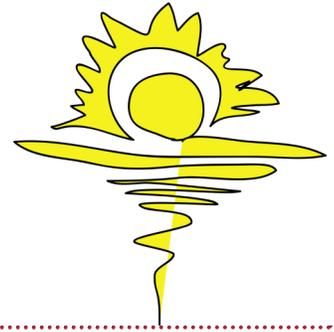


# BIAQD Newsletter



For members of the Quinte Area Brain Injury Association

**MARCH 2017**

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

## St. Patrick's Day in Canada

*St Patrick's Day is a public holiday in the Canadian province of Newfoundland and Labrador on the nearest Monday to March 17 each year. It remembers St Patrick, a missionary who converted many of Ireland's inhabitants to Christianity in the 5th century. His*



## What Do People Do?

In some cities, notably Toronto and Montreal, large scale St Patrick's Day parades are held, often on the Sunday closest to March 17. The parade in Montreal has been held every year since 1824. However, the first recorded celebration of St Patrick's Day was in 1759 by Irish soldiers serving with the British army following their conquest of part of New France, a French colony in North America. In some places there are Irish cultural events. For instance, the Irish Association of Manitoba organizes a three-day festival of Irish culture in the week of St Patrick's Day.

People who have an Irish background or enjoy Irish culture may hold Irish themed parties and serve traditional dishes, such as Colcannon or Irish stew. Colcannon is a dish of mashed potatoes mixed with kale or cabbage and Irish stew is traditionally made with lamb and root vegetables. Traditional Irish drinks include stout, a dark beer, and whiskey. Other parties may be themed around the color green. Guests may be expected to wear green clothes and only green food and drink is served.

## Public Life

St Patrick's Day is an official holiday in the province of Newfoundland and Labrador. It is observed by the provincial government, but post offices, stores, many schools, businesses and other organizations are open. Public transport services run on their regular timetables.

St Patrick's Day is not a public holiday in other parts of Canada. Schools, organizations, businesses, stores and post offices are open as usual. Some organizations may arrange St Patrick's Day parties, but these do not usually disrupt normal affairs. Public transport services run on their regular timetables. In cities, where parades or large public events are held, there may be some congestion or road closures.



## Background

St Patrick's Day marks the feast day and anniversary of the death of a Christian missionary known as Patrick. He was born in the year 387, probably somewhere near the present day border between Scotland and England. At the age of 16, he was captured and taken to Ireland as a slave. During this period, he became very religious and after six years he fled back to his family.

Later in his life, he returned to Ireland as a missionary. He is said to have played an important role in converting the inhabitants of Ireland to Christianity and in ridding the island of snakes. However, there is no evidence that there have been any snakes in Ireland in the past 10,000 years. The "snakes" he drove out of Ireland may represent particular groups of pagans or druids. It is believed that St Patrick died on March 17 probably in the year 461 or 493 (according to different sources). St Patrick is buried under Down Cathedral in Downpatrick, County Down, and is one of the three patron saints of Ireland. The other patron saints are St Brigid of Kildare and St Columba.

St Patrick's Day celebrations were brought to Canada by Irish immigrants. The day is a bank holiday in Northern Ireland and a public holiday in the Republic of Ireland. In the rest of the United Kingdom, the United States, Australia and New Zealand, it is celebrated, but is not an official holiday.

## Symbols

The most widely-seen St Patrick's Day symbols are the colors green, and sometimes orange, and the shamrock. The shamrock is a symbol of Ireland and a registered trademark of the Republic of Ireland. It is the leaf of the clover plant, which grows on the ground, often among grass and an Irish Catholic symbol of the Holy Trinity. It is sometimes confused with the four-leaf clover, which is a variety of the



## What Does The Ides Of March Mean? It's Not All About The Assassination Of Julius Caesar

Who knew March was so festive? First, we had Pi Day on March 14, and now the Ides of March follows right behind it today, March 15.

