

# BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

## MAY 2019



HAVE YOU SEEN US ONLINE? [www.biaqd.ca](http://www.biaqd.ca)



## When Is Mother's Day 2019?

Many Canadians celebrate Mother's Day by showing their appreciation for mothers or mother figures. The Mother's Day date in Canada is on the second Sunday of May each year.



## Is Mother's Day a Public Holiday?

Mother's Day is not a public holiday. It falls on Sunday, May 12, 2019 and most businesses follow regular Sunday

## What Do People Do?

Many people in Canada express their gratitude towards mothers and mother figures on Mother's Day. Mother figures may include step-mothers, mothers-in-law, guardians (eg. foster parents), and family friends. It is the time for people to thank mothers and mother figures who took the time care for them and help them through life's challenges. [Father's Day](#) is also celebrated in Canada on the third Sunday of June, when people thank fathers and father figures for the positive contributions they made.

Some people give cards, flowers, or chocolates, and/or make handmade items or special meals on Mother's Day. Others take their mothers or mother figures to the movies, a restaurant, café, or a day in a park. Some mothers and mother figures also receive special gifts such as jewelry, clothing, accessories, and gift vouchers for services or products.

## Public Life

Mother's Day is not a federal holiday but it is on a Sunday, when many organizations, schools, and government offices are closed. Public transit systems run to their normal Sunday schedules and restaurants may be busier than usual as some people take their mothers out for a treat.

## Background and symbols

Early celebrations of Mother's Day originated from Canada's neighboring country, [the United States](#). Carnations are a popular Mother's Day symbol in both Canada and the United States. Some people may choose to wear a carnation as a brooch on Mother's Day. However, other flowers are also given to mothers or mother figures to symbolize one's love and appreciation for them.



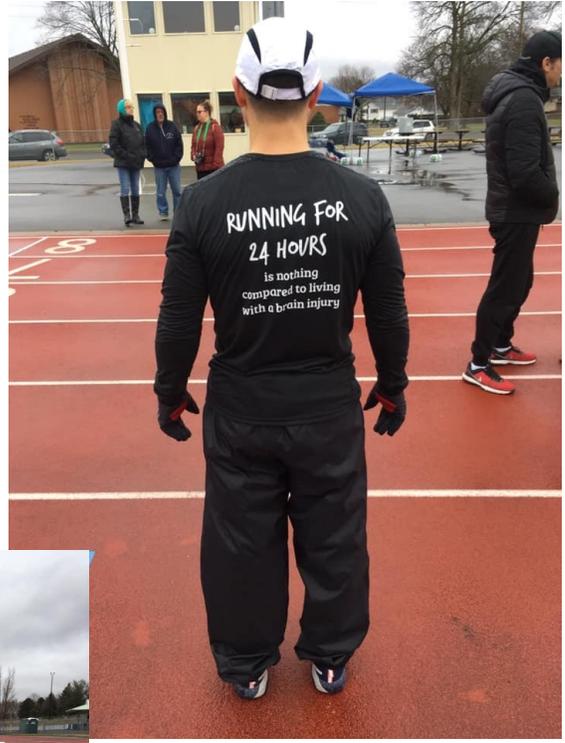
**BONN**  
LAW



**Brain Injury Association**  
QUINTE DISTRICT

**THANK YOU**

Mind Over Matter Run raises \$19K



Kris Bonn is turning 45 and he's celebrating by giving back to the community once again. On April 19th at 5:00pm Kris will begin running the 400m track at Mary Ann Sills and will continue running for 24 hours. Kris will be pushing his body to the limit to raise money for Brain Injury Association Quinte District.

We did it! Together this community showed up and supported the Brain Injury Association Quinte District and we exceeded our fundraising goal for my 45th birthday 24 hour run. With all the onsite cash donations and off Facebook donations we are over \$17,000!!! I want to personally thank all my friends, family, community people who came out to support me. That was without a doubt the most demanding physical challenge I have ever undertaken. I didn't realize how hard it was going to be. I am very sore and drained today, but my pain will pass. A small price to pay for what we accomplished.



