

BIAQD Newsletter

For members of the Quinte Area Brain Injury
Association

APRIL 2019



HAVE YOU SEEN US ONLINE? www.biaqd.ca

WHEN IS **EASTER** 2019? HOW THE **EASTER** DATE IS DETERMINED

WHY IS **EASTER** ON APRIL 21, 2019?

As a rule, Easter Sunday is always held on the **first Sunday** after the paschal **full Moon**, which is the first full Moon after the spring equinox.

This year, the equinox is March 20 and the full Moon is also on March 20 (in North America). So, why isn't Easter on Sunday March 24, 2019?

As it turns out, to make things a little simpler for the Christian Church, the spring equinox was determined to always be March 21. (In reality, the equinox can happen on March 19, 20, or 21.)

Since the first full Moon after March 21 doesn't occur until April 19 this year, Easter will be celebrated on Sunday, April 21.

For those who want to dig a little deeper: When we say that the full Moon on or just after the spring equinox is actually a "paschal full Moon," we are referring to a date of the full Moon determined many years ago as the 14th day of a lunar month. These ancient calculations for the purposes of the Church, however, did not take into account certain lunar motions, so the date of the paschal full Moon might be a little different from the astronomical full Moon date (by up to about 2 days). That might be why Easter is in April rather than March.

HOW IS THE DATE OF EASTER DETERMINED?

Would you believe that the date of Easter is related to the full Moon? As noted above, Easter is celebrated on the first Sunday after the full Moon that occurs on or just after the spring equinox. This full Moon is referred to as the "**paschal full Moon**."

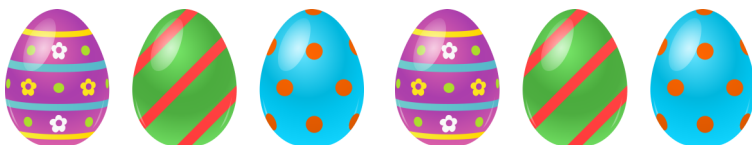
For simplicity's sake, the Church has set a fixed date for the equinox, March 21, though astronomically, the vernal equinox may also occur on the 20th (as it does in 2019). The paschal full Moon always falls on the 14th day of a lunar month; because ancient calculations (made in a.d. 325) did not take into account certain lunar motions, it may differ slightly from the actual full Moon date.

Easter always falls on a Sunday between March 22 and April 25.

WHERE DID THE WORD "EASTER" COME FROM?

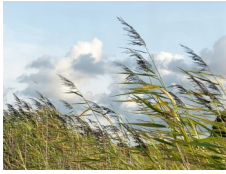
The exact origin of the word "Easter" is unclear. However, it may have derived its name from the Anglo-Saxon dawn goddess Eostre, whose feast was celebrated each spring at about this time.

Alternatively, it may have derived from words meaning "rising," "dawn," or "east."



The entire saying goes something like this:
“**March winds and April showers bring May flowers and June bugs.**”

Depending on where you live in the world, this saying can vary in accuracy. But for now, let's take it how it is.



March Winds



April Showers



May Flowers



June Bugs

March Winds

Have you ever noticed how much windier the month of **March** is? If so, that makes sense. March is known for being one of the windier and most unpredictable weather months of the year. One day it's 70 and sunny, the next day it's 30 and snowing. Why? Well, **March** is a transition month. We're heading out of the cold and into the warmth and the weather always has a hard time with the change. Cold air is sitting in the north while warm air is coming in from the south. When these winds collide, things get emotional, and March throws a windy, gusty tantrum.

April Showers

In different parts of the world, **April** is recorded as the rainiest of months. Specifically, in the **United Kingdom** and **Ireland**. During **Spring**, the jet stream moves across these two countries bringing more rain than usual. Throughout this month the land starts warming up way faster than the ocean. You then take a warming land, cold seas, and a cold atmosphere, and what you are left with are growing storm clouds.

May Flowers

Flowers need a few essentials to grow. Two of these essentials are **rain** and **sun**. Like the poem goes, “**April** showers bring **May**flowers.” The sun is out in **May**, and the ground is wet from the **April** showers. Therefore, it's time for flowers to start blooming! Depending on where you live, you could see flowers blooming before **May 1st** hits your calendar. Some locations heat up faster or don't experience the same **March** winds as other places. But if we're following this nursery rhyme, then **May** Flowers it is!

