

# BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

## July 2019



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

# The Poker Walk

August 7 at 5 pm

Where it all starts....  
193 Blessington Road



Now that you are here  
Start WALKING!

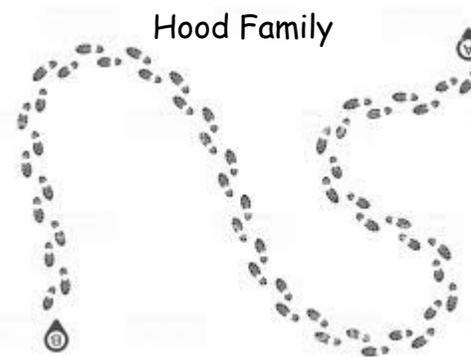


There will be lots of space to walk, a fishing pond, animals to pat and enjoy and of course the BBQ!

Our Hosts  
The Hood Family



Rest, BBQ and who is the winner of the Poker game?



We are on the home stretch now...



Child Friendly

# Summer Student



We will be seeing much more of this young lady this August. She will be with us everyday and helping wherever she is needed.

# The August Long Weekend

While not the last long weekend of the summer (that title belongs to Labour Day weekend), the August long weekend in Canada does signal the fact that summer is starting to wind down - all the more reason to take advantage of an extra day off, if you get one. The first Monday of August is a civic holiday in most Canadian provinces. It is commonly referred to as the August Long Weekend. This civic holiday is often referred to by different names depending on location.

The following Canadian provinces and territories have a holiday on the first Monday of August: British Columbia (British Columbia Day), Alberta (Heritage Day), Manitoba (Terry Fox Day), Saskatchewan (Saskatchewan Day), Ontario (Civic Holiday), Nova Scotia (Natal Day), Prince Edward Island (Natal Day), New Brunswick (New Brunswick Day), Nunavut (Civic Holiday), and the Northwest Territories (Civic Holiday).

Quebec, Newfoundland, and Yukon do not have an August long weekend holiday and therefore conduct business as usual.

## History and Meaning of the Holiday

The first Monday in August may be a holiday for many Canadians, but the reasons for celebrating vary from province to province and for some, it's simply a day off without a particular meaning attached. The civic holiday in the following provinces goes by the following names:

- In Ontario, a range of local names are used for the holiday to honour important people who contribute to the history of the province. In Toronto for example, the August civic holiday is known as Simcoe Day after John Graves Simcoe, who founded the town of York, Upper Canada, which eventually became Toronto. In Ottawa, the holiday is referred to as Colonel By Day in honor of John By, who supervised the construction of Ottawa's Rideau Canal and founded Bytown, which would become the city of Ottawa.
- Heritage Day in Alberta celebrates diverse Canadian culture and cultures around the world.
- British Columbia Day celebrates the province of British Columbia.
- New Brunswick Day honours the environment and natural resources found in New Brunswick
- Nova Scotia's Natal Day is a birthday celebration for the province.
- Natal Day in Prince Edward Island celebrates the birthday of the province's capital, Charlottetown.
- In Manitoba, the civic holiday is referred to as Terry Fox Day (changed from Civic Holiday in 2014) to honour Terry Fox, a Winnipeg-born hero who started the Marathon of Hope to raise funds for cancer.

Quebec, Yukon and Newfoundland and Labrador may not have a civic holiday, but they do hold regional celebrations of their own. In Newfoundland, the City of St. John's celebrates Regatta Day on the first Wednesday of August, the Yukon celebrates Discovery Day on the third Monday of August, and Quebec has a holiday June 24 to mark Saint-Jean-Baptiste Day and celebrate French-Canadian culture.

## What to Expect on the August Long Weekend

Celebrations vary from province to province when it comes to the August long weekend. You won't usually find events like fireworks or large festivals that you might see on Canada Day and other holidays, but various events do take place. In general, the August long weekend offers many Canadians the chance to get away to cottages and cabins, go camping, or simply relax as the summer starts winding down.

You can expect some business to be closed across Canada (assuming they observe the holiday), including banks, libraries, government offices and post offices (no mail delivery). Many regular businesses and attractions remain open on the holiday but often with reduced hours (call ahead before making any plans). In addition, public transit usually operates on a holiday schedule with reduced hours.

If you find yourself in Ontario over the August long weekend, hike your way through Rouge National Urban Park in Toronto, bike along the scenic Rideau Canal in Ottawa, or make your way to one of the province's [beautiful provincial parks](#) to camp or swim.



## TOP TIPS FOR CAMPING IN SUMMER & HOT WEATHER

### 1. Pitching location & timing matters

Probably the best way to stop your tent getting too hot and stuffy is to try and ensure you pitch up in the shade is possible. Pay attention to the time of day, as obviously the shade will move as the day goes on, so aim to have your tent in shade at least for the hottest part of the day. When pitching up or packing away, it's also advisable to do this either early or late in the day to avoid the midday sun.

