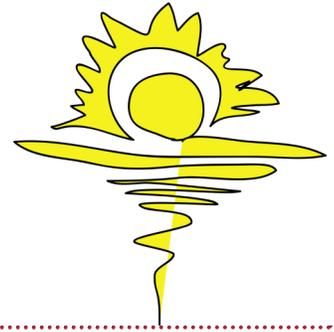


BIAQD Newsletter



For members of the Quinte Area Brain Injury Association

MAY 2017

HAVE YOU SEEN US ONLINE? <http://biaqd.ca>

Victoria Day in Canada



Victoria Day, also known as *May Two-Four*, *May Long*, and *May Long Weekend*, is a Canadian holiday on the Monday preceding May 25.

Background

Queen Victoria was born on May 24, 1819. Following the death of 3 uncles and her father, she became Queen of the United Kingdom on June 20, 1837 and reigned until her death on January 22, 1901. During Victoria's life, the British Empire expanded considerably. However, her powers as Queen of the United Kingdom were reduced as the House of Commons became more important and powerful in British politics.

The monarch's birthday has been celebrated in Canada since before the beginning of Queen Victoria's reign. After her death, in 1901, May 25 became known as Empire Day. The sovereign's official birthday was still celebrated, often on the King's or Queen's actual birthday. In 1952, Empire Day was moved to the Monday before May 25 and since 1953, the official birthday of Queen Elizabeth II has been celebrated on this date in Canada. In 1958, Empire Day became known as Commonwealth Day, which was moved to the second Monday in March. The Monday before May 25 then became known as Victoria Day, which is a Canadian statutory holiday.

What Do People Do?

In some cities, fireworks displays or parades are held to mark Victoria Day. One of the most notable parades is held in the city of Victoria, British Columbia, which was named after Queen Victoria. Many people gather in parks to enjoy fireworks displays, which are particularly impressive in Hamilton and Toronto.

For many people, the long Victoria Day weekend marks the end of the winter and the unofficial start of the spring or summer season. After this weekend, gardeners can be reasonably sure that there will be no more frost until the autumn so they can sow or plant out delicate crops and plants. For the same reason, people with recreational homes in colder parts of the country often go to them to open them up for the summer. In addition, many amusement parks and outdoor attractions open for their summer season this weekend. Notably, stores on Prince Edward Island are permitted to open on Sunday only between Victoria Day and Christmas Day.



Continued pg.

Public Life—Victoria Day

Victoria Day is marked as a public holiday at a national level. Many people have a day off work and schools are closed. However, it is not one of the general paid holidays listed in the Nova Scotia Labour Standards Code and it is not a designated retail closing day in Nova Scotia. An employer may agree to provide employees with Victoria Day as a paid holiday in Nova Scotia.



It is not listed in the Quebec government's list of statutory general holidays either, although [National Patriots' Day](#) is celebrated in the province. Nor is Victoria Day listed as a paid public holiday in New Brunswick, but it is listed as a prescribed day of rest. It is not listed as a paid public holiday in Newfoundland and Labrador. The Newfoundland and Labrador Lieutenant Governor-in-Council can however, proclaim an additional holiday. Moreover, different holidays can be set by collective agreements to substitute the public holidays designated under the province's law.

Mother's Day in Canada

Many Canadians celebrate Mother's Day by showing their appreciation for mothers or mother figures. The Mother's



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.

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.



Spring

Find and circle all of the words that are hidden in the grid.

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

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEAN-
ING
TULIPS
WARMER



Has your last year brought you together with 'like' people/friends



Come join us!
Come join us!



BIAQD has become a great place for us to meet and chat, exercise, learn new crafts and get out in group activities!

I cannot stress enough how important it is to so many of us to have a place to get together and not feel judged or looked down upon.

Here are a few pictures of what we are doing...

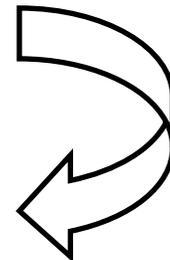
Call the BIAQD office to discover what awaits there for you to enjoy!

New and current activities..

The quietest we have been in a long while ...