Thank-you

# May Day History

May Day marks the halfway point between the first day of [spring](#) and the [summer solstice](#). May Day dates back to the days of the Romans and involved many pagan rituals and ancient customs which were slowly phased out with the arrival of Christianity. Festivals, dances, and rituals related to agriculture and fertility were practiced by many Germanic and European countries. May Day also commemorates the struggle for fair labor practices and the Haymarket Affair of 1886. It is observed on May 1st each year.

## May Day Facts & Quotes

- Roman Catholics celebrate May as Mary's month, and May Day is celebration of the Blessed Virgin Mary.
- May Day is also recognized as International Worker's Day, or Labour Day. This day commemorates workers rights and the labour movement. One popular cause that this day commemorates is the eight-hour workday.
- During the Haymarket Affair of 1886, more than a dozen people were killed after a 3-day strike and rally. US Labor Unions had agreed upon a general nationwide strike on May 1, 1886 in support of an eight-hour work day. One such rally, held outside the McCormick Harvesting Machine Company, Chicago, Illinois, became violent when police fired into the crowd of striking workers. Outraged, the worker's organized another rally the next day at Haymarket Square. The rally became violent when a bomb was thrown into a crowd of police. Seven officers were killed. A very public trial ensued which ended in the public hanging of four anarchists.
- In France, it is customary to give a sweet smelling flower called the spring of lily of the valley (a symbol of springtime) on May 1st. The tradition started in 1561 when King Charles IX of France received a lily of the valley as a lucky charm.

## May Day Top Events and Things to Do

- Dance around a Maypole. Decorate a tall pole with garlands of flowers and ribbons. Have a group of friends each take a ribbon and dance around the pole, interweaving the ribbons to form a braided affect. The braid can be undone by retracing one's steps.
- Have a picnic outdoors in the sunshine.
- Attend a May Day Festival.
- Visit a local fresh air market.



# 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.

## What's in Season in May:

Asparagus, Radishes, Fiddleheads, Spinach, Rhubarb, Kale, Salad Greens, Morel Mushrooms, Arugula, Swiss Chard, Green Onions, Peas, Cherries,

## Sautéed Fiddleheads

Version: Lactose-Free



Soaking : 10 min

Preparation : 5 min

Cooking : 10 min

70 calories/serving -  
2 servings

### This recipe is in the following categories

[Vegetables](#) | [Side dishes](#) | [Low Saturated Fat](#) | [Artery-healthy](#) | [Heart-healthy](#) | [Vegetarian](#) | [Kosher](#) | [Diabetes-friendly](#) | [Low Cholesterol](#) | [Low Sodium](#) | [Halal](#) | [Vegan](#)

## Ingredients

200 g	fiddleheads	
1 tbsp	olive oil	15 mL
1 pinch	salt [optional]	0.2 g
	ground pepper to taste [optional]	

## Before you start

Fiddleheads may be poisonous if eaten raw. Make sure you wash them well, soak at least 10 minutes to reduce their bitterness, and cook them in plenty of water.

## How to Make It

Prepare the fiddleheads: wash them well and soak them at least 10 min.

Steam them 10 min or blanch them 15 min in a pot of boiling salted water. Drain them and shake a few times to remove excess water.

Return the fiddleheads to the pan, add the oil, and season with salt and pepper to taste. Cook an additional couple minutes over low heat, with stirring, until the fiddleheads are well coated and lightly coloured. Serve.



Victoria Day is a floating holiday and is always observed on the Monday before May 25th in Canada.



## Victoria Day History

Victoria Day honours and commemorates the birth of Queen Victoria. Queen Victoria was born on May 24th, 1819 in Britain and ascended the throne at the young age of 18. During her reign, she governed the Dominion of Canada until she proclaimed the [Confederation](#) of its first 4 provinces in 1867 and selecting Ottawa as the national capital. In Canada, Queen Victoria is often referred to as the *Mother of Confederation*.