### 2. Let some cool air into your tent

By keeping everything zipped up, your tent is going to get incredibly hot and stuffy, so open up the windows and doors to let the cooler air circulate. If you have awning poles, these will come in very handy for ensuring you can keep the front or side

### 3. Your tent's interior curtains are for more than privacy

Most [tents](#), especially the larger ones with separate bedrooms, come with interior curtains that are usually used for privacy. However, they can do much more than that, and can reduce the amount of direct heat inside your tent. If your tent is already stuffy, then you can always open them to let some air through.

### 4. Buy a polycotton tent

[Polycotton tents](#) or canvas tents, thanks to the increase in natural fibres, are more breathable in warm weather, letting more air pass through the tent

### 5. Get a Roof Protector or SkyShield for your tent

Currently only available on Outwell and [Vango tents](#), this additional piece of material helps shield your tent from the sun's rays. An optional extra on the tents, it's something you can leave at home if you don't think you're going to need it, but it

### 6. Choose the right season sleeping bag

Sleeping bags come in different season ratings depending on how warm they keep you. For summer and hot weather, a [1 season sleeping bag](#) should be adequate, although if it's especially warm then you could ditch the sleeping bag altogether and just sleep under a sheet, particularly if you're on an [airbed](#).

## 7. Stay hydrated

This is valuable advice all year round, but especially important during summer. Make sure you have water with you as often as possible, particularly if you're going out hiking in the sun.

## 8. Buy a cool box & utilise your home freezer

It's not much of a secret that food goes off quicker when it's warm, so invest in a good [cool box](#) or camping fridge to keep food fresher for longer. You can also utilise your freezer at home by freezing things like milk, water and some food the night

## 9. Put your drinks in a cool bucket of water

A nice cool beer in the sunshine is one of life's true pleasures – but even if you don't like a beer, just keeping your drinks nice and cold in a bucket of water is a great idea. Just remember to keep the bucket in the shade, or it could become warm water

## 10. Put a wet flannel inside your cool box

So you've got your cool box, but another great tip for using it is to pop a wet flannel in there for a while – if you get too hot then you've got the ultimate cooling tool for your neck or forehead.

## 11. Use warm lighting to keep away insects

If you're using lighting in and around your tent, then you're going to get bugs and insects flooding your way unless you use the right kind of lights.

Bright white lights attract bugs like, well, a moth to a flame, but warmer orange lighting is much less appealing.

Other tips for beating the bugs is to ensure you keep topped up with insect repellent, not pitching too close to ponds, rivers

## 12. Look after your pets

Many of us enjoy taking pets, specifically our dogs, away camping with us. However, hot weather can be particularly problematic for them as they can't sweat like we can, thus making it much harder for them to regulate their body temperature.

Ensure they have plenty of shade and drinking water, particularly when taking them for a walk. Never leave them locked in side a hot tent, and NEVER leave them in a hot car, even for a few minutes as this could prove fatal.



# Herbed Ricotta and Fresh Tomato Tart

## Ingredients

1 sheet frozen puff pastry (from 17.3-oz package),  
thawed

1 large egg, beaten

1 c. ricotta cheese

Kosher salt

Pepper

1 lemon

2 scallions, finely chopped

1/2 c. fresh flat-leaf parsley, chopped

1 lb. heirloom tomatoes

(various colors and sizes), sliced or halved

2 tbsp. olive oil

1/4 c. small fresh mint leaves

Flaky sea salt, for sprinkling



## DIRECTIONS

1. Heat oven to 425°F and place oven rack in lower third of oven. Unfold pastry onto piece of parchment paper and roll 1/2 inch bigger on all sides. Slide parchment (and pastry) onto baking sheet.
1. Using paring knife, score 1/2-inch border all the way around pastry. Lightly brush border with egg. Using fork, poke middle of pastry all over, then bake until golden brown, 20 to 25 minutes
1. Meanwhile, in medium bowl, combine ricotta and 1/4 teaspoon each salt and pepper. Finely grate zest of lemon into bowl and squeeze in 2 teaspoon juice; mix to combine. Fold in scallions and parsley. Spread onto middle of pastry.
1. Arrange tomatoes on tart, drizzle with oil and sprinkle with mint, sea salt, and freshly ground pepper.



# Chopped Chickpea Salad

## INGREDIENTS

*For the dressing:*

- 1/3 cup red wine vinegar
- 2 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup olive oil
- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 1/2 cups grape or cherry tomatoes, halved
- 1 medium red or yellow bell pepper, cored, seeded, and diced
- 1 medium cucumber, quartered and cut into 1/2-inch slices
- 1 cup chopped romaine lettuce
- 3/4 cup pitted kalamata olives
- 1/2 cup small-dice red onion
- 1/2 cup crumbled feta cheese



1. **Make the dressing:** Whisk the vinegar, garlic, mustard, salt, and pepper together in a small bowl. Set aside for 5 minutes to give the garlic time to mellow. Whisk in the oil until the dressing is emulsified.

2. **Make the salad:** For the version you plan to make, place all the ingredients in a large bowl. Drizzle with dressing and toss to combine.

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!



**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

# Loaded Burger Bowls

You won't miss the buns in these small but mighty cheeseburger bites. They're keto-friendly, gluten-free, AND low-carb.

