

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

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

When Should I Replace My Helmet?

Summary

- **Did you crash it? Replace immediately.**
- **Did you drop it hard enough to crack the foam? Replace.**
- **Is it from the 1970's? Replace.**
- **Is the outside just foam or cloth instead of plastic? Replace.**
- **Does it lack a CPSC, ASTM or Snell sticker inside? Replace.**



Did you crash in it?

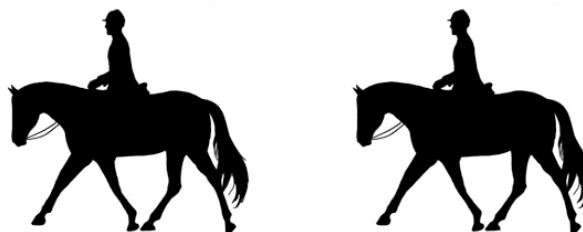
For starters, most people are aware that you must replace a helmet after any crash where your head hit. The foam part of a helmet is made for one-time use, and after crushing once it is no longer as protective as it was, even if it still looks intact. Bear in mind that if the helmet did its job most people would tell you that they did not even hit their head, or did not hit their head that hard. And the thin shells on most helmets now tend to hide any dents in the foam. But if you can see marks on the shell or measure any foam crush at all, replace the helmet. (Helmets made of EPP foam do recover, but there are few EPP helmets on the market. Yours is EPS or EPU unless otherwise labeled.)

You can also crack the helmet foam or damage it by dropping the helmet on a hard surface. The cracks may be small and hard to see, so you need to look carefully. Cracks in the foam always require replacement of the helmet.

You may be reluctant to replace a helmet that looks almost as good as new, but if you did hit, you don't want to take chances on where you will hit next time. If the foam is cracked under the thin shell, it will be more likely to fly apart in your next crash. Many manufacturers will replace crashed helmets for a nominal fee, and

Is it from the 70's?

If you still have a helmet from the 70's without a styrofoam liner, replace it immediately. That would include the Skidlid (with spongy foam), 1970's Pro-tec (spongy foam), Brancale (no foam) and all leather "hairnets." They just did not have the protection of helmets made after 1984 when the ANSI standard swept the junk off the market.



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...



LEARNING
AND
ATTEMPTING



Is it newer? With what standards sticker inside?

Continued from front pg

Newer helmets from the late 1980's and the 90's may or may not need replacement. First look to see what standards sticker is inside. If it's ASTM or Snell, the helmet was designed to meet today's standards for impact protection, and you may even find that Consumer Reports tested it in one of their articles. Most manufacturers now recommend that helmets be replaced after five years, but some of that may be just marketing. (Bell now recommends every three years, which seems to us too short. They base it partially on updating your helmet technology, but they have not been improving their helmets that much over three year periods, and we consider some of their helmets since the late 1990's to be a step backwards, so we would take that with a grain of salt.) Deterioration depends on usage, care, and abuse. But if you ride thousands of miles every year, five years may be a realistic estimate of helmet life. And helmets have actually been im-

Are you using it for non-bicycle activities?

Since 2003 helmets have been available that are actually certified to skateboard or ski standards as well as the CPSC bicycle helmet standard. If you are using a bicycle helmet for skateboarding or any other sport where you crash regularly, see our write-up on helmets for the current season for more info on that. Otherwise, we would recommend buying another helmet designed for the activity you are pursuing, whether or not you replace your bike helmet. We have more on that subject on our page on other helmets. Note that most "skate-style" helmets cur-



Do you still like wearing it?

Your helmet is of course a piece of wearing apparel as well as a safety appliance. If you consider yourself a stylish rider and your helmet is not as spiffy as the new ones, go for it. There is nothing wrong with wanting to look good, and if you do, fashion is a valid reason to replace a helmet.

Is it a better helmet than the ones available today?