Helping the blind... Lyn is very flexible ...



And when the machine gives up we move on to other crafts while awaiting the repairs....

Brandon... our student. He was great with his 'helping the brain' foods presentation..



We also cook here... well we try
The banana pancakes were well worth our efforts



Flowerpot chocolate chip muffins

Nutrition: per muffin ; cal215 fat9g saturates4g carbs28g sugars19g fibre1g protein4g

Ingredients

- 3 tbsp vegetable oil
- 125g plain flour
- 1 tsp **baking powder**
- 25g cocoa powder
- 100g golden caster sugar
- 1 large **egg**
- 100ml **milk**
- 150g milk chocolate chips
- 25g chocolate decorations
- 20 rice paper wafer daisies (these come in packs of 12, so get 2 packs)



This is for the adventure seeking baking... and if someone dares to try, please bring me one!

You will need

- 10 mini terracotta pots (see tip)

Method



Heat oven to 180C/160C fan/gas 4. Lightly oil the inside of the terracotta pots with a little vegetable oil and place on a baking tray. Place a paper mini muffin case in the bottom of each pot.

Put the flour, baking powder and cocoa in a bowl and stir in the sugar.

Crack the egg into a jug and whisk with the milk and remaining oil. Pour this over the flour and cocoa mixture, and stir in with 50g of the chocolate chips. Be careful not to overmix – you want a loose but still quite lumpy mixture. Spoon into the pots up to three-quarters full.

Place in the middle of the oven and bake for 12-15 mins until risen and firm. Transfer to a wire rack (still in the pots) and leave to cool.

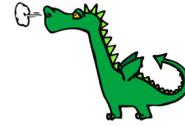
Put the rest of the chocolate chips in a small bowl and melt over a small pan of gently simmering water (don't let the water touch the bowl), or put in a microwave-proof bowl and heat on High for 1 min until melted.



Spread the tops of the muffins with the melted chocolate. Sprinkle over the chocolate decorations and add 2 rice paper wafer daisies to each pot to serve. Will keep for 2 days in an airtight container



May 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Peer Navigation Group 1-2 pm	2 Walking Club 10:00 am	3 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30	4 Music 10 am Computers 12:30	5	6
7	8 Aqua fit YMCA 10:30 am Knitting Circle Noon	9 Walking Club 10:00 am	10 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30	11 Music 10 am	12 Casino Night	13
14 Mother's Day	15 Aqua fit YMCA 10:30 am Knitting Circle Noon	16 Walking Club 10:00 am	17 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30	18 Music 10 am Computers 12:30	19	20
21	22 Victoria Day	23 Walking Club 10:00 am	24 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30	25 Music 10 am Lunch Program Noon	26 Celebrating Success Pizza Lunch	27
28	29 Aqua fit YMCA 10:30 am Knitting Circle Noon	30 Walking Club 10:00 am	31 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30			

THANKS TO ALL....



Thanks to everyone that has already showed their support for our Casino Night!
Tickets are on sale now! Contact the office at 613-967-2756 or info@biaqd.ca

CELEBRATING 25 YEARS



Come join us for our 25th year
Anniversary!



There will be a lunch provided and many games and entertainment.

The raffle ticket draw will be at 2 pm.

When - June 11, Sunday

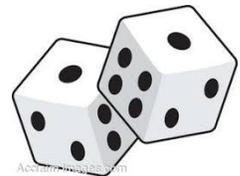
Where - Stirling in Farmtown Park, 437 West Front St.

Time - 11:30 - 2:00

Upcoming BIAQD Events

Casino Royale

WHEN - May 12th,
WHERE - The Belleville Club
TIME - 7 - 11 pm
TICKETS - \$25.00



Fundraising Events:

Craft Sale - we are having a craft sale soon and would like all your ideas as what to do to sell this year...

