

*Reflect upon your present blessings -
of which every man has many -
not on your past misfortunes,
of which all men have some.*
~Charles Dickens~

St. Florian Events

Burn Survivors Together

Iowa City April 2, 2016
Sioux City April 30, 2015
West Des Moines - to be rescheduled

Young Adult Burn Survivors' Retreat

April 15-17, 2016

2nd Battle of the Badges Basketball

May 7, 2016
The Pentagon Center, Sioux Falls, SD

1st Annual Golf Scramble

June 12, 2016
The Preserve at Rathbun Lake, Moravia, IA

MCPST Golf Outing

June 17, 2016
Palmer Hills Golf Course, Bettendorf, IA

Miracle Burn Camp

July 10-16, 2016
YMCA Camp Foster, East Lake Okoboji, IA

Family Burn Camp

August 19-21, 2016

For more information see the "Event" page
stflorianfireandburnfoundation.com

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YABS Retreat

Miracle Burn Camp began in 1995 as the flagship program of the St. Florian Fire and Burn Foundation. As burn survivors become too old to attend Camp they were missing their Burn Camp "Family" and longing to have the connection to past friends. These young adults were also facing new fears and challenges as they were making the transition from childhood to adulthood.

In order to address this need for peer support, St. Florian partnered with the University of Iowa Burn Treatment Center and Camp Foster YMCA in February 2006 to host the first Young Adult Burn Survivors Retreat (named YABS). A retreat had been held every year since, focusing on the transition to adulthood, life skills and teambuilding.

The retreat has also been shown to fill another niche for those burn survivors who are injured during their young adult years. These survivors never had the chance to experience the peer support Burn Camp offers. This retreat gives the young adult burn survivor an opportunity to network with others who are in a similar situation and this peer support often has an amazing life altering effect.



YABS will be held April 15-17, 2016. If you are interested in attending, contact Nancy Johnson
nancyjohnson@stflorianfireandburnfoundation.com

Reflection - Derek Trobaugh

In 1993 nurses from the St. Luke's Hospital Burn Center and firefighters from Sioux City IAFF Local 7 decided to find a way to start raising money for both their fire prevention programs and for assisting those who were affected by fires and burn injuries. These firefighters and nurses saw this as an important opportunity to bring attention and funding to a group of people that are often forgotten or overlooked in comparison to other more publicized and better funded groups. This was a community that they interacted with on a daily basis in the course of their careers and overwhelming financial and emotion needs were clearly evident.

Then came the decision what to name this new organization. What is near and dear to ALL firefighters worldwide? St. Florian!!!!

St. Florian is the patron saint for firefighters and is a spiritual belief that this saint is here to protect us when needed. Now it was our turn to help and protect this community. St. Florian Fire and Burn Foundation was born.

In its infancy, St Florian was focused primarily on the greater Siouxland area. Money was raised for materials to promote fire prevention, stop, drop and roll, and fire escape techniques. An artificial smoke trailer was also bought to take to the schools and give children an opportunity, under safe conditions, to practice escaping a room filled with smoke.

Firefighters were frequently visiting patients at the Burn Center to lift spirits and started building relationships. They decided to assist with building this community by starting burn camp. It started with just a weekend camp to get as many young survivors together and enjoy a weekend as a burn community family. In 1995, this was expanded to a weeklong camp and the partnership of Camp Foster and Miracle Burn Camp was born.

Miracle Burn Camp, until the last few years, was the only camp in US and Canada where both burned and non-burned campers unite together and enjoy a week in a non-threatening environment. The burn injured children get the experience of spending time with other survivors

who had with similar injuries and experiences. Many of them become comfortable in this environment discussing their experiences, fears, and strategies coping with their injuries. St. Florian in partnership with the University of Iowa Burn Treatment Center provides the camp experience at no cost to the campers who come from Iowa and surrounding states. Camp is therapeutic for campers and counselors. Many counselors have been doing this for many more years and I am very thankful for the 7 years I've invested in this family.

I have repeatedly commented on how seeing the strength and motivation of these young children has made me a better person. It gives me the opportunity to reflect on my life and weigh out some of those, in most cases, meaningless stressors we have day to day. These kids have been through events that would cripple even the most positive person and I've heard stories how they are thankful for this injury that has introduced them to a burn camp family they could not see their life without.

Time for reflection ...

I would like to thank my father Steve, retired Sioux City Firefighter and one of the founders of St. Florian and Miracle Burn Camp, for introducing me to this family and inspiring me to follow the tradition. I remember as a child hearing how much he enjoyed his time at camp and how much he loved his Miracle Burn Camp family.



Sioux City Firefighters left to right:
Jeff Bentson, Gerry Bennett,
and Steve Trobaugh
at Miracle Burn Camp.

I would also like to thank all the Miracle Burn Camp family for the experiences we have shared. They will always be some of my most cherished and rewarding experiences.