As new styles have become more "squared-off" and designers have begun adding unnecessary ridges and projections that may increase the sliding resistance of a helmet shell, there is good reason to stay with one of the more rounded designs of the early to mid 90's. Those round, smooth shells like the original Bell Image that Consumer Reports rated highly in 1993 are more optimal for crashing than some of the newer designs. So think twice about "moving up," and look

Spanish "Tortilla" Omelet

Ingredients

- 2 tablespoons olive oil, divided
- 1 cup thinly vertically sliced onion
- 4 garlic cloves, minced
- 2 tablespoons chopped fresh oregano, divided
- 3/8 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 large eggs
- 1 ounce reduced-fat potato chips (such as Kettle Brand), coarsely crumbled and divided



1. Heat a medium nonstick skillet over medium-high heat. Add 1 tablespoon oil. Add onion and garlic; cook 6 minutes, stirring frequently. Remove onion mixture from pan; set aside.

2. Combine 1 tablespoon oregano, salt, pepper, and eggs in a small bowl, stirring with a whisk. Stir in half of crumbled potato chips. Return pan to medium heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add egg mixture; cook 1 minute. Lift edges of omelet with a rubber spatula, tilting pan to roll uncooked egg onto bottom of pan. Cook 1 minute or until center just begins to set but is still very soft. Arrange onion mixture evenly over center of omelet. Run spatula around edges and under omelet to loosen from the pan; fold in half. Slide omelet onto a plate; cut in half. Sprinkle halves evenly with remaining 1 tablespoon oregano and remaining potato chips.



Cinnamon Rice Pudding with Dried-Cherry Sauce



Ingredients

- | | |
|---|--|
| 7 1/2 cups water, divided | 1 teaspoon ground cinnamon |
| 1 1/2 cups uncooked jasmine rice | 1 1/2 teaspoons vanilla extract, divided |
| 1 teaspoon kosher salt | 3/4 teaspoon almond extract, divided |
| 1 (3-inch) cinnamon stick | 1 cup dried tart cherries |
| 3 cups 2% reduced-fat milk | 1 tablespoon water |
| 1/2 cup plus 2 tablespoons sugar, divided | 1 teaspoon cornstarch |



Preparation

1. Combine 6 cups water and next 3 ingredients in a large, heavy saucepan; bring to a boil. Reduce heat, and
2. Return rice and cinnamon stick to pan; stir in milk, 1/2 cup sugar, and ground cinnamon. Bring to a simmer over medium heat, stirring constantly. Reduce heat to medium-low; cook 30 minutes or until thick, stirring
3. Combine cherries and remaining 1 1/2 cups water in a medium saucepan; bring to a boil. Reduce heat, and simmer 20 minutes. Stir in remaining 2 tablespoons sugar; cook 5 minutes. Combine 1 tablespoon water and cornstarch. Add to cherry mixture; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly. Remove from heat; stir in remaining 1/2 teaspoon vanilla and remaining 1/4 teaspoon almond extract. Serve pudding with sauce.

Upcoming BIAQD Events

Casino Night

Friday, May 13, 2016

BIAQD will host our annual Casino Night fundraiser on Friday May 13, 2016 at The Belleville Club. Come and enjoy a night filled with traditional and alternative table games. All proceeds will be used to fund programs to help individuals with brain injuries in our local community.



Ralph Kitchen Memorial Ride

Sunday, May 15th, 2016

Our annual Ralph Kitchen Memorial Ride will be on Sunday, May 15th. Registration starts at 9:00 am, at the Madoc Township Municipal Office in Eldorado, ON. Ride starts at 10:00 am



Vigil

Wednesday June 1st - Core centre, time to be announced



Celebrating Success Reception

Thursday June 16th - Belleville Library, 5:00 - 6:30 pm

Start thinking "what should I enter this year that will show the artistic side of me?"



Survivor Golf Tournament

Thursday June 23rd - Bayview Golf Club,

10-12pm

BBQ Lunch

to Follow



Moods & Emotions 3

Find and circle all of the words that are hidden in the grid.
The remaining 13 letters spell an additional word.

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

ANGER	EDGY
APPRECIATIVE	ENVIOUS
ARROGANT	EXUBERANT
BITTER	FEAR
CALM	FRANTIC
CHEERFUL	FRETFUL
CONFIDENT	GLAD
	GLEEFUL



GRUMPY	OUTRAGE
HAPPY	PUZZLED
HOPE	REGRET
INDIFFERENT	SADNESS
JEALOUS	SCARED
JOLLY	SCORNFUL
JOYFUL	SORRY
MOROSE	SURPRISE

Farm Animals 5x5 Boggle Word Game

G R E T S

O H S R O

N D O W O

E I C N H

C H K E Y

