

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association



June 2019

HAVE YOU SEEN US ONLINE? www.biaqd.ca

June is Brain Injury Awareness Month in Canada

Did you know?

Brain injury is leading cause of death and disability for Canadians under the age of 40

Approximately 1.5 million Canadians live with the effects of an acquired brain injury

The annual incidence of ABI is greater than that of Multiple Sclerosis, Spinal Cord Injury, HIV/AIDS and Breast Cancer combined.

BIAQD Brain Injury Association Quinte District OUR mission

The Brain Injury Association Quinte District is a not-for-profit organization dedicated to supporting individuals with Acquired Brain Injury, their families, and their communities by promoting awareness through education, information and outreach services.



On June 1st 2019 we are having our *Candlelight Vigil*. This year it will be held on June 10th at the Core Centre during the *Celebrating Success* reception.

Also on June 1st there is the 2nd annual *Cassidey Ouellette* run. This is held in Brighton at Proctor Park

Celebrating Success is happening in June! Visit our displays at the John M. Parrot Gallery and the Core Gallery. Receptions will be held on June 10th and June 13th. Check the posters at the end of the newsletter for more information.

There was a gathering of many of the artists at BIAQD to drop off their art and mingle. The pizza was a huge hit!

Many Canadians observe Father's Day on the third Sunday of June. It is a day for people to show their appreciation for fathers and father figures. Father figures may include stepfathers, fathers-in-law, guardians (eg. foster parents), and family friends.

This year: Sun, Jun 16, 2019



Is Father's Day a Public Holiday?

Father's Day is not a public holiday. It falls on Sunday, June 16, 2019 and most businesses follow regular Sunday opening

What Do People Do?

Many people in Canada celebrate Father's Day in a variety of ways to express their love and gratitude to fathers or father figures. Father's Day activities include (but are not limited to):

- Participating in Father's Day fun runs and other events in which the proceeds go towards charity or prostate cancer research.
- Buying presents such as neckties and other items of clothing, chocolates, books or equipment for various types of hobbies.
- Giving handmade or purchased cards.
- Breakfasts, brunches, lunches, or dinners either at home or in restaurants.
- Taking fathers or father figures out to the movies, the park, the zoo, or another place of interest.

Some people organize joint Father's Day parties and activities with close friends and family. Those who live away from their fathers or father figures may make long-distance phone calls, send an email or online card, or arrange for gifts to be delivered on Father's Day. Some museums and other venues open to the general public may host special Father's Day

Public Life

Father's Day is not a federal public holiday in Canada. It falls on a Sunday, which is a day off for many workers so many offices and stores are closed. However, some shopping precincts and stores, as well as restaurants, cafes and entertainment venues, may be particularly busy on Father's Day.

Background

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the Sun as the father of the universe. The [June solstice](#) occurs around the same time of year as Father's Day so some people saw a link between the two.

The idea of a special day to honor fathers and celebrate fatherhood was introduced from the United States. A woman called Sonora Smart Dodd was inspired by the [American Mother's Day celebrations](#) and planned a day to honor fathers early in the 20th century. The first Father's Day was celebrated in Spokane, Washington on June 19, 1910. Father's Day has become increasingly popular throughout North America and other parts of the world over the years. [Mother's Day](#) is also celebrated in Canada on an annual basis.



June Solstice: Longest and Shortest Day of the Year

The June solstice is the summer solstice in the Northern Hemisphere and the winter solstice in the Southern Hemisphere.

The date varies between June 20 and June 22, depending on the year, and the local time zone.

Solstice comes from the Latin words *sol*, meaning *Sun* and *sistere*, meaning *to come to a stop or stand still*. On the day of the June solstice, the Sun reaches its northernmost position, as seen from the Earth. At that moment, its zenith does not move north or south as during most other days of the year, but it stands still at the Tropic of Cancer. It then reverses its direction and starts moving south again.