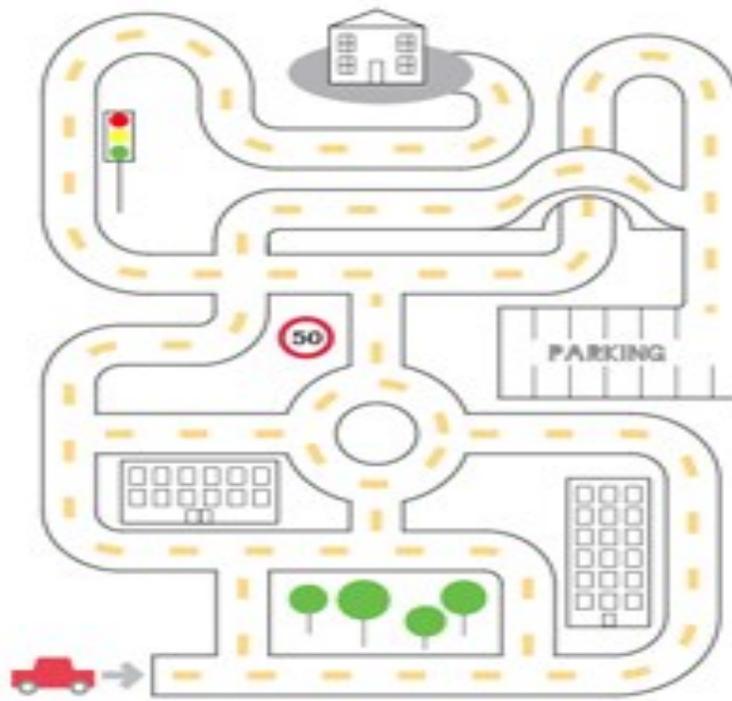


Bake Sale - Last year showed us that all our baking did very well at the craft sale, and if we want we could do this again ...

Yard Sale - Again we are going to do a yard sale. If, when you are spring cleaning, you find items to donate, set them aside and we will welcome all donations!!!



THE ROAD HOME MAZE



FIND YOUR WAY HOME!



Help the monkeys to get to the coconut tree.



ANSWER:



Lemony Cucumber Salad

HANDS-ON TIME 22 mins

TOTAL TIME 22 mins

YIELD 8 servings (serving size: 2/3 cup)

Ingredients

- 1 cup thinly sliced radishes
- 1/2 cup finely chopped orange bell pepper
- 1/4 cup chopped fresh flat-leaf parsley
- 2 English cucumbers, thinly sliced (about 6 cups)
- 1 teaspoon finely grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 1/2 teaspoons white wine vinegar
- 1/2 teaspoon salt



How to Make It

Combine first 4 ingredients in a large bowl.

Combine lemon rind and remaining ingredients in a small bowl, stirring with a whisk. Pour over cucumber mixture; toss well to coat. Serve at room temperature or chilled.



Soft-Scrambled Eggs with Asparagus

HANDS-ON TIME 15 mins

YIELD

Serves 12 (serving size: 1/3 cup)

TOTAL TIME 15 mins



Ingredients

- 18 large eggs, lightly beaten
- 1/3 cup whole milk
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil, divided
- 1 cup finely chopped small asparagus
- 1/4 cup chopped fresh flat-leaf parsley



How to Make It

Combine first 4 ingredients in a medium bowl, stirring with a whisk.

Heat a large non-stick skillet over medium heat. Add 2 tablespoons oil to pan; swirl to coat. Add eggs and asparagus to pan. Reduce heat to medium-low. Cook 8 minutes or until eggs are soft and begin to set, stirring frequently. Stir in parsley; drizzle with remaining 1 tablespoon oil.

6 TIPS TO GET YOUR HOME READY FOR SPRING

Spring is finally in the air across most of Canada ([sorry Halifax](#)) and with the sun and warmer weather comes the realization that Old Man Winter has been torturing the outside of your house for the last six months.

Before you break out the patio furniture and start planting your gardens, you might want to follow these six tips to get your home ready for a headache-free season.

1. Check your gutters and downspouts

Whether you did this in the fall after all the leaves fell or not, there's a good chance your gutters and downspouts need some care after the buildup of ice and snow. Do a perimeter check from the ground to make sure nothing has come loose or detached from the house.