Today, Victoria Day the current monarch's birthday celebration and the beginning of the summer season. Although Victoria Day was originally declared a celebration in 1854, making it Canada's oldest state holiday, it was only officially proclaimed in 1901 after the queen's death. This holiday is observed on the Monday before May 25th.

## Victoria Day Facts

- Between 1840 and 1857, Queen Victoria gave birth to 9 children (4 boys: Edward VII, Alfred, Arthur and Leopold and 5 girls: Victoria, Alice, Helena, Louise and Beatrice. Although Victoria was the first-born child of Queen Victoria, it was her younger brother, Prince Albert, who went on to become king following his mother's death in 1901. He succeeded his mother and became King Edward VII.
- Victoria Day is statutory federal holiday. However, provincial and territorial government overrules federal statutes in most areas of Canada. There are four provinces in Eastern Canada (QC, NL, NS, NB) where Victoria Day is not recognized.
- Canadians jokingly refer to Victoria Day as May Two-Four Day. This is an inside joke which refers to a case of beer, containing 24 bottles. For many Canadians, this is the first long weekend they have celebrated since Easter, and many cabins and camps are opened and prepared for the summer season ahead.

## Victoria Day Top Events and Things to Do

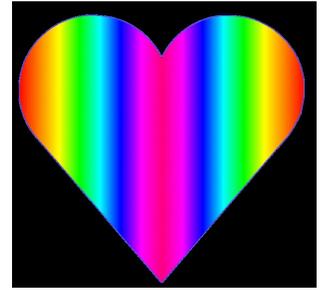
- Watch a fireworks display in your local community or venture to one of the major city centres to watch a more elaborate display. Toronto, Vancouver and Ottawa all host large firework displays to celebrate the Queen's birthday.

Visit a [summer](#) home or cottage. Open it for the season and enjoy a BBQ with a few beers on your long weekend.

- Attend a parade in your local town or city. Most cities host a May Day parade and celebrations that last through the day. They usually have fun-filled activities for the kids.
- Enjoy the long three-day weekend at one of many campsites either private or provincial park sites where fishing and bonfires are also popular activities.

# Having Fun...

Busy Creating....



Not quite finished...  
but we are so close

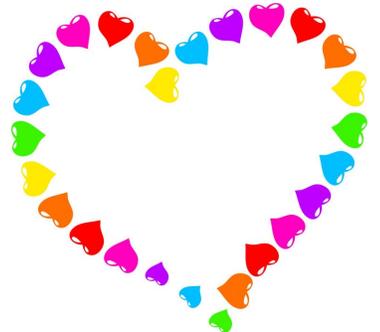


If you have an idea  
for a sign you would  
like, let us know and  
we will make it for  
you!

## Things Mom Likes Word Search Puzzle

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

- |              |            |
|--------------|------------|
| APPRECIATION | KIDS       |
| CANDLELIGHT  | KISSES     |
| CANDY        | PEACE      |
| CHILDREN     | PRESENTS   |
| CHOCOLATES   | QUIET      |
| DIAMONDS     | RESTAURANT |
| FLOWERS      | ROMANCE    |
| FREE TIME    | SNUGGLING  |
| HUGS         | SWEETS     |
| JEWELRY      | THANK YOU  |



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!



A new project finished.... We will be doing some for each season....



**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

## For the New Gardener – Build a Raised Bed

If you don't yet have a garden you may want to consider building a raised bed. Raised beds are ideal for small scale gardeners and are helpful to use because you can fill the garden box with healthy soil and know that your plants will be nourished. Make sure to build the garden box with untreated lumber and place it in a location that gets a lot of sun. Another option is to buy garden boxes.