Enjoy the June solstice

[Jun 21, 2019 11:54 am \(Summer\)](#)



DATE AND TIME

Fri, 21 June 2019
6:00 PM – 10:00 PM EDT

LOCATION

Downtown Belleville
267 Front Street
Belleville, ON K8N 2Z6
[View Map](#)



Summer Solstice - Drum Down the Sun & Hoop Jam

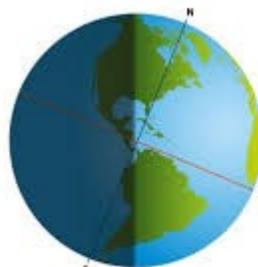
Fri Jun 21 2019 at 05:00 pm
West Zwick's Island Park, Hwy#2 Dundas St E and the Bay bridge,
Belleville, Ontario K8P 3P6, Belleville, Canada



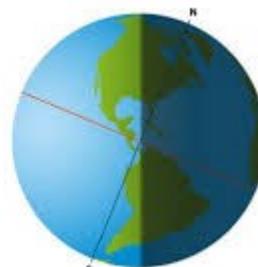
See Spot Run - Signal Summer Solstice Party

Fri., Jun. 21, 8:00 p.m. - 10:00 p.m.

Signal Brewery
86 River Rd, Corbyville, ON



summer solstice (June 21)



winter solstice (December 21)

What Is in Season: June 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 June:

Asparagus
Beets
Broccoli
Carrots
Cauliflower
Cucumbers
Kohlrabi
Lettuce
Peas
Rhubarb
Strawberries
Zucchini

Mac and cheese with a veggie twist

Give mac and cheese a makeover by adding bite-sized vegetables into the creamy sauce. This ooey gooey recipe is sure to be a favourite. Don't have time to cut the vegetables into small pieces? No worries. Cook larger pieces a bit longer until they are tender.

Prep Time: 20 minutes
Cook Time: 20 minutes
Servings: 4



Ingredients

- 375 mL (1 ½ cups) whole grain macaroni or fusilli
- 10 mL (2 tsp) soft non-hydrogenated margarine
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 125 mL (1/2 cup) finely chopped red bell pepper
- 125 mL (1/2 cup) grated zucchini
- 30 mL (2 tbsp) all purpose flour
- 500 mL (2 cups) skim milk
- 5 mL (1 tsp) chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 250 mL (1 cup) shredded light old Cheddar cheese
- 5 mL (1 tsp) Dijon mustard
- Pinch fresh ground pepper

How to Make It

1. In a pot, bring water to boil. Add macaroni and cook for about 6 minutes or until pasta is tender but firm. Drain well and set aside.
2. In a large saucepan, heat margarine over medium heat and cook onion and garlic for 1 minute. Add carrot, red pepper and zucchini and cook, stirring for about 5 minutes or until softened. Stir in flour and cook, stirring until flour is absorbed. Slowly pour in milk and stir until smooth. Add thyme. Cook, stirring for about 5 minutes or until starting to bubble. Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until well coated.

Tips

- What kid doesn't love mac and cheese? Ask your little chef to help grate the cheese using a box grater.
- Make it yours. Personalize this recipe by switching up the cheese.
- Here's how you can use frozen vegetables in this recipe. Leave out the carrots, red pepper and zucchini and substitute 500 mL (2 cups) diced, mixed frozen vegetables in the sauce.
- Ask your kids to choose what pasta shape they want to use. There are lots to choose from, like penne, scoobi-doo, shells and wagon wheels.
- Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Craft/Vendor/Bake Sale

Every member of BIAQD and the volunteers and staff would like to thank all those who made this day a possibility.

It was a very good day, for being our first one, and we enjoyed perusing the items the vendors brought as much as the customers!

We look forward to our next event and hope the experience of the sale, makes it smother for the volunteers.



It Begins



Hard Work



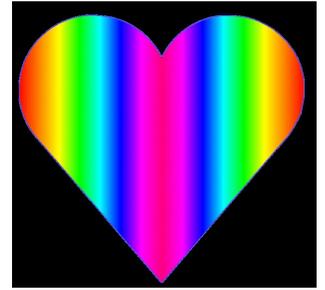
Team Work



We Did It!