However, the Ides of March aren't really something to celebrate. In fact, people may even greet you on this day by saying, "Beware the Ides of March." That sure doesn't sound very joyous. So what are the Ides of March, and should you really be worried about them?

The Latin root of "ides" means "to divide," so ides basically just denotes the middle of the month. The Roman calendar designates the 15th as the ides of March, May, July and October, and the 13th day is the ides for all other months.

At the time the Roman calendar was created, the phases of the moon determined the dates, and the full moon usually fell on either the 13th or 15th day of the month, which was referred to as the ides. March was the first month in the Roman calendar, so the Ides of March marked the first full moon of the year.

However, a calendar is not what made the Ides of March famous. That was the assassination of Julius Caesar on March 15 in 44 B.C. One of history's most famous murder plots was organized by Marcus Brutus, a young protégé of Caesar's, and Cassius Longinus, one of Caesar's subordinates, as a way to put an end to the power-hungry "dictator for life." A new book called *The Death of Caesar* by Barry Strauss also makes a case for the contribution of a third conspirator, Decius Brutus. They convinced a group of Roman senators to help them carry out the assassination at Pompey's Theater.

Since then, the Ides of March has come to be known as an unlucky day, similar to Friday the 13th. But is it really such a bad day? Well, apparently a lot of other bad things have happened on this date throughout history, including a cyclone that hit Samoa in 1889, the German occupation of Czechoslovakia in 1939 and the cancellation of The Ed Sullivan Show in 1971, according to Smithsonian.com. Beware the Ides of March indeed.

# March 2017



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



# 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!**

While I was away it appears the group was still having fun learning new things and enjoying the current group activities

New and current activities..



Working with clay...

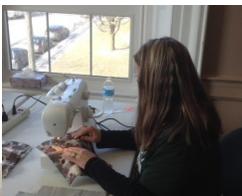


Enjoying music and our lunch/nutrition program

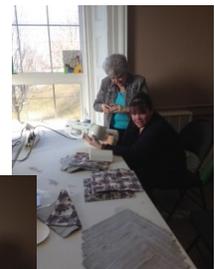


And a new version of a previously done project...

Fixers... This is where the frustration is shown... and what did the rest of us do?



Sewers relying on the ladies who put the squares together to be sewn



# St. Patrick's Day

Find and circle all of the words that are hidden in the grid.  
The remaining 34 letters spell a secret message.

