armed with water blasters, children, counselors, volunteers, and firefighters from the Calgary, Kananaskis, and Redwood Meadows Fire Departments joined in the fun. Laughter and shouts echoed as people dashed through the mud, completely drenched, with joy spreading across every face. The mud didn't matter; what mattered was the fun, the connection, and the chance to live fully in the moment.

After a while, I stepped back, wrapped myself in a blanket, and watched from the sidelines. In that moment, what I saw was more than just a group of people playing—it was something deeply profound. The laughter, the splashes of water, and the joy on every face reminded me that, no matter how much time passes or what hardships we endure, there's always a part of us that remains unbroken. There's always a kid within us, waiting for moments like these to come alive again and to support others.

Alberta Burn Camp Reflection

Submitted by Kyle Hynes

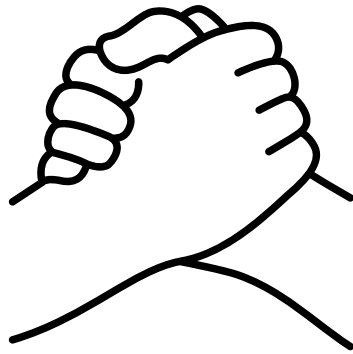
It also reminded me of something even more powerful: that no matter the challenges we face, no matter how heavy the burdens we carry, we have the strength to overcome them. I saw it in the smiles, the resilience, and the pure joy of people who have walked through fire—literally and figuratively—and come out stronger on the other side. In that muddy, joy-filled moment, I was reminded that life’s most beautiful gifts are found not just in the triumphs, but in our ability to find light, laughter, and connection even in the darkest times.

Camp is about more than just adventure—it’s about friendship. The friendships built here provide a network of support that stays with the children long after camp ends. As someone who attended burn camp as a child and now, at 32, continues to be part of this incredible community, I know how deeply these relationships matter. They offer strength, encouragement, and the sense that no one is ever truly alone on their journey.



As we left Alberta Burn Camp, my heart was full of gratitude. The bond we share as burn survivors, volunteers, and supporters is something truly special. We carry the laughter, the joy, and the memories with us, shaping us in ways that last a lifetime. I am grateful to the staff, volunteers, and firefighters from Calgary, Kananaskis, and Redwood Meadows who made this day possible. And most importantly, I am grateful to the Edmonton Firefighters Burn Treatment Society, the backbone of this burn camp, who make it all possible. Together, we are creating a future full of connection, support, Unforgettable Adventure, and Friendship—where no matter our age, the child within can come out to play and support others, and we are reminded that we can overcome anything.

CBSC T-Shirts for Sale!



Volunteer With Us!

Other volunteering opportunities include:

- Administrative
- Board of Directors
- Communications
- Fundraising
- Development
- Peer Support

If you are interested, fill out our **Volunteer Form**.

Any questions? Email Victoria at v.vass@mycbsc.ca

Go to our website

www.canadianburnsurvivors.ca/volunteer

The CBSC now has T-Shirts available on our website!!
\$35/shirt (Shipping fee within Canada included)
Visit our website to purchase!
Small - XXXL available



Donate to Support the CBSC

Since 2006, the CBSC has aided over 1,000 burn survivors in Canada and the US. We facilitate monthly chats, provide 1-on-1 mentoring, and host nationwide conferences uniting survivors, families, caregivers, and the medical community to share advancements.

To continue our mission of supporting burn patients as they transition to becoming survivors, we depend on your support. Our volunteer-run organization depends on individual and corporate donations. With this support, we've assisted 1,000+ patients but our work isn't complete.

Your contributions enable us to aid more survivors, particularly in areas lacking local support. Your donation to the CBSC assists burn survivors in their journey to recovery, empowering them to move forward confidently. Support our cause by donating today!

Go to our website <https://www.canadianburnsurvivors.ca/donate>

What's New in Pediatric Burn Care?

Submitted by Retaj Ramadan

WHAT'S
NEW?

Pediatric burn care comes with its own unique set of challenges. Burns in children can be devastating, but with the advent of burn research and technology, large total body surface area (TBSA) burns in children are becoming increasingly manageable. As a complement to our last article on advancements in burn care, this article explores burn care specifically in the pediatric population. Across leading burn centers and within burn research worldwide, what's new in pediatric burn care?