## Clean Your Garden Tools

Clean your garden tools so that everything is ready to go as soon as it's time to start working with the earth. Remove the rust, sharpen the edges of shovels, trowels and hoes, and wipe everything down. It's especially important to start the season with clean tools so you don't accidentally spread fungus or insect eggs into the garden. Regular maintenance of garden tools will keep them efficient and help them last longer.

## Set-Up a Compost System

If you don't already have one, consider establishing your own compost system for this coming season. Making your own compost is a terrific way to cut costs on fertilizers. You can add kitchen scraps, garden material and yard trimmings to your compost. Choose a compost system that is suitable to the amount of plant material you will add to it. Smaller gardens may consider vermicomposting or a tumbler-style bin, while larger gardens may consider a three-bin composting system.

## Remove Weeds

Pull out all the weeds from your garden, along with fallen branches and large plant debris. Note that if the soil is still wet from the winter wait until it is dry enough before attempting heavy weeding or tilling. Working the soil when it's too wet can compact and damage the soil structure. Waiting until it is dry enough helps keep the soil texture aerated, which plants will grow best in. You can tell if your soil is ready by taking a handful and using your hands to press the soil together so it forms a ball. The soil is ready to be worked, if the ball crumbles easily. If it retains its shape or only breaks into large chunks that do not crumble, it needs more time to dry out.

## Add Compost to the Soil

When the soil is ready, add compost. Compost is the greatest gift you can give to your soil. It replaces the nutrients that were lost from the previous growing season, improves the soil structure and creates a friendly habitat for beneficial insects and microorganisms. It is important to replenish the soil with compost at the beginning of every growing season, at the very least. If you don't yet have your own compost, you will want to find a quality source that is suitable for vegetable gardens. You can look at your local garden center, a compost provider, municipality or a farmer. Layer 1-2 inches of compost on top of the soil and then turn it under to a depth of about 6 inches before planting.

## Start Transplants

You can give your seeds a head start by growing transplants indoors. You will need to get seed starting trays and a decent quality potting soil for seed starting. Plant seeds in the starting trays according to the directions on their packet. Place the seeds in a warm room with lots of light. Keep the soil moist as the seedlings grow. About a week before planting the seedlings outdoors, start to place them outside for increasing increments throughout the day and bring them in at night. This process is called "hardening off" and will help the seedlings adjust to outdoor conditions.

## Plan for Maintenance

A vegetable garden requires regular work of watering, weeding, harvesting, and more! It is helpful to plan for the maintenance of your garden. If it is a backyard garden, think about who can water your plants when you are out of town. If it is a schoolyard garden, consider gathering volunteers for summer break, as these will be the garden's busiest months. Want to get the kids involved in the garden? [The Foundation offers free educational materials for Canadian teachers & students from Kindergarten-Grade 3 in English and in French.](#)

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



SEVEN LETTER WORD

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FIVE LETTER WORD

--	--	--	--	--



What comes once in a minute, twice in a moment, but never in a thousand years?





# Chicken Florentine Artichoke Bake

- Makes: 6 to 8 servings
- Prep 30 mins
- Cook 5 mins

Bake 30 mins

## Method

**1.** Preheat oven to 350 degrees F. Cook pasta according to package directions; drain. In medium skillet cook onion in 1 tablespoon butter over medium heat about 5 minutes or until tender, stirring occasionally. Remove from heat; set aside.

**2.** In bowl whisk together eggs, milk, seasoning, 1/2 tsp. salt, 1/4 tsp. black pepper, and crushed red pepper. Stir in chicken, Monterey Jack cheese, artichokes, spinach, tomatoes, half of the Parmesan, cooked pasta, and onion. Transfer to a 13x9x2-inch baking dish or 3-quart rectangular casserole.

Bake, covered, 20 minutes. In small bowl combine remaining Parmesan, bread crumbs, paprika, and melted butter. Sprinkle mixture over pasta. Bake, uncovered, 10 minutes more or until golden. Makes 6 to 8 servings.