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

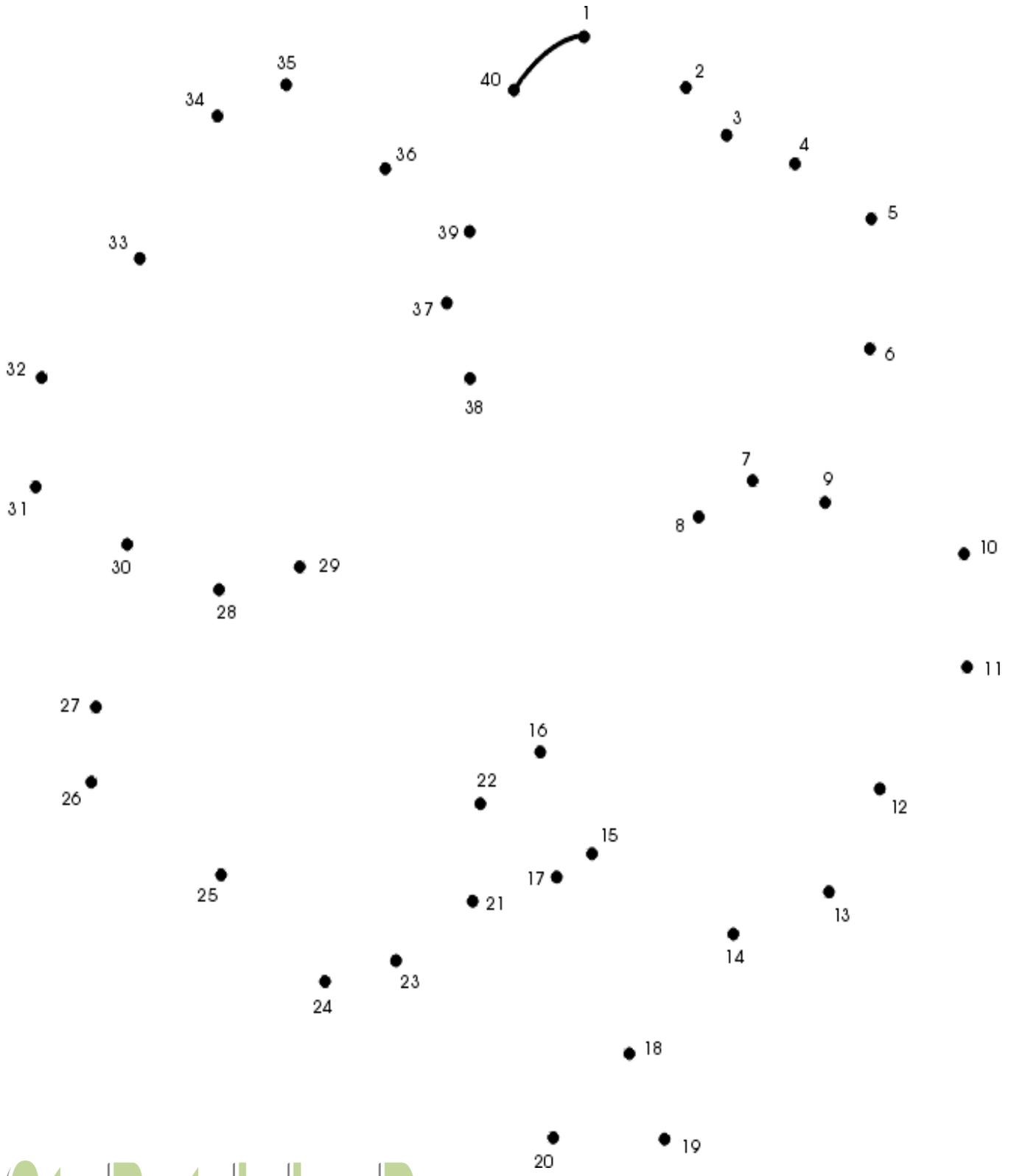
BEER  
 BELFAST  
 BISHOP  
 CABBAGE  
 CELEBRATION  
 CELTIC CROSS  
 CHRISTIAN  
 CLOVER  
 CORK  
 CORNED BEEF

DANCING  
 DUBLIN  
 EVENTS  
 FEAST DAY  
 FESTIVAL  
 GREEN  
 GUINNESS  
 HERITAGE  
 HISTORY  
 HOLIDAY

HOLY DAY  
 IRELAND  
 IRISH  
 LEPRECHAUN  
 LIMERICK  
 MARCH  
 MISSIONARY  
 MUSIC  
 PARADE  
 PATRON SAINT

POTATOES  
 SEVENTEENTH  
 SHAMROCK  
 SNAKES  
 SODA BREAD  
 TRADITION  
 YEARLY





St. Patrick's Day

Dot to Dot

# THANKS TO ALL....



Editors comment... I am truly sorry for posting the Peer Group Aroma Therapy story last month. It of course was the first Monday of last month. I can only say I was putting together that news-letter way ahead of time as my vacation was looming close.... Sorry again.

So now we have had the presentation of the aromatic oils... Juanita did an excellent job presenting the different oils uses and the way to properly use them effectively. I was amazed that you can take some internally, topically and as scent around your house.

Thank You so much Juanita!



We received a lovely **Thank You Card** from the Three Oaks Women's Shelter for our donation of the hats we had made here, and the donation from Tammy Tischbein. Tammy not only donated her hats but showed me (several times) how to do them.

The women were very happy to receive them when we dropped them off. It appears all hats were given out!

Next year we may get more inventive...