Debridement

Following acute emergency measures (resuscitation), burn patients with partial and deep thickness burns often undergo debridement. Remember that burn injuries are ultimately wounds that need to be cleaned to allow them to heal. Debridement is a procedure in which dead, burned tissue is removed to allow for new skin to heal. It prevents the buildup of bacteria in the burned skin, which also promotes healing. In burn care, early debridement is the standard of care (Bolton, 2019).

Debridement can be accomplished in a number of ways. Traditionally, within a few days of the burn, patients are taken to the operating room for surgical removal of the dead tissue and debris with a scalpel. This is typically known as “blade debridement”. Depending on the burn wound, the cleaned area can then be grafted with healthy skin to aid in healing.

In pediatric patients especially, debridement can also be accomplished using hydrosurgery (Hyland et al. 2015). This is a fairly new debridement technique that uses high pressure saline (think, water) to cut through dead tissue. Versajet® is one of these hydrosurgical systems (Hyland et al. 2015). The technique allows for precise and controlled debridement in special areas (like the lips and eyelids, or between the fingers) before grafts are put down (Legemate et al. 2019). Hydrosurgery is also purported to better protect the skin during debridement, in what is called “dermal preservation”. In pediatric patients, this can result in better scarring outcomes down the line. Typically, burn surgeons will use hydrosurgery for pediatric patients, scald burns, burns on irregular contours of a patient’s body (for precision and control), and large TBSA burns (Legemate et al. 2019).

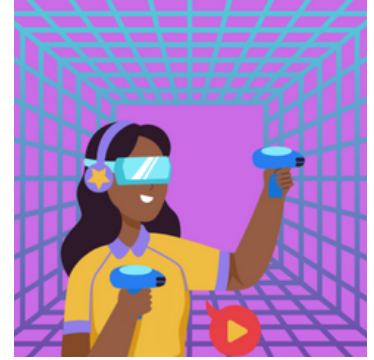


Virtual Reality Therapy

Burns in children are devastating. Trauma is central to the burn experience, encompassed both in the burn itself as well as burn recovery (McGarry et al. 2013). The initial injury is fraught with severe, excruciating pain and fear, and the long road of physical and mental recovery following burn injuries is often defined by pain and anxiety.

One oft-reported challenge in burn care for children is the ongoing medical trauma after the initial burn, including surgical debridement and dressing changes. In interviews with pediatric burn survivors, children often describe dressing changes as some of the most traumatizing parts of their recovery: “I had my hands up and people were either side with tweezers and my hands were completely red, with no skin whatsoever on them.” (McGarry et al. 2013). Pain medication is an important element in pediatric burn care. High dose opioids, non-opioids, sedatives, and anti-inflammatory medications are used liberally to alleviate pain.

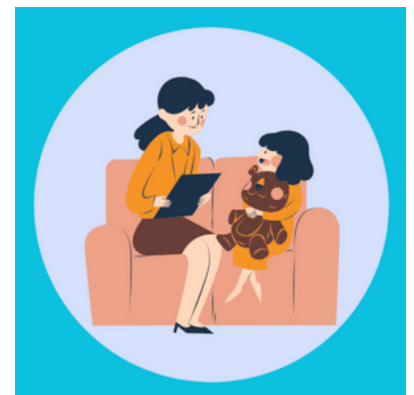
Exceedingly, virtual reality presents an exciting tool in burn care, helping distract patients as they undergo wound care procedures to lessen pain and anxiety. SnowWorld virtual reality is an interactive, virtual game (Smith et al. 2022). Using wide-view goggles, audio headphones, and a simple hand controller, the game serves as a distraction during routine burn procedures like dressing changes. Children immerse themselves in an icy, white/blue world, throwing snowballs at incoming penguins and interacting with a virtual snowman (Hoffman et al. 2011). Incredibly, in brain scans assessing pain while immersed in the game, children showed reduced levels of pain when using the game. More importantly, self-reported measures of pain in these children were also reduced (Hoffman et al. 2011).