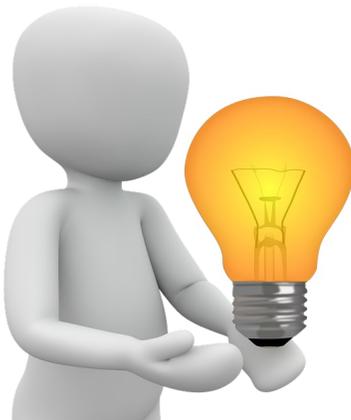
Having Fun...



Busy Creating....



We are learning the art of "stuffing" our creations! Harder than we thought... thank you Lynn for your guidance and patience through all this! You are so much better with the project ideas Jennifer comes up with that have no pattern....



Things Dad Likes

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

BASEBALL

HOCKEY

BASKETBALL

HOME

CARS

HUGS

CHILDREN

KISSES

COACHING

NEWSPAPER

DAUGHTERS

SONS

FAMILY

SPORTS

FOOTBALL

STORIES

GAMES

TELEVISION

GOLF

WORK



8 Homemade Frozen Dog Treats

Summertime, and the livin' is...hot. And sweaty. And all we really want is something icy to cool us down. As the weather heats up, the [freezer is your friend](#). Enter: [homemade frozen dog treats](#).

These goodies are not only super-easy to make, but they're also healthy—for you and your dog. You know, in case you're tempted to sample one.

Making frozen dog treats can be as simple or as complicated as you want it to be. Depending on what you have on hand and which flavors your dog prefers, you can whip up a range of creative concoctions.

1. [The Master Frozen Dog Treat Recipe](#)

With blue-berry, strawberry, and peanut butter versions, [these customizable dog treats](#) couldn't be



2. [Seasonal Pup-sicles](#)

Pop [these yogurt-based treats](#) in the freezer for a few hours, and you've got yourself a frozen goodie that dogs and humans alike will love. Well, it's not sweetened...so perhaps not the humans so much. But they do make a pretty picture! See video at the link.



3. [Two-Ingredient Cantaloupe Ice Cream for Dogs](#)

This is literally [the easiest recipe!](#) Freeze diced cantaloupe, add plain yogurt, blend. See the link for more details.

4. Frozen Banana Dog Treats

This recipe pairs blended watermelon and pineapple with a nice thick banana slice for a healthy, cooling snack that any dog would love to get their paws on. If your dog loves bananas, she'll go crazy for these treats.



prep 5 mins
cook 4 hours
total 4 hours, 5 mins

5. Frozen Apple Dog Treat

While we're on the topic of fall flavors, let's throw a [frozen apple dog treat](#) into the mix, shall we?

This one's pretty easy — slice two **apples**, ditching the seeds and the core, then chop up and throw in a blender. Add a cup of **plain Greek yogurt** and a splash of **water**, then blend, pour in an ice tray, freeze, and enjoy!



6. Peanut Butter + Jam Freezies

It's like a **PB&J**, only better. Blend **strawberries** with a splash of **water**, pour into an [ice tray](#), freeze, then spread with **peanut butter**. A guaranteed canine crowd pleaser.



7. Frosty Paws

This [frozen dog treat](#) is basically a smoothie in [ice cube form](#), which we're all about.

Banana + yogurt + frozen berries? Count us in.

8. Watermelon Dog Ice Cream Treat

NOTHING says summer like watermelon (seriously, can you think of anything more summer?), and the good news is, dogs love it just as much as humans do.

Turn your leftover watermelon into a treat your dog won't be able to resist. It's the perfect something special to celebrate gotcha days, picnics, BBQs, or just because watermelon was on sale.



prep 10 mins
inactive 4 hours
total 4 hours, 10 mins



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....

A new project
started....

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

June Home Maintenance To-Do List

To-Do #1: Replace Air Conditioner Filter

The filter on your central cooling system needs to be replaced every one to three months, depending on how dirty it is, so the unit will work efficiently.

Be sure to use a high quality air filter designed to remove microscopic particles, like mold and pollen, from the air. A quality filter will also help reduce the amount of dust in your home and remove some of the pollutants from the air.

The filter for most central air conditioners can be found behind the air return grate that's usually mounted on a wall or the floor. However, on some AC systems, the filter is in the return air duct near the air handler unit.