Get out the ladder and check for any clogs and make sure water is making its way out of the downspouts (and away from your foundation). You should also do a visual check of your chimney and the shingles on your roof during this process to see if there is any damage. If you're not comfortable climbing a ladder, check with contractors in your area, as many offer services to do this for you.

2. Fix cracks

Cracks that may have occurred in your foundation, walkways, and patio during the winter months are a welcome sign for water to get in your house and cause damage. Fill these as soon as you can and avoid paying for repairs after the spring rain.

Also make sure your patio and walkways are sloping away from your house so water does not pool near your foundation.

3. Caulk, repair windows

Just like cracks, gaps between your windows can let water (and critters) inside. Scrape off any old caulking and replace. Also check any wood trim or sills for signs of decay and repair or replace as needed. As a bonus this will also help keep drafts out and your energy bills down.

4. Move wood, junk away from your house

That stack of firewood you had up against the house all winter needs to be moved. It's damp and will be the perfect breeding ground for a variety of insects.

Same goes for any junk you left out all winter that could have water accumulate when all the ice and snow melts. Have bugs breed now and you'll be bothered by them until next winter.

5. Inspect your air conditioning unit, outdoor faucets, lights

Having your air conditioning unit inspected by a certified professional before turning it on for the season is not only a good safety measure, but could also help prolong the life of the unit.

It's also wise to make sure your outdoor faucets, receptacles, and lighting are not damaged. If you have

6. Don't forget the inside

While you're eager to get outside, spring is also the perfect time to replace or clean your furnace filter, check your [smoke and carbon monoxide detectors](#), check your dryer vent for lint buildup, and have your fireplace cleaned.



Overall Spring Cleaning Chores

- dust crown molding and baseboards
- dust ceiling corners
- dust baseboards and clean scuff marks
- dust/wash light fixtures and lamps

dust ceiling fans

wash doors (look for scuff marks)

wash walls

- touch up paint
- vacuum or wash window curtains
- wash window blinds
- clean windows
- dust bookcases
- polish wood furniture
- wipe down and vacuum furniture (clean the base and under cushions)

condition leather furniture

- remove stains from upholstered furniture
- vacuum and wash lampshades
- deep clean hardwood, tile, linoleum, and carpet flooring
- shampoo carpet (DIY or schedule a professional)
- remove rugs to shake out, then vacuum, then clean under them

vacuum all flooring, including corners and edges

- clean air vents
- dust around mirrors, picture frames, and wall hangings
- replace light bulbs
- change air/furnace filter
- replace batteries in smoke detector
- replace batteries in carbon monoxide detector

schedule chimney sweep

- schedule termite or pest control maintenance



Suggestions Only



Do not hurt the editor ...

Movie Review

Synopsis

Jon Baker (Shepard) and Frank "Ponch" Poncherello (Peña) have just joined the California Highway Patrol (CHP) in Los Angeles but for very different reasons. Baker is a beaten up pro motor-biker trying to put his life and marriage back together. Poncherello is a cocky undercover Federal agent investigating a multi-million dollar heist that may be an inside job -- inside the CHP. The inexperienced rookie and hardened pro are teamed together, but clash more than click, so kickstarting a partnership is easier said than done. But with Baker's bike skills combined with Ponch's street savvy it might just work...if they don't drive each other crazy along the way.

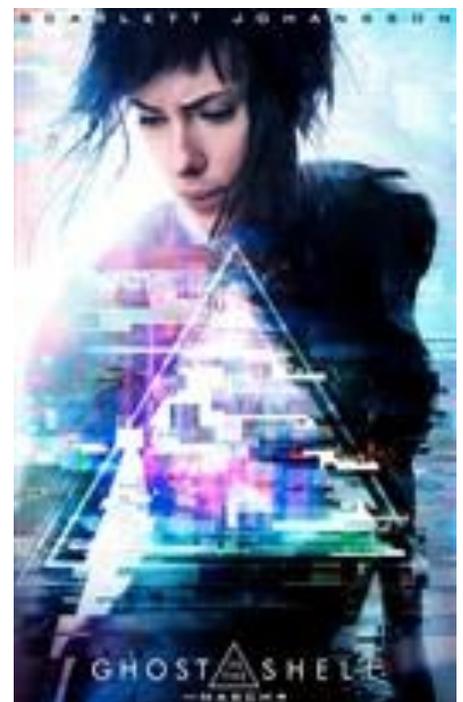
This movie was a laugh a minute! The characters played their parts well and the result was a reminder of the old show. The language and some scenes were a little (I think) a bit much for the younger viewers, but it made the show what it is! A great light hearted fun show for a great evening



SYNOPSIS

The exploits of Motoko Kusanagi, a member of the covert operations section of the National Public Safety Commission, Section 9, which specializes in fighting technology-related crime.