Registered Child Life Specialists

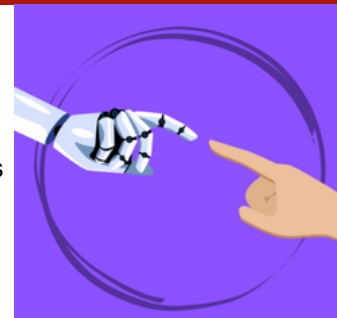
Child life specialists are important members of a pediatric burn team, and the service is increasingly recognized as an important addition to burn care in kids. During burn related medical procedures, child life specialists engage kids in “directed medical play” (Moore et al. 2015). Actual or toy medical equipment is used in playful, pretend, and educational ways to normalize the treatment, build a relationship with the child, and distract them from painful, medically related procedures (Moore et al. 2015)

For example, before surgery, children play pretend with a doll, putting the doll under anesthesia using play oxygen masks. Medical play facilitated by child life specialists in a developmentally appropriate way is associated with less pain during procedures and less distress (Pillai et al. 2020). As we are coming to recognize burn care as a holistic spectrum with multiple elements, encompassing the whole patient and their physical and emotional needs, the role of child life specialists is becoming especially important.



Robotic Assisted Rehabilitation

Robotic assisted rehabilitation is another exciting advancement in pediatric burn care. In children who sustain burns to their hands or wrists, the development of hand contractures (deformity and rigidity, especially to the joints in the hand) can have devastating consequences for function (Sahman et al. 2020). We use our hands for just about every activity of daily life. Think about getting up in the morning, using your hands to brace yourself, dress yourself, brush your teeth, etc.



While children are extremely resilient, it can be challenging to tailor rehabilitation in a way that makes sense to a child. As discussed above, often children are apprehensive, anxious, or afraid during their burn recovery journey. Rehabilitation can become another hurdle—something new and strange. Incorporating play is an excellent way to address this challenge.

Robotic assisted rehabilitation uses robots integrated with a video game to encourage children to use their hands in repetitive, rehabilitative motor tasks of the hand. Because there is an element of play, children can be distracted and more motivated in completing their rehabilitation. Early mobilization and range of motion can have positive impacts on long term recovery of hand function. Robot assisted hand rehabilitation, when used with traditional hand rehabilitation methods, can improve finger range of motion, hand grip strength, and hand function in pediatric hand burns (Sahman et al. 2020). In addition to complex robot systems, the use of commercially available video games like Nintendo Wii, Play-station and Microsoft Xbox Kinect have also shown promise (Lozano et al. 2018).

Pediatric burn care is based on many founding and fundamental pillars of traditional burn care. There are certainly basic principles that apply across all burn injuries, but new approaches in burn care are valuable steps forward in providing our pediatric burn survivors with the best care and outcomes possible.

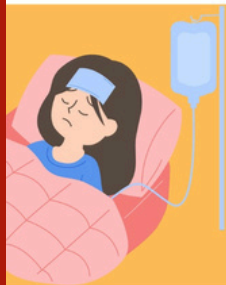
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FACT SHEET: PEDIATRIC BURNS



FIVE FACTS ON PEDIATRIC BURN INJURIES AND BURN PREVENTION



SCALD BURNS ARE THE LEADING CAUSE OF BURN RELATED HOSPITALIZATION IN CHILDREN

In children under the age of 4, scald burns make up 65% of hospitalizations for burn-related injuries. Of all liquids, hot tap water is the most common culprit.

SCALD BURNS ARE PREVENTABLE IN NEARLY 75% OF CASES

A licensed plumber can set the maximum temperature of hot water in the home to 50 C. Always fill children's bath water with cold water before adding hot water. Always test the water before allowing a child into the shower or bath.



CAMPFIRES AND BBQ PITS CAN RESULT IN FLAME INJURIES

Supervise children around open flames. Use water (not sand) to extinguish campfires. Ensure that children are always wearing shoes when camping. Remember that campfires can remain hot the following morning and present a burn risk.

TALK TO YOUR ADOLESCENT CHILDREN ABOUT BURN SAFETY AND PREVENTION

In adolescent males, dare-type behaviour involving fireworks, gasoline, and climbing utility poles results in devastating flame and electrical burn injuries. Discuss fire safety and prevention with your teens.