To-Do #2: Clean Clothes Dryer Vent Pipe

Over time lint can build up in the vent pipe of your clothes dryer, which can make the dryer work less efficiently and could cause a house fire.

To-Do #3: Clean Paddle Ceiling Fans

The blades and motor on paddle ceiling fans need to be cleaned regularly to remove any dirt and dust.

To clean a paddle ceiling fan, wipe the blades with a damp cloth, paying particular attention to the top of the blades where dust accumulates.

Another option for fast and easy blade cleaning is to wrap a dryer sheet around a paint roller, holding it in place with rubber bands, then run the roller over the top of the blades to remove any dust.

It's also a good idea to use a vacuum to remove any dust or dirt from the fan motor housing.

To-Do #4: Clean Grill Grates

It's important to clean your grill before cooking on it for the first time each year, as well as regularly during the outdoor cooking season. Here are three different ways to clean the cooking grates on your grill.

To-Do #5: Remove Mold and Mildew

The first step to preventing mold and mildew on the outside of your home, is to make sure you keep all shrubs and trees pruned back away from the house.

To-Do #6: Air Conditioner Maintenance

It's important to keep any shrubs pruned back at least two to three feet around your central air conditioner to allow the unit to perform efficiently.

Wait until the unit isn't running before pruning, and be careful not to damage the delicate aluminum fins on the outside of the unit. Pick up and dispose of any limbs or clipping when you're finished.

Algae, mold, and mildew can build up inside your air conditioner condensation drain line, causing it to clog and water to back up inside the air handler unit.

To keep this from happening, pour a cup of bleach in the access opening in the drain line (located near the AC unit) every year to kill any algae, mold, or mildew in the pipe.



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



SEVEN LETTER WORD

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



FIVE LETTER WORD

--	--	--	--	--



A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?



Grilled Skirt Steak with Red Peppers & Onions

Ingredients

- 1/2 cup apple juice
- 1/2 cup red wine vinegar
- 1/4 cup finely chopped onion
- 2 tablespoons rubbed sage
- 3 teaspoons ground coriander
- 3 teaspoons ground mustard
- 3 teaspoons freshly ground pepper
- 1 teaspoon salt
- 1 garlic clove, minced
- 1 cup olive oil
- 1 beef skirt steak (1-1/2 pounds), cut into 5-in. pieces
- 2 medium red onions, cut into 1/2-inch slices
- 2 medium sweet red peppers, halved
- 12 green onions, trimmed



Total Time

Prep: 30 min. + marinating Grill: 20 min

Makes

6 servings

Method

- In a small bowl, whisk the first nine ingredients until blended; gradually whisk in oil. Pour 1-1/2 cups marinade into a large resealable plastic bag. Add beef; seal bag and turn to coat. Refrigerate overnight. Cover and refrigerate remaining marinade.
- In a large bowl, toss remaining vegetables with 1/4 cup of the reserved marinade. Grill red onions and peppers, covered, over medium heat, 4-6 minutes on each side or until tender. Grill green onions 1-2 minutes on each side or until tender.
- Drain beef, discarding marinade in bag. Grill, covered, over medium heat 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°); baste with remaining marinade during the last 4 minutes of cooking. Let steak stand 5 minutes.
- Chop vegetables into bite-size pieces; transfer to a large bowl. Cut steak diagonally across the grain into thin slices; add to vegetables and toss to combine.

Pet Travel Tips

Millions of doting pet owners travel with their pets every year. And why not? What our pets love most is to be with us, their families - and frankly, we'd miss them too if they weren't with us!

This pet-friendly travel checklist was created in order to help you pack all necessary items when you travel with your pet.

Medications. Before you leave, consult with your vet. Ensure your pet is in good physical health before you travel. Pick up refills of any medications your pet will need while you are away ... and find out whether or not there are any concerns about the area to which you are traveling. For example, common medications include flea and tick control, and heartworm pills.