# Upcoming BIAQD Events

## 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 sidewalk sale. If, when you are spring cleaning, you find items to donate, set them aside and we will welcome all donations!!!



Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

4		7						3
				2				5
	8			1		2		7
			3					9
2								
			4			8		5
		9						1
7			6	8				
	4	1						

			5	7	8			
				8	2			
							3	
		4	1	3				
	8	2					6	3
5								
8				5	1			
								8
	3	6	4				7	2

**Editors Note:**

Hello all... I hope all is well with you!

While we were away the weather was perfect and we got burned a bit , turning to a nice tan now. (except now my shoulders are revolting because of the cold weather and have been peeling)...I was having a good time but was glad to get home. I missed my family and of course Maggie Mae. She is so hairy now and I love to hug her close to get her warmth on these cold days!

I was also looking forward to returning to the Brain Injury group... I hear there are new programs afoot! I missed art a lot and am glad Jennifer had already a new activity ready for us and I was able to jump right back in.

Okay, okay... she may have missed her snacks too...



# Irish Lamb Stew

## Ingredients

- 2 pounds boneless leg of lamb, trimmed and cut into 1-inch pieces
- 1¾ pounds white potatoes, peeled and cut into 1-inch pieces
- 3 large leeks, white part only, halved, washed (see Tip) and thinly sliced
- 3 large carrots, peeled and cut into 1-inch pieces
- 1 14-ounce can reduced-sodium chicken broth
- 2 teaspoons chopped fresh thyme
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 3 stalks celery, thinly sliced



- **Serving size:** 1 cup
- **Per serving:** 247 calories; 6 g fat(2 g sat); 3 g fiber; 26 g carbohydrates;21 g protein; 56 mcg folate; 58 mg cholesterol; 4 g sugars; 0 g added sugars; 5,222 IU vitamin A; 15 mg vitamin C; 56 mg calcium; 2 mg iron;499 mg sodium; 769 mg potassium



## Preparation

1. Combine lamb, potatoes, leeks, carrots, celery, broth, thyme, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the lamb is fork-tender, about 8 hours. Stir in parsley before serving.
- **Make Ahead Tip:** Cover and refrigerate for up to 2 days or freeze for up to 1 month.
  - **Equipment:** 6-quart slow cooker
  - **Tip:** To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.
  - For easy cleanup, try a slow-cooker liner. These heat-resistant, disposable liners fit neatly inside the insert and help prevent food from sticking to the bottom and sides of your slow cooker.



# Spinach Pancakes

- 2 cups Stonyfield non-fat plain greek yogurt
- 1/2 cup milk
- 2 cups fresh baby spinach
- 2 tablespoons honey
- 2 eggs
- 1 cup whole wheat flour
- 1 cup white whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda



## How-To

1. In a blender or food processor, blend the greek yogurt, milk and spinach together until a green liquid. Blend in the honey and eggs.
2. Blend in the flours until combined.
3. Stir (do not blend) in the baking powder and baking soda.
4. Cook by the 1/4 cup on a hot greased griddle pan.
5. Serve warm with your favorite toppings!

# IRISH APPLE CAKE WITH CUSTARD SAUCE

## Ingredients

### • FOR THE CAKE:

- 3 C. Flour
- 2 t. Baking Powder
- $\frac{1}{8}$  t. Salt
- $\frac{1}{4}$  t. Cloves, ground
- $\frac{1}{4}$  t. Nutmeg, ground
- 6 oz. Butter, (cold is fine)
- $\frac{3}{4}$  C. Sugar
- 4 large Granny Smith apples (I used golden delicious to great effect)
- 2 Eggs
- $\frac{3}{4}$  C. Milk
- 2 T. Sugar (for sprinkling on top of cake)

### • FOR THE CUSTARD:

- 6 large Egg Yolks
- 6 T. Sugar
- $1\frac{1}{2}$  C. Whole Milk
- $1\frac{1}{2}$  t. Vanilla