KNOW WHEN TO SEEK MEDICAL ATTENTION

Treat immediately by running the burn area under cold, water.

In the case of burns on the hand, foot, face, eyes, groin, or those that cover a large area, seek medical attention immediately or dial 911.

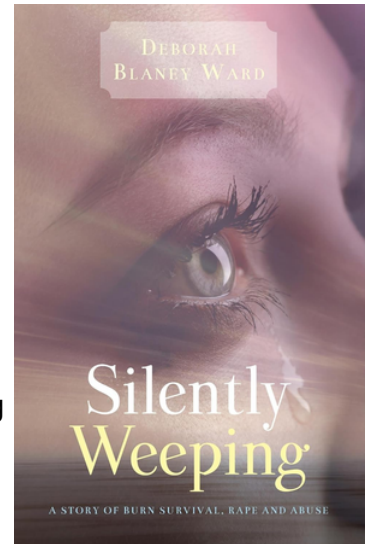
Book Review

Submitted by Barbara-Anne Hodge

“Silently Weeping”: A story of burn survival, rape and abuse by Deborah Blaney Ward

I have known Debbie Ward for many years. We met in 2006 when the Nova Scotia Burn Treatment Society hosted the second Canadian Burn Survivors Conference. I recall she struck me as a very friendly, well put-together and professional person. She has a calm and inviting manner that leads to people feeling comfortable around her, that they can share with her and trust her. She and I have become good friends.

I quickly learned a bit about Debbie’s journey: that she was burned as a child, before there were good pain control methods and when it took a long time for the burns to be grafted and healed. In 2012, when we were in Calgary for the Canadian conference, Debbie and I talked about her past. She told me about the hard times she had growing up. I was so sad to hear about what she had endured, as she had never shown that side of herself to me before. That night, she told me she was planning to write a book about her life.



And she did! In 2014, *Silently Weeping* was published. In her book, Debbie shares her story. She was born into a family that had problems. Being burned at age 7, she shares the medical side of what she endured, but also the lack of support at home during all stages of her recovery. She endured bullying at school, as well as in her neighbourhood, and was raped by a neighbour while still in her teens. Her story is heart wrenching and yet, her dignity and resilience are evident through the way she tells her story. It took great courage for her to relive her past and write it all down. As you read her words, you can see that she wants to help and inspire others to learn to love themselves, that being abused is not the fault of the abused person, and that with time and effort, life can be beautiful and fulfilling. Her book is not that long, 113 pages, so it is a quick read, but a very important one. I greatly admire the courage she has shown to write her story, the hope she conveys to the reader, and the great inspiration that she is.

She is truly a survivor like no other I have ever met.

Debbie has some wise and solid advice at the end of her book for all burn survivors as well as abuse survivors. I strongly encourage anyone to get this book and read it. Here is my favourite quote: “Your past can control your future if you let it, or you can move away from it.” Thanks Debbie, for your honesty and inspiration! You truly exemplify what a survivor is.

***Silently Weeping* is available on [Amazon.ca](https://www.amazon.ca) in paperback or on Kindle.**

Add it to your library

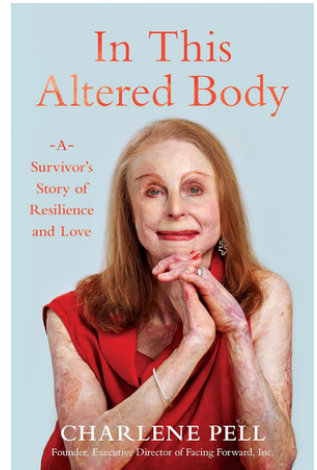
In This Altered Body by Charlene Pell

The compelling story of Charlene Pell's physical, emotional, and psychological odyssey to reclaim her life and identity after surviving a horrific plane crash that left her burned, facially disfigured, and grieving.

During her long, painful process of recovery, she fears she will never be loved again, because her outward beauty has been destroyed, and our society, obsessed with flawless skin and superficial beauty, stigmatizes disfigurement. But through dogged determination, Charlene overcomes difficult obstacles both physical and emotional—and learns from the experiences of other burn survivors to never write off her dreams and to be open to possibilities . . . including love.