## Ingredients

- 8 ounces dried bow tie pasta
- 1 small onion, chopped
- 1 tablespoon butter
- 2 eggs
- 1 1/4 cups milk
- 1 teaspoon dried Italian seasoning
- 1/4-1/2 teaspoon crushed red pepper (optional)
- 2 cups chopped cooked chicken
- 2 cups shredded Monterey Jack cheese (8 oz.)
- 1 14 - ounce can artichoke hearts, drained and quartered
- 1 10 - ounce frozen chopped spinach, thawed and well drained
- 1/2 cup oil-packed dried tomatoes, drained and chopped
- 1/4 cup grated Parmesan cheese
- 1/2 cup soft bread crumbs
- 1/2 teaspoon paprika
- 1 tablespoon butter, melted



## 4 Big Artichoke Health Benefits

- **FIBER.** One medium artichoke has a whopping 6 grams of dietary **fiber** – that's a quarter of the recommended daily amount – and more **fiber** than in one **whole** cup of prunes! ...
- **PROTEIN.** Artichokes contain 4 grams of **protein** – a significant amount for a vegetable.
- **PREBIOTICS.** ...
- **ANTIOXIDANTS.**

**Word Game Answers** - 7 Letter Pollute  
5 Letter Grain

**Brain Teaser Answer.....** The letter 'M'

# Is Your Pet Ready for Spring?

## Groom it up

Warmer weather means lots of shedding. Our furry friends get rid of their winter coats for the sleek, thinner attire. For pet parents, this means lots and lots of hair around the house. A regular bath and brush will help keep your home clean and your pet happy. You can also pay a visit to a pet groomer to get your pet star service that includes washing, haircuts, nail trimming, and even teeth cleaning!



## Ensure tick and flea con-

Spring is the time when ticks and fleas are on the prowl. Those blood-suckers can carry harmful parasites, so paw-rents should be vigilant. While it's a good idea to keep your four-legged friends on preventative medications all year-round, using tick and flea control, such as rinses or tablets, in warmer weather is very important.



## Take action on worms

Apart from fleas and ticks, the other problem you have to take care of is worms. Tapeworms, roundworms and hookworms can become a problem in warmer months. One of the largest dangers to a pet's health is dirofilaria immitis, or heartworms, which spread through mosquito bites. Be proactive and make sure your cat or dog has been dewormed for the season.

## Watch out for allergies

With grass, flowers, and trees abloom in spring, pets can suffer from seasonal allergies, just like we humans do. Keep an eye out for excessive scratching, licking, or hair loss, as these can be classic [signs of allergies](#). If your pet develops any of the symptoms, take them to the vet immediately.

## Update your shots

In warmer seasons, your animals hang out a lot with other pets that may or may not have been properly vaccinated. Before you start spending more time at dog parks or join other fun pet activities in the neighborhood, make sure your pets have gotten their shots and are protected from infectious diseases.

[Pet vaccination](#) is important, but not every pet needs to be vaccinated against every disease. Schedule a vet checkup to ensure that your pet's necessary vaccines are all updated.



Bonding with your pets outdoors during the warmer months can be just as fun for pet parents as it is for the pets themselves. With a little prep, you can have true peace of mind and be ready to fully enjoy this awesome time of the year!

# Thursday May 2nd



## Comedy Night Fundraiser

BIAQD Comedy Night  
Fundraiser

Tickets \$25 (613-967-2756)

6:30 pm Cocktails

7:30 pm Show Starts



## Featuring Comedian ROB BEBENEK

A finalist in Serius XM's Top  
Comic, and opening concert  
series for Bob Saget, Burt  
Kreischer, Charlie Murphy,  
Steve - O, and Gary Dee

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MARYELLEN THOMPSON, Ph.D. - SPEECH/LANGUAGE PATHOLOGIST

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**Brain Injury  
Association**  

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**QUINTE DISTRICT**

**Craft ● Vendor ● Bake  
SALE**

**223 Pinnacle St. Belleville**

**May 4, 2019**

**10:00 - 4:00**

**Tables are \$20 each  
Space is limited**

**Contact the office for more information 613-  
967-2756  
info@biaqd.ca**



# Cassidey Ouellette Memorial Colour Run

.....  
SATURDAY JUNE 1, 2019

PROCTOR PARK, BRIGHTON

Registration 9:00 AM  
.....