## DIRECTIONS:

### 1. FOR THE CAKE:

2. Grease and flour an 8" or 9" round spring form pan. Using an 8" pan will give you a taller cake.
3. Preheat the oven to 375 degrees.
4. Sift the flour, baking powder, salt, cloves and nutmeg into a large mixing bowl. Make sure the bowl is very large to allow room for the apples to be folded in.
5. Cut the butter into the flour using your fingers or a pastry cutter until the mixture resembles fine crumbs.
6. Add the  $\frac{3}{4}$  C. sugar to the flour mixture and mix in.
7. Peel the apples and slice them into uniform pieces. This cake works best and gets that 'chunky apple look' if the slices are about  $\frac{1}{4}$ " wide and then cut into 3 pieces.
8. Toss the apples into the flour mixture and combine them thoroughly.
9. In a separate bowl, beat the eggs and milk together. Add to the apples and flour and mix in with a large spatula until just combined. Batter will be thick and dough-like.
10. Transfer the dough into the prepared cake pan and flatten the top surface using the back of your spatula.
11. Sprinkle the sugar over the top of the cake.
12. Bake for 45-50 minutes. Test the center for doneness. The top of the cake should be golden brown. Serve slices with custard sauce.

### FOR THE CUSTARD SAUCE:

1. \*note that this sauce is not a thick, pudding like sauce. It should have a pour-able, just thickened consistency when done.
2. Place the egg yolks and sugar in a bowl and whisk until pale yellow, 2-3 minutes. Place the milk in a medium saucepan and bring just to a boil. Slowly whisk the hot milk into the egg/sugar mixture. Transfer the mixture back to the saucepan and stir over medium heat until custard thickens, about 4 minutes. Custard should be thick enough to coat the back of a spoon. Mix in the vanilla. Transfer to bowl or serving saucer.
3. Serve warm or cold over apple cake.



# MARCH

seasonal produce list

## FRUITS

- Apples
- Avocado
- Bananas
- Citrus
- Pineapple

## VEGETABLES

- Artichokes
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Celery
- Collard Greens
- Garlic
- Green Peas
- Kale
- Leeks
- Lettuce
- Onions
- Parsnips
- Potatoes
- Rutabagas
- Spinach
- Sweet Potatoes
- Swiss Chard

LEAFY KITCHEN



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# Health Benefits of Fruits and Vegetables

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FRUIT/VEG	BENEFITS					
<b>Apricots</b>		combats cancer	controls blood pressure	saves your eyesight	shields against Alzheimer's	slows aging process
<b>Avocados</b>		battles diabetes	lowers cholesterol	helps stop strokes	controls blood pressure	smoothes skin
<b>Bananas</b>		protects your heart	quiets a cough	strengthens bones	controls blood pressure	calms upset stomach
<b>Cantaloupe</b>		saves eyesight	controls blood pressure	lowers cholesterol	combats cancer	supports immune system
<b>Cucumbers</b>		skin health	healthy hair	cancer prevention	mosquito repellent	hangover cure
<b>Dates</b>		diabetes control	liver protection	kidney protection	anti-obesity	anti-cancer
<b>Kale</b>		lung decongestant	kidney & liver detoxification	increases metabolism	prevents several cancer types	anti-aging properties
<b>Lemon</b>		inhibits cancer	promotes oral health	reduces kidney stone formation	alleviates depression	controls cholera outbreaks
<b>Pineapple</b>		anti-cancer	bone health	anti-inflammatory	boosts immune system	digestive aid
<b>Watermelon</b>		reduces high blood pressure	reduces heart disease	super hydrating	boosts immune system	cleans kidneys
<b>Apples</b>		protects your heart	prevents constipation	blocks diarrhea	improves lung capacity	cushions joints
<b>Aloe Vera</b>		halts growth of cancer tumors	boosts blood oxygenation	heals physical burns and radiation burns	alkalizes the body	ends constipation
<b>Artichokes</b>		aids digestion	lowers cholesterol	protects your heart	stabilizes blood sugar	Guards against liver disease
<b>Blackberries</b>		prevents Parkinson's disease	reduce heart attack risks	keeps colon clean	reverse aging	prevents wrinkles
<b>Orange</b>		anti-cancer	pain killer	heart health	anti-hypertensive	stroke prevention
<b>Beans</b>		prevents constipation	prevents Parkinson's disease	lowers cholesterol	combats cancer	stabilizes blood sugar
<b>Beets</b>		controls blood pressure	combats cancer	strengthens bones	protects your heart	aids weight loss
<b>Mangoes</b>		free radical scavenging	immune system boosting	improves memory	improves vision and eye health	boosts red blood cells
<b>Broccoli</b>		strengthens bones	saves eyesight	combats cancer	protects your heart	controls blood pressure
<b>Cabbage</b>		combats cancer	prevents constipation	promotes weight loss	protects your heart	reduces hangover