Brimming with insight from a life of perseverance, *In This Altered Body* is a piercing memoir about tragic loss and the resilience of the human spirit.

Get your copy today: [Amazon](#)



Burned: A Memoir by Louise Nayer

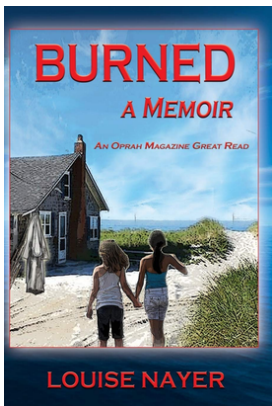
The history of the Nayers was divided by one violent, accidental moment. In the time it took her to light a match in the cellar of their rented vacation home, Dorothy and her husband Hank were engulfed in a flash fire.

She barely survived, her face scarred beyond recognition, her body required to endure thirty-seven operations. He was scarcely better off, convinced that survival had been the cruelest of outcomes.

Yet the greatest injustice of all was the estrangement of their young daughters, who didn't see their parents for nine months after the accident. Their reconnection to people who no longer seemed familiar was painful and slow.

Four decades later, their daughter Louise recounts this difficult transformation with a poetic candor that evokes the relentless determination of her mother and the silent desperation of her father. *Burned* is the story of how life can be restored through the sheer force of will.

Get your copy today: [Amazon](#)



Calgary Burn Survivor Community Summer Highlights

Submitted by Kyle Hynes

Summer Solstice Walk – June 15

The Summer Solstice Walk was our second walk, continuing from the inspiring conference we hosted in Calgary in 2023. Despite the wet weather, nothing could dampen the spirits of our survivors, families, and friends, as everyone came out to show their strength and solidarity. It was a beautiful reminder that no matter the conditions, our community can weather any storm together. The walk provided a perfect opportunity to reconnect, share stories, and look forward to the brighter days ahead.



Fire Truck Pull – July 22

One of the most awe-inspiring events of the summer was the Fire Truck Pull, where the Calgary Burn Survivor Group took on the challenge of pulling a 30,000-pound fire truck—all in the name of charity! It was a day filled with excitement, determination, and an overwhelming sense of community.

As we gripped the rope and pulled together, there was a shared moment of resolve—a powerful reminder of the strength we hold as individuals and as a group. The truck inched forward with every step, powered by the combined energy and will of our community. The cheers from the crowd spurred us on, and when that massive truck finally crossed the finish line, the feeling of accomplishment was indescribable.

This wasn't just a test of physical strength; it was a testament to the heart and unity of our group. The Fire Truck Pull showed that, just like in life, when we work together, we can overcome even the toughest challenges. Thank you to the Calgary Firefighters Burn Treatment Society for hosting such an empowering event and to everyone who participated—you made this moment truly amazing!



Calgary Burn Survivor Community Summer Highlights

Submitted by Kyle Hynes



Community Picnic – September 14

To wrap up our summer season, we hosted a family-friendly picnic on September 14 at the Calgary Shriners. The theme, Stronger Together A Gathering of Strength, perfectly encapsulated the spirit of the day. With activities like swimming, kayaking, horse therapy, and games, plus a delicious barbecue, it was a day of fun, relaxation, and connection.

A special highlight of the picnic was the group photo taken just before lunch, symbolizing the unity of our community. We were also treated to a unique song during the opening ceremony, which set the tone for the day's events. The stretch labs and interactive games offered plenty of opportunities for everyone to unwind and engage.

We extend our heartfelt thanks to the Calgary Fire Department for bringing out the fire trucks, which added an extra spark to the event! And of course, thanks to everyone who attended, volunteered, or sponsored this day—it was a true celebration of our strength and resilience. Together, we are stronger!



Stay Connected!

To stay updated on future events and be part of our community initiatives, please email Kyle at Kyle@mycbcs.ca. We look forward to seeing you at our next event!

CONTACT US



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[@canadianburnsurvivorscommunity](https://www.instagram.com/canadianburnsurvivorscommunity)