This movie had my hubby asleep in a short time. It was very hard to identify with any character or the story theme. Mostly, I did not understand most of it. I did not enjoy this one at all.





Peer Navigation Meeting

March 6, 2017



Meeting Date: Monday April 3, 2017

Present: Cindy, Judy, Pauline, Leslie, David, Brandon

The following is the presentation by our student... we also made and ate banana pancakes!

BRAIN HEALTH is a complex thing, with many factors coming into play. Things like blood flow, antioxidants and countless other variables can play a substantial role when it comes to helping someone with a brain injury recover. Although food alone isn't enough to get the brain back up and running, with exercise and other activities also playing a key role, a proper diet definitely can play a role helping your brain recover. Some examples of foods to help the brain grow include nuts, fruits, vegetables, grains, and fish.

Nuts, along with seeds and olive oils are rich in vitamin E. Vitamin E is a powerful antioxidant, which has been to have a link to preventing oxidative stress (McLaughlin, 2015). Oxidative stress is a complex issue, but it can be summed up as an imbalance in the brain, often brought on by brain injuries, that can affect it's ability to properly function (Mandal, 2015). Some foods high in Vitamin E include almonds, sunflower seeds and olive oils.

Fruits and vegetables are also great sources of antioxidants, often contains vitamin C, lycopene and other great nutrients. These antioxidants, along with preventing oxidative stress, also clear your brain of free radicals (McLaughlin, 2015). Free radicals are a substance in the brain that speeds up deterioration, affecting things like memory loss and balance (Mandal, 2015) Clearing these out can be a huge help for people suffering from damage to areas like the hippocampus, which affects memory. Some fruits and vegetables high in these antioxidants include berries, grapes, broccoli and peppers.

Whole grain foods play a slightly different role, not so much directly helping the brain health as preventing the damage that alternatives would cause. Although they provide some antioxidants Their biggest role is in avoiding the negative effects foods made with white flour and sugar would have. Sharp increases in blood sugar can have negative effects on the brain, as the brain requires a massive amount of blood to keep working (McLaughlin, 2015). Some examples of foods to buy include 100% whole grain breads, pastas and cereals, along with brown rice and pearl barley.

Cold water fish are an excellent source of Omega-3s, a form of fat that's actually good for you. This fat, found in the fish's oils, plays a role in reducing inflammation. It's also been proven to restore, strengthen and prevent the loss of memory related functions (McLaughlin 2015). Some fish to stock upon include salmon, mackerel, halibut and sardines.

There's plenty of food out there rich in antioxidants that can help promote brain health, but these food should provide a great jumping off point for anyone dealing with a brain injury. By combining these foods with proper active lifestyle, the recovery process can be made a lot easier, pushing away horrible symptoms before they have a chance to develop.

Next Meeting: May 1st, 2017

1pm



BRAIN INJURY ASSOCIATION

QUINTE DISTRICT

-Casino Royale-

Come Join us for a Night of Fun
and Excitement

If you are interested in sponsorship opportunities for BIAQD Casino Night please contact the BIAQD office, 613-967-2756 or info@biaqd.ca, or Cristina at Bonn Law, 613-392-9207 ext. 110 or CristinaSeffini@bonlaw.ca



Friday May 12, 2017

The Belleville Club

7:00 – 11:00 PM

Tickets \$25.00

Poker

Black Jack

Crown & Anchor

And many more!