Kennel or carrier. Some places ask that you kennel your pet if you are going out and leaving him in the room. The kennel is also a safe way for your pet to travel. Please don't let your dog ride loose in the back of a pickup truck; he could fall out and suffer serious injuries. Be sure the crate is well-padded!

Food and water bowls.

Food and water. Keeping your pet on the same diet that he's accustomed to will help to prevent the dreaded diarrhea or vomiting. If your pet has a sensitive stomach, you may also want to bring water.

Can opener - if your pet is fed canned food.

Stain remover/cleaning supplies... just in case! Please be courteous and clean up as much pet hair, etc. as you can. A good quality lint brush or pet hair roller is always useful!

Plastic bags, or litter box/scoop so that you can clean up after your pet.

Grooming tools - including a comb and/or brush, nail clippers, pet shampoo, and anything else your pet may need.

Do not groom your pet inside your accommodation. Give him a good grooming before you leave on holidays. If he needs a grooming while on vacation, do it outdoors, away from other guests and rooms, and clean up immediately.

Extra towels - for wiping those muddy paws and wet or dirty bodies!

Collar and leash(es). Consider bringing an extra leash just in case one of them breaks.

Comfortable bedding. Bring along whatever your pet is accustomed to, and what smells like "home"

Identification. Be sure to record the license numbers, tattoo numbers, and microchip numbers of your pets and bring this list with you. It's important, too, that your contact information is up-to-date.

Recent photo. If your pet is lost while you are traveling, the photo will come in handy when describing him to others. Also jot down any unique identifying marks -- be specific.

Vaccination records and other documents. If you are travelling from another country to Canada, be sure to check what types of vaccinations your pet will need. Bring an up-to-date record with you. Also check with *both* your home country and Canada to see whether or not there are any special requirements for either traveling into the country, or returning to your own.

Phone number and address of a vet near where you're staying, especially if you're travelling to a remote area where you won't easily find veterinary offices.

First aid kit. You can purchase an animal first aid kit or [assemble a pet first-aid kit yourself](#).



Word Game Answers - 7 Letter Clothes
5 Letter Alarm

Brain Teaser Answer..... The river was frozen.

Car Sickness & Fear of Riding in Cars

For some dogs, car rides produce a great deal of anxiety. A combination of fear and not understanding what is happening will cause drooling, shaking, or even vomiting in some dogs and cats. In humans, we refer to this as car sickness or motion sickness; however, true motion sickness is a result of an inner ear problem. Some dogs truly do have motion sickness, and for these animals products such as Dramamine can be used under the supervision of a veterinarian. For most dogs, however, the sickness is strictly an over-reaction to the fear and apprehension of the car noise, motion, etc. If your dog would rather be anywhere besides in the car, here is how you can help her overcome the fear of car rides.

Get your dog used to the car environment. Get in the car together and have a treat. Talk. Be happy. Make it a fun time. Do not have the car running, just share a treat and make it a positive experience. Repeat this a number of times on different occasions. You may want to feed your dog in the car. If your dog is afraid of even getting into the car, try feeding or giving a treat close to the car.

Get your dog used to the car while it is running. Repeat step one, only this time start the car. Give a treat before and after. If she looks or acts nervous, reassure her that everything is OK. Take your time and make sure she is relaxed before ending the session.

Get your dog used to the motion of the moving car. Once she is used to the car running without any fearful reaction, back the car to the end of the driveway, then forward again to the garage. Give her a treat and praise her. Repetition is the key. The more you do this the more confident your dog becomes that cars are no problem. In fact, to her it becomes a great place for attention, praise, and even treats.

Now it is time to take a short trip around the block. Treats and praise before and after, and calm, reassuring talk throughout the ride are a pre-requisite. Gradually increase the distance traveled until your dog is calm no matter how long she's in the car.

Some animals still need something to calm them. There are non-prescription products such as Serene-um, Pet Calm, and Rescue Remedy. In severe cases, even stronger prescription anti-anxiety medications can be dispensed by your veterinarian.

Get puppies used to the car while they are still young and are more receptive to new adventures. Dogs make excellent traveling companions so it is well worth the training now for the years of enjoyment it will bring both of you once you get over this obstacle together.





COLOUR ME