## Ingredients

2 lb.

lean ground beef

Kosher salt

Freshly ground black pepper

8

slices cooked bacon, crumbled

2 1/2 c.

shredded cheddar

Chopped chives, for serving

Ranch dressing, for serving

Bread and butter pickles, for serving

1. Preheat oven to 400. In a medium bowl, toss the bacon with the cheddar cheese.
2. Coat a 12-cup muffin tin with cooking spray. Form the beef into 4 bowls over four of the inverted muffin tins. Season each burger bowl with salt and pepper. Add a small handful of beef to each muffin tin well then press up the sides to create a cup. Divide the bacon and cheese mixture evenly among the cups.
3. Bake until beef is cooked through and cheese is melted, about 15 minutes. Let cool slightly.
4. Using an offset spatula, release hamburger bowls from muffin tins. Drizzle with ranch dressing, sprinkle with chives, and serve with pickles.



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



SEVEN LETTER WORD

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FIVE LETTER WORD

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A man pushes his car to a hotel and tells the owner he's bankrupt. Why?



## Summer Barbecuing Word Search

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

APRON  
 BACKYARD  
 BBQ SAUCE  
 BRAISE  
 CHARCOAL  
 COOK  
 FLAME  
 GRILL  
 HAMBURGERS  
 HOT DOGS

MEAT  
 NATURAL GAS  
 OUTDOORS  
 PROPANE  
 SALMON  
 SAUSAGES  
 SMOKE  
 STEAK  
 SUMMER  
 TONGS



# Apartment Hacks: The Best Apartment Living Tips

**Find out what you can upgrade and what you can't** – Your apartment should feel like home as much as possible. Find out what parts of the apartment you can upgrade and what you can't. For example, things like shower heads or black out curtains are little upgrades that can make a world of difference in your quality of life. Upgrade as much as you possibly can to maximize your living situation.

**Make cooking easy** – Here are some office favorites that make cooking and preparing meals quick(er) and easy(er): crock pot, Foreman grill, NutriBullet, and rice cooker. Any and all of these are definitely worth investing in, in our humble opinion. They are relatively affordable, you can get pretty much any of these for under \$100 and they will definitely make life easier for those culinary challenged individuals.

**Newspaper over paper towels** – Yep, you read that correctly. We're taking a page out of Big Daddy and ditching the paper towels for some good old fashioned newspapers... not for everything though, just for cleaning windows. For some inexplicable reason, newspapers leave your windows streak free.

**Remove extraneous light bulbs/invest in energy efficient ones** – This is a small, easy hack that can pay huge dividends in the long term. How many of those bathroom lights do you really need to have? Or the ones connected to the ceiling fan? Remove a few to keep the energy bill down and replace all others with energy efficient bulbs. You'll be amazed at how low your electricity bill will be. We're going to sound like Mom here, but don't forget to turn off the light as you leave each room too. Your wallet will thank you later.

**For decorating/furniture: Frequent the dollar stores, garage sales, swap meets, Craigslist** – You can pay full price, but you definitely shouldn't. Especially if this is your first foray into apartment living/decorating. Maybe Craigslist scares you off a bit, but there are some great deals to be had in dollar stores and especially in garage sales and swap meets. Make an early morning/afternoon activity of it. There are definitely bargains for quality items you can take advantage of if you look hard enough. We've made away like bandits at our fair share of rummage sales and swap meets especially for things like art and furniture pieces.

**Get on a cleaning/chores schedule or develop a system that works** – One of the hardest things to do with an apartment, no matter what the size, is keeping it clean and tidy. You'd be surprised at how long it takes to clean an entire apartment (think an entire day or more). No one wants to spend their valuable time cleaning their entire apartment on the weekend or day off. Get on a schedule so your living space doesn't get out of control. Maybe you dedicate one chore every Saturday or Sunday morning that rotates every week... this week it's vacuuming, next week it's the bathroom. You know yourself best so come up with a system that works for you. One of the better tips we heard of is to have people over often... it forces you to keep up your apartment!

**Your apartment extends beyond your unit** – If you think your living situation is limited to just your particular apartment unit, think again. Research or get as much info on the complex itself and the surrounding area. You don't want to be living in a complex filled with rambunctious college kids if you're raising a young family looking for a peaceful environment. Also, research the surrounding area. There are countless horror stories of people thinking they got the perfect apartment only to find out a litany of problems with the surrounding area; traffic, loiterers, homeless people, train tracks, freeway noise, police station, etc.

**Be nice to your property manager AND neighbors** – This one seems like a no brainer, but it is absolutely key. You never know when you'll need a favor (neighbors), some emergency maintenance done, or maybe even an extension on rent. Whatever the circumstance, you want to make sure you're on your landlord/property manager's good side. If you have a history of being a great tenant, they're less likely to raise your rent, lag on fixing things, etc.

**Read the reviews** – The best thing you can do BEFORE moving into a new apartment is reading reviews of the complex, apartment managers. You definitely want to know beforehand if management tends to be shady, lags with

**Word Game Answers** - 7 Letter Convert  
5 Letter House

**Brain Teaser Answer.....** *He's playing Monopoly.*  
(Hahahaha)

# COLOUR ME