June Bugs

The **March** winds have stopped, the **April** showers have calmed down, the **May** flowers are in full bloom, and now this is where the poem becomes unfortunate. The **June Bugs** come out. Now we could take this quite literally seeing that there is a species of beetles named **June Bugs**. These bugs got their names by emerging from the ground when the weather became consistently warm around **June**. Other names for them are “**June Beetle**” and “**May Beetle**” because some do come out during **May**, or the *month of blooming flowers*. If you look at the picture above, you'll see this menacing **beetle** that ends this poem in horror. It comes out near the month of June to eat your families gardens, crops, and annoy the absolute heck out of you. In general, most bugs start emerging from their **dormant** state once the temperature is consistently **50 degrees**. These temperatures begin in **May**, before rising even more in **June**.



What Is in Season: April Fruits and Vegetables

Cooking with the seasons means choosing fruits and vegetables that are at the peak of freshness and flavour. For the purposes of freshness, April is a fabulous month with many fresh options.

Buying locally grown produce is the best. Local produce is less likely to be damaged, uses less energy to transport, and ripens more naturally. In fact, when fruits and vegetables have been allowed to ripen on the vine for consumption, it can taste sweeter and have significantly more intense flavour. And, locally sourced produce helps the local economy as well.

Limes
Oranges

Papayas
Strawberries

Chives
Morel Mushrooms

Arugula (Also called rocket)
Chicory

Dandelion greens
Fiddlehead Fern

Lettuce (Leaf and head)
Leeks (End of the season)

Ramps
Rhubarb (Stalks)
Watercress

Artichokes
Asparagus

Beans
Fava Beans
Peas

Beets
Horseradish
Turnips
Shallots
Sweet Onions

Rhubarb Crisp

CAL/SERV:410

YIELDS:8

PREP TIME:0 HOURS 15 MINS

TOTAL TIME:1 HOUR 5 MINS

Ingredients

5 c. chopped rhubarb (1/2-inch pieces)

c. flour

1 c. granulated sugar

1/2 c. packed light-brown sugar

1 tsp. cinnamon

Zest of 1 large orange

10 tbsp. cold unsalted butter

Note: I do not use this much sugar....
Perhaps 1/2 cup is good.
Also, Sometimes I add blueberries....
It will be tart, but soooo yummmmy!

Directions

1. Preheat oven to 350 degrees F. Evenly divide rhubarb among eight 1-cup ramekins.
2. Combine flour, sugars, cinnamon, and orange zest in a large bowl. Cut in butter using a pastry blender or your fingers until mixture resembles coarse meal. Toss in oats and crumble topping over rhubarb.
3. Bake until topping is browned and filling is bubbling, 40 to 50 minutes. Serve warm.





Quilt Day

Perhaps our 'fair' Quilt!



Not quite finished...
but we are so close

Jersey

Aka....

Jersey Girl

Jerky Jersey

Jersey Bear

Crazy Girl

A Whole (lotta love)

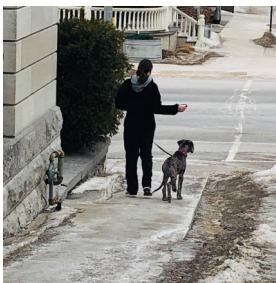
Office



Therapy

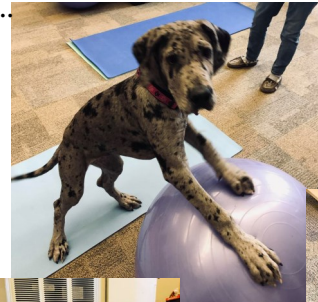


Music Therapy



Out for a walk...

Downward
Dog...



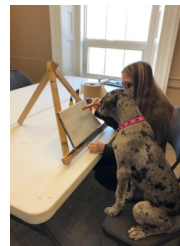
Lift



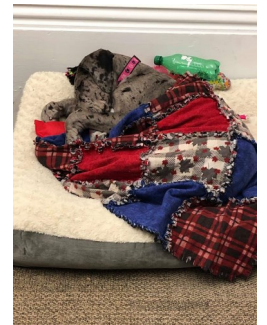
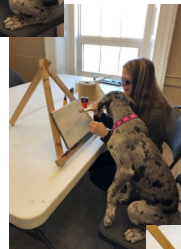
Stretch



Rest



Watcha doin'?

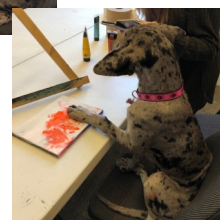


End of a busy day



Read me a story...

I can do that!!