# Movie Review

## Synopsis

**HIDDEN FIGURES** is the incredible untold story of Katherine Johnson (Taraji P. Henson), Dorothy Vaughn (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.

We were very interested to hear this story. At the time you only heard of the results of John Glenn's trip into space. This is the other side of the story... how he made it to space and the brilliant unsung heroes that accomplished this for the United States. A very good and true interpretation of the times they lived in and how they managed to carry on against a lot of discrimination and succeed.



## SYNOPSIS

In this high-octane sequel to the 2014 hit, legendary super-assassin John Wick (Keanu Reeves) is forced back out of retirement by a former associate plotting to seize control of a shadowy Italian assassins' guild. Bound by a blood oath to help him, John travels to Rome where he squares off against some of the world's deadliest killers in an adrenaline-fueled thrill ride that takes the non-stop action of the original to a whole new level.

We went to this movie as we had enjoyed the first immensely because of the story and action. In this one the story carries on. I found there was too much action on the screen resulting in me not being able to follow most of it. What I did enjoy is knowing all the characters, and this helped immensely. For those looking for an action packed movie this one hits the spot!



## Peer Navigation

February 6, 2017

Members present: Cindy, Leslie, Juanita, Shannon, Pauline, Judy, Lyn

Essential Oils (do terra) presentation done by Juanita. Essential oils are a proactive option to use in 'life'- Juanita shared that is an option in her life that helps her to help her family. Strongly reassured members present that she was not present to 'make you buy these products' she was there to merely advertise the benefits that essential oils have given to her life.

-brief historical overview of how essential oils were long recognized as beneficial. Ancient Romans used them for 'healing', the Egyptians used them as perfumes...

-demonstrated diffusers, and demonstrated many uses of various Oils

-Juanita gave everyone a tasting of the lemon oil in water, shared health benefits of numerous Oils

-put few drops of peppermint oil in everyone's hand for them to rub together and to discover what happens (tingly, warm skin)

-essential oils can be used in different ways

- lavender sprinkled on pillow to aid sleep
- peppermint used in food AND on temples for headaches
- coconut oil soothes skin, muscles

-Juanita distributed pamphlets to educate on uses of Oils, attendees could place orders through her

-Juanita will be invited to present again on 'spring cleaning', she gave everyone homemade essential oils soap, brought homemade peppermint brownies and a huge bowl of homemade corn salsa and nacho chips

\*\*\*\*Many thanks to Juanita for the informative demonstration of essential oils. Her vast knowledge (and yummy food) was extremely appreciated!

**Next Meeting: March 6** (program to be decided upon with Jennifer's input)



Juanita ...Oil expert



Munchie Table  
Thank you so much Juanita!



Group learning  
about the oils...

The Peer Group asked a member if they would do a presentation on Essential oils. As a result we had a very knowledgeable person present this to a very interested group.

Juanita also brought some munchies to demonstrate how the oils can be used in food. I headed straight to the brownies and then had some of the bean salad. Both were very yummy and it showed us that the oils are not overpowering in food if you understand how to use them.