



# BIAQD Newsletter

For members of the Quinte Area Brain Injury  
Association

## September 2020



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

We are slowly getting back to our sewing group at the new Brain Injury Quinte District office. Face masks are the main focus, but we are also enjoying Lyn being back! She is teaching us how to measure material properly with the fabric rulers.... Sigh, some of us appear to have a continuous problem with it.... Also we are making small squares for a quilt.  
She is very patient!



### Coming up...

**Comedy Night - September 10th at 7:00 pm**

**Yard Sale - September 11 - 12 all day  
(donations welcome)**



Imagine that you are in a boat, in the middle of the sea. Suddenly, you are surrounded by hungry sharks, just waiting to feed on you.

How can you put an end to this?

## September: Fun Facts, Holidays, Historical Events, and More

As the ninth month of the year, September marks the beginning of autumn in the northern hemisphere (and the start of spring in the southern). Traditionally considered the month that marks transitions between seasons, it is often one of the most temperate weather-wise.

Here are some interesting facts about the month of September.

The name September comes from the Latin *septem*, meaning seven, since it was the seventh month of the [Roman calendar](#), which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love. The [birthstone](#) for the month is the sapphire.

There are lots of days dedicated to fun activities in September. Look out for these days.

- September 5th: National Cheese Pizza Day
- September 9th: National Teddy Bear Day
- September 16th: National Play-Doh Day
- September 19th: International "Talk Like A Pirate Day"

**September 2, 1666:** The [Great Fire of London](#) was started, completely destroying the old city located within the ancient Roman Walls. It was believed to have started in a bakery and took three days to put out.

**September 1, 1715:** Louis XIV, known as the Sun King, died at the age of 76, after ruling France since the age of five. He was succeeded by Louis XV and Louis XVI, who was executed during the [French Revolution](#) in 1789, thus ending the reign of monarchical rule in France.

**September 5, 1774:** The 1st [Continental Congress](#) was called to order. Comprised of delegates from all 13 American colonies, it served as the governing body during the American Revolution, from 1774 to 1789. Two years later, on September 9, it changed the name of the United Colonies to the United States.

**September 22, 1862:** President Abraham Lincoln issued the [Emancipation Proclamation](#), which ended slavery in the territories held by the Confederacy, effective January 1, 1863. In spite of the ruling, the Civil War would not end for another year and a half after that.

**September 14, 1901:** [President William McKinley](#) was shot on September 6, 1901 while attending the Buffalo Pan-American Exposition in New York. He passed away eight days later.

**September 1, 1939:** In the early morning hours of this day, Hitler invaded Poland, starting [World War II](#) in Europe. Der Führer called the move a "defensive" retaliation against the persecution of [Germans in Poland](#).

**September 5th, 1961:** [President John F. Kennedy](#) signed a hijacking bill, making air piracy a federal crime. Punishment ranged from a \$10,000 fine to 20 years in prison; if a deadly weapon was used, the perpetrator(s) could receive life in prison or even death.

**September 8, 1974:** [President Gerald Ford](#) gave an unconditional pardon to former president Richard M. Nixon, for his role in the infamous "Watergate" fiasco.

**September 9, 2006:** [Typhoon Ketsana](#) hit the Philippines, China, Vietnam, Cambodia, Laos, and Thailand, resulting in 750 fatalities and over \$1.09 billion in damages.

On Tuesday morning, [September 11, 2001](#), members of the Islamic terrorist group [al-Qaeda](#) hijacked four airliners as part of a series of coordinated attacks against targets in the United States. The Twin Towers in New York City were hit by one plane each, American Airlines Flight 11 and Flight 175, while American Airlines Flight 77 was crashed into the Pentagon in Washington, D.C. The fourth plane, United Airlines Flight 93, is thought to have been headed for the White House, but passengers overtook the hijackers and the plane crashed into a field in rural Pennsylvania.

More than 3,000 people lost their lives during what the deadliest terror attack on U.S. soil to date. Property and infrastructure damage amounted to over \$10 billion. The attack is thought to have been ordered by [Osama bin Laden](#), who was finally located and killed in Pakistan by U.S. Navy SEAL Team Six in May 2011. The 9/11 Memorial Museum occupies the sites where the Twin Towers once stood.



## White Wine–Baked Apples

- 8 baking apples, such as Golden Delicious, cored
- 4 tablespoons unsalted butter
- 1 cup dry white wine,
- 16 teaspoons sugar



Preheat the oven to 400°. Arrange the apples in a small roasting pan and add 1/4 cup of water. Fill each apple cavity with 1/2 tablespoon of butter. Drizzle with the wine and sprinkle each with 2 teaspoons of

Cover the apples loosely with foil and bake for 45 minutes, until barely tender. Uncover and bake for 15 to 25 minutes longer, until the apples are tender but still hold their shape. Serve with the pan juices.

**Answer** - Stop imagining!



# Maggie



It was so great to be able to share my girl with others again!  
As you can see she was not spoiled at all....



## Quick Quesadillas



- 6 flour tortilla (8-inch), warmed
- 1 1/2 cups shredded Monterey Jack cheese (about 6 ounces)
- 2 medium green onion, sliced (about 1/4 cup)
- 3/4 cup Chunky Salsa
- 2 tablespoons canola oil

Top half of **each** tortilla with **1/4 cup** cheese, **2 teaspoons** green onions and **1 tablespoon** salsa. Brush the edges of the tortillas with water. Fold the tortillas over the filling and press to seal.

Heat the oil in a 12-inch skillet over medium-high heat. Add the quesadillas and cook in batches until lightly browned on both sides and the cheese is melted. Serve with the remaining salsa.

These quick cooking quesadillas are loaded with cheese, salsa and green onions and are perfect for those busy weeknights when you don't have a lot of time. They're easy, kid-friendly and just plain good!

Deciduous Trees

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

- ASHES
- ASPEN
- BEECH
- BIRCH
- CRABAPPLE
- CHERRY
- DOGWOOD
- ELMS
- HICKORY
- LOCUST
- MAGNOLIA
- MAPLE
- MULBERRY
- OAKS
- POPLAR
- REDBUD
- SYCAMORE
- WALNUT
- WILLOW
- YELLOWWOOD