PESTO PASTA WITH ASPARAGUS RECIPE



INGREDIENTS

- 2 Cups of Shell Pasta
- $\frac{1}{2}$ - $\frac{3}{4}$ Cup of Pesto Sauce
- 1 Cup of Asparagus - steamed - I use them from a bag
 - $\frac{1}{2}$ Cup of Shredded Mozzarella Cheese.
 - $\frac{1}{3}$ Cup of Sun Dried Tomatoes
- salt and freshly ground black pepper, to taste
- 2 Tablespoons of Olive Oil

INSTRUCTIONS

1. Cook pasta according to the box instructions
2. While the pasta is cooking you want to heat a large skillet over medium/high heat
3. Add oil - heat for a couple minutes
4. Add sundried tomatoes - cook for a few minutes
5. Add pesto, salt, pepper - heat for 2 minutes
6. Lower heat and add cooked asparagus and cooked pasta
7. Add Cheese



ENJOY!

market@biaqd.ca

A Word About Our MARKETPLACE

market@biaqd.ca

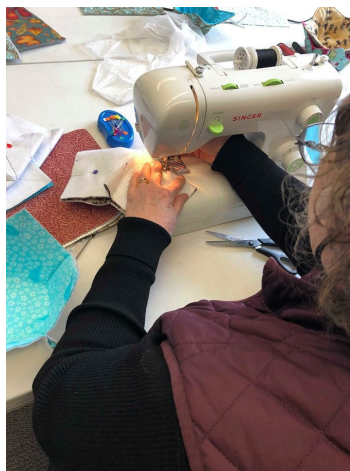
Our Marketplace page was created for us to inform the public of the amazing crafts our different groups are making.

In this way we are getting funding, from the sales to our wonderful supporters, that will keep our craft programs going.

We do woodworking and painting/staining/decorating of same, sewing, knitting, painting, card making and much more as inspiration strikes. Here are a few things done recently...

We also have sales and will do a 'giveaway' item from time to time.... Keep an eye on the web site for our next special!

If you have an event coming you can now order your cards and personalize them!



Great job Juanita!
Peter loves his!!!!

Come join us and try something new and fun!

Our UPDATED Web Page....

With many thanks to our summer student, Mallory, we now are enjoying a newly designed and up to date web site! She worked very hard on this getting much information from Jennifer. If there was content they wanted but did not have, Jennifer knew where and who to go to. There are still a couple of pages that need to be completed, but overall it is an amazing site!

Please take a look and enjoy!

BIAQD.ca

Easter Candies Word Search Puzzle

Y	E	A	S	C	M	A	L	T	E	D	M	I	L	K
N	T	G	E	R	R	E	G	G	S	A	N	D	H	I
N	S	G	G	E	I	N	I	M	C	H	M	O	C	N
U	C	E	O	M	A	R	Z	I	P	A	N	L	T	D
B	A	E	T	E	E	P	B	U	N	N	S	N	A	E
E	R	S	I	E	E	S	E	D	A	R	N	W	P	R
T	O	E	E	G	V	E	M	E	R	Y	A	O	R	S
A	B	E	P	G	O	S	P	U	P	L	E	N	U	U
L	I	R	A	S	R	T	R	E	A	S	B	K	O	R
O	N	B	U	N	N	Y	P	E	Z	T	Y	A	S	P
C	E	S	S	P	O	P	I	L	L	O	L	E	I	R
O	G	Y	N	N	U	B	T	D	N	I	L	G	N	I
H	G	C	H	O	C	O	L	A	T	E	E	G	G	S
C	S	K	I	D	S	B	A	S	K	E	J	T	S	E
M	A	R	S	H	M	A	L	L	O	W	E	G	G	S

BUNNY PEZ

CHOCOLATE BUNNY

CHOCOLATE EGGS

CREME EGGS

JELLY BEANS

KINDER SURPRISE

LINDT BUNNY

LOLLIPOPS

M AND MS

MALTED MILK

MARSHMALLOW EGGS

MARZIPAN

MINI EGGS

PEEPS

REESE EGG

ROBIN EGGS

SOUR PATCH

WONKA EGG

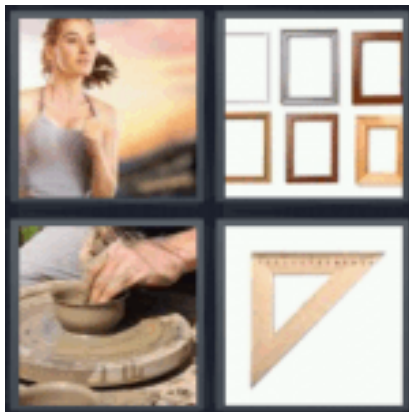


4 PICTURES THAT HAVE 1 WORD IN COMMON WHAT IS IT?



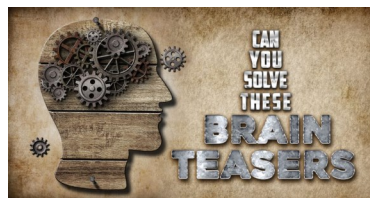
SEVEN LETTER WORD

--	--	--	--	--	--	--



FIVE LETTER WORD

--	--	--	--	--



There is a common 9-letter word in the English language, such that if you keep removing its letters one by one, the resulting 8 words are still valid. What is this word?