"Live for today, you never know what tomorrow will bring, or what it may take away"

Derek Trobaugh, Vice President
St. Florian Fire and Burn Foundation
Firefighter, Sioux City Fire Department

Burn Survivors Together

This is a regional event co-sponsored by the University of Iowa Burn Treatment Center and St. Florian Fire and Burn Foundation. This event gives burn survivors, their families and close friends an opportunity to get together with burn care professionals, and firefighters to enjoy each other's company, share experiences and support one another.

On Saturday, March 5, 2016 the first Burn Survivors Together event has held at the Bettendorf Surrey Heights Fire Station. There were 44 participants. A TV reporter attended the first two hours of the event. His story about the event was the lead story for the newscast that evening.



Nancy Johnson
St. Florian Board Member
& UIHC Chaplain



St. Florian Board Member
& Bettendorf Firefighter
Andy Sheehan leads a tour

On Saturday, April 2, 2016 the second regional event was held in Iowa City at the Moose Family Center. There were 50 participants. There was excellent media coverage of the event by television and newspaper reporters.



Additional Burn Survivor Together events:

Sioux City Saturday April 30th
Fire Station #3 2630 3rd St.

West Des Moines to be rescheduled

Miracle Burn Camp July 10-16, 2016

Miracle Burn Camp began in 1995 as a one-day outing for children treated for burns at St. Luke's Regional Medical Center in Sioux City. It grew into a weeklong event and moved to YMCA Camp Foster on East Lake Okoboji in Iowa. Miracle Burn Camp grew to be a state and now regional camp. Each year 50-60 young burn survivors ages 8 to 18 from Iowa, Nebraska, and South Dakota are given the opportunity, free of charge, to attend Miracle Burn Camp.

Miracle Burn Camp gives young burn survivors the opportunity to be themselves in a non-threatening environment. For most first time campers, camp is the first time since their burn injury occurred that they spend an appreciable amount of time away from their family. This can be a somewhat difficult separation for both the camper and the parent(s). Other campers are willing and eager to help the new camper adjust because in them they see a reflection of themselves when they first attended camp. With this assistance and that of the counselors, most often the new camper is able to settle in and enjoy camp very quickly.

The Miracle Burn Camp experience helps build self-esteem and supports emotional healing, encouraging burn campers to live beyond the scars and to be themselves. The campers meet others who are experiencing similar feelings, fears and concerns. Through structured activities the campers develop a sense of self-worth. Camp also helps develop lifelong support network through friends who understand what life is like with a burn injury.



Miracle Burn Camp Applications are at
stflorianfireandburnfoundation.com

Calling Fun, Energetic Individuals!

Miracle Burn Camp counselors find time at camp very rewarding. They see even though the campers face challenges in their daily lives due to the lasting physical and emotional effects of their injury, they often have a positive outlook on life. This results in a personal reflection of their own life and gives counselors a much more positive perspective.

Each summer, about 20 adults volunteer their time as counselors. The counselors, supported by YMCA camp counselors, are assigned to a cabin with pediatric burn survivors. Counselors spend their week playing, interacting and bonding with burn survivors. Mandatory staff training is on Saturday July 9, with campers arriving July 10. If you are interested and can commit to participating from July 9 - 16, we encourage you to fill out an application!

Visit stflorianfireandburnfoundation.com for more details and counselor application!!!

Barbecue Grill Safety

The National Fire Protection Association and US Fire Administration have excellent tips to help you be as safe as possible while using your gas or charcoal grill.

Please click the links and read these tips before using your grill this year.

[NFPA Grill Safety Tips](#)

[US Fire Administration Safety Tips](#)



Burn Community Picnic

At the Bettendorf Burn Survivors Together event there was interest in having a Burn Community picnic. A potluck picnic will be held at the High Meadows Shelter at West Lake Park, Davenport, Iowa on Saturday May 14, 2016 from noon to 3:30 pm. There are other activities available at West Lake Park before or after the picnic including hiking, playgrounds, and paddle boats. For anyone interested, West Lake Park has two campgrounds, Park Terrace and Summit campgrounds.

Fund Raising Events

1st Annual Golf Scramble Sunday June 12, 2016

The Preserve at Rathbun Lake, Moravia, Iowa

For more information:

stflorianfireandburnfoundation.com



honeycreekresort.com/golf

MidWest Center for Public Safety Training Golf Outing

June 17, 2016

Palmer Hills Golf Course, Bettendorf, Iowa

For more information,

stflorianfireandburnfoundation.com



palmerhillsgolf.com

Awesome Biker Nights

June 16-18

Sioux City, Iowa

For complete listing of events, live music, venue map and additional information visit

awesomebikernights.com

St Florian Fire & Burn Foundation programs and activities run completely off of fundraising efforts and donations. Without the support of the community and sponsors St. Florian would not be able to provide for survivors in such a way.

St. Florian Fire and Burn Foundation would like to thank you for considering a donation. Any donation is welcome.

stflorianfireandburnfoundation.com/donate