Buy Ins Available

Gourmet Hors D'oeuvres

Silent Auction

50/50

Exciting Casino Style

Entertainment

For more information,

info@biaqd.ca

BIAQD.ca

613-967-2756

How To Make 2-Ingredient Banana Pancakes



What You Need

Ingredients

1 medium ripe banana
2 large eggs

Optional extras (choose a few!):

1/8 teaspoon baking powder, for fluffier pancakes
1/8 teaspoon salt
1/4 teaspoon vanilla
1 tablespoon cocoa powder
1 tablespoon honey
1/2 cup chopped nuts, chocolate chips, or a mix
1/2 cup leftover granola
1 cup fresh fruit, like blueberries, raspberries, or chopped apples
Butter or oil, for the pan
Maple syrup, jam, powdered sugar, or any other toppings, to serve

Equipment

Small mixing bowls
Dinner fork
Cast iron or non-stick griddle or skillet
Very thin, wide spatula, like a pancake spatula or fish spatula

Instructions

- 1. Mash the banana:** Peel the banana and break it up into several big chunks in a bowl. Use a dinner fork to thoroughly mash the banana. Continue mashing until the banana has a pudding-like consistency and no large lumps remain; a few small lumps are okay. You should have 1/3 to 1/2 cup of mashed bananas.
- 2. Add any extra ingredients:** These pancakes are pretty great on their own, but a few extras never hurt. Add 1/8 teaspoon of baking powder for fluffier, lighter pancakes, and whisk in salt, vanilla, cocoa powder, or honey to flavor the pancakes. Save any chunky, heavy ingredients — like nuts or chocolate chips — for when the pancakes are on the griddle.
- 3. Stir in the eggs:** Whisk the eggs together until the yolks and whites are completely combined. Pour the eggs over the banana and stir until the eggs are completely combined. The batter will be very loose and liquidy, more like whisked eggs than regular pancake batter.
- 4. Heat a griddle over medium heat:** Melt a little butter or warm a little vegetable oil in the pan to prevent sticking, if you like.
- 5. Drop the batter on hot griddle:** Drop roughly 2 tablespoons of batter onto the hot griddle. It should sizzle immediately — if not, turn up the heat slightly.
- 6. Cook for about 1 minute:** Cook the pancakes until the bottoms look browned and golden when you lift a corner. The edges should also be starting to look set, but the middle will still be loose like barely set Jell-O.
- 7. Sprinkle with toppings:** Sprinkle any loose toppings, like nuts or chocolate chips, over the top of the pancakes as the first side cooks.
- 8. Flip the pancakes:** I've found it best to do this very gently and fairly slowly — the opposite of regular pancakes. Gently work a spatula about halfway under the pancake, then lift until the unsupported half of the pancake is just barely lifted off the skillet. Lay the pancake back down on its other side. Some of the loose batter will probably spill onto the skillet as you do this; just be sure to lay the pancake on top of the spill and nudge any excess back under the pancake.
- 9. Cook for another minute or so:** Cook the pancake for another minute or so, until the other side is also golden-brown. You can flip the pancakes a few times if you need to in order to get them evenly browned. (Flipping is much easier once the second side is set!)
- 10. Continue cooking the pancakes:** Transfer the cooked pancakes to a serving plate and continue cooking the rest of the batter. Keep the finished pancakes warm in the oven if cooking more than a single batch.

Serve warm: These pancakes are best when eaten fresh off the griddle and still warm. Serve with maple syrup, honey, jam, or any extra toppings you'd like.

The sewing group is moving on... the quilts classes are finished. We are moving on too items for our craft sale ...



One happy teacher... Thank you Lyn for your time and patience...



Still smiling...



Getting ready for the 25th anniversary picnic. The bean bags are done!



Editors note:

I know... this is a long newsletter but there was so much to say and report to everyone! Is the weather not feeling like spring? The ground is a bit firmer as we rode out to see how the fields looked. So that is an improvement right there... getting to the fields!

Unfortunately the fields were still way too soft to ride on, so we came back and washed our horses tales.

The barn is looking amazing! Thank you Cory and Leann and your helpers!



AN ADEVENTURE



Much fun was had watching these great players.

Oh

And some too the time to take selfies' ha ha