Registration Now Open

<https://colourrun7.wixsite.com/mysite>



2.5 or 5 K  
Walk or Run

Adults \$50  
Children 12 and  
Under \$25



[colourrun7@outlook.com](mailto:colourrun7@outlook.com)



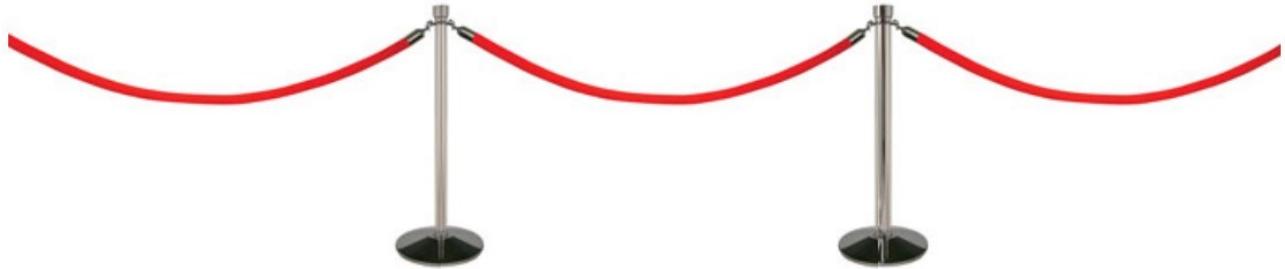
Cassidey Ouellette Memorial Colour Run

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# Celebrating Success 2019



A Display of Art Work by Brain Injury Survivors

## John M. Parrott Art Gallery

**June 1 - 27, 2019**

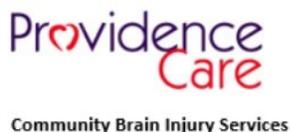
Information Session - June 13, 2019

5:00 - 6:00 PM

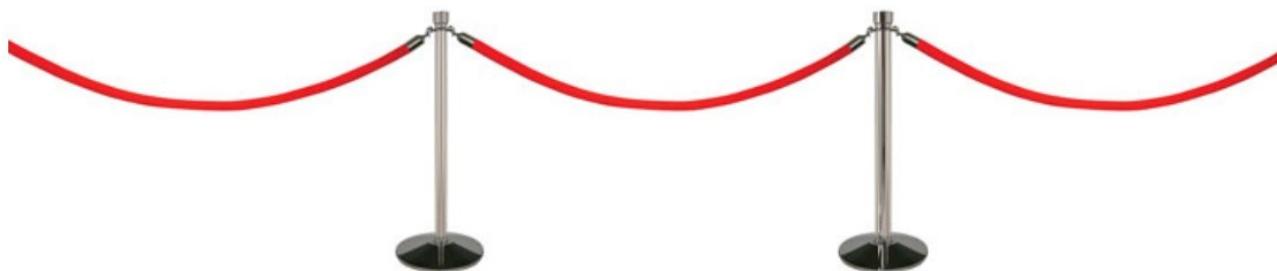
**Please Join us in Celebrating the Success of Our Local ABI Artists**

Belleville Public Library

254 Pinnacle St. Belleville



# Celebrating Success 2019



A Display of Art Work by Brain Injury Survivors

## Core Centre Art Gallery

June 10 - 14, 2019

Artist Appreciation Reception - June 10, 2019

4:00 - 6:00 PM

**Please Join us in Celebrating the Success of Our Local ABI Artists**

Core Centre Art Gallery  
223 Pinnacle St. Belleville