And the FUN carry's on....

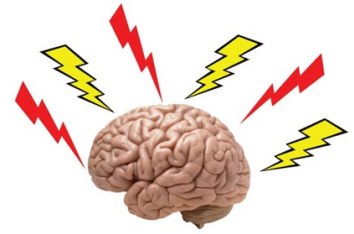


We very much enjoyed the children and grandchildren that were able to join us over March Break!



Peer Navigation Meeting

March 2019



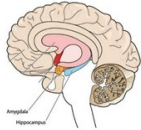
Topic = Stress Resolutions in Adults and Children

After handing out the cutest stress balls ever, there was a presentation on stress in adults and children by Dakota, and how to reduce stress in your life.

After this, we decamped to the kitchen for a little candy making....

AMYGDALA • HIPPOCAMPUS

What part of the brain is affected by stress



- The amygdala controls emotional responses & helps your brain store memories
- It works closely with the hippocampus
- The hippocampus plays a role in memory, navigation, & emotional response

Amygdala

It's roughly an almond-shaped mass of grey matter inside each cerebral hemisphere, involved with the experience of emotions

Hippocampus

Is elongated ridges on the floor of each lateral ventricle of the brain, thought to be the centre of emotion, memory, and the autonomic nervous system. The hippocampus is particularly sensitive to stress because of the damaging effects of cortisol, the stress hormone.

How to reduce stress

1. Lifestyle changes

Exercise, get enough sleep (3-5 years old need 11-13 hours, 5-10 need 10-11 hours, 10-17 need 8 ½ - 9 ½ hours), eat properly, relax, and do things you love.

2. Treating stress with mental activities

Avoid negative thinking, organise your life (take it day by day), develop a sense of humour, have more positive self talk

3. Stand up for yourself

Talk to someone you trust about your stress, get a stress relief ball, punch a punching bag and yell at it if it helps. Participate in Sports. Spend time with close friends doing things that are fun.



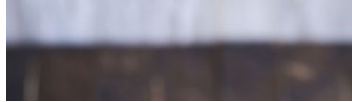
Word Game Answers - 7 Letter Thought
5 Letter Shape

Brain Teaser Answer.....

The word is STARTLING -> STARTING -> STARING -> STRING -> STING -> SING -> SIN -> IN -> I.

Carrot Cake Blondies with Cream Cheese Swirl

Ingredients



YIELDS:16

1/2 c. unsalted butter, melted



PREP TIME:0 HOURS 20 MINS

1 c. light brown sugar, packed



COOK TIME:0 HOURS 20 MINS

1 egg



1 tbsp. pure vanilla extract

1 c. all-purpose flour

1 tsp. cinnamon

1/4 tsp. baking powder

1/4 tsp. kosher salt

1 c. shredded carrots

CREAM CHEESE SWIRL

4 oz. cream cheese, at room temperature

1/4 c. granulated sugar

1 egg yolk

3/4 tsp. pure vanilla extract

1. Preheat oven to 350 degrees F. Line a 8-x-8" pan with foil or parchment paper and spray with cooking spray; set aside.
2. **Make carrot cake blondies:** In a mixing bowl, combine melted butter and brown sugar and stir until incorporated. Add egg and vanilla, and whisk to combine. Add flour, cinnamon, baking powder, and salt and stir until just combined. Fold in shredded carrots.
3. **Make cream cheese swirl:** Beat together all of the ingredients until completely smooth.
4. Pour half the blondie batter into prepared pan, smoothing it lightly with a spatula or offset knife to the edges. Dollop half the cream cheese swirl, then top cream cheese with remaining batter. Dollop remaining cream cheese swirl on top of blondies and use a sharp knife to swirl into cream cheese filling.
5. Bake until the bars are set and golden brown, about 20 minutes. (The edges will be slightly pulling away from sides of pan.) Let bars cool completely before slicing into 16 squares. (These can be stored in an airtight container at room temperature or in the refrigerator for up to 4 days.)