



BIAQD Newsletter

For members of the Quinte Area Brain Injury Association



December 2019

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13 Things You Didn't Know About Christmas in Canada

1. A Christmas Story Has Canadian Roots

The risqué leg lamp. Ralphie's sliding rejection from Santa. Flick's tongue mishap. Can you imagine Christmas without an annual screening of *A Christmas Story*? While the tale appears to be all-American, a substantial part of the movie was filmed in Canada. Ralphie's school, the Chinese restaurant where his family ate, the famous swearing scene as well as the interior segments were all shot in Canada. And where else would you find the old TTC "red rocket"?

2. The Prime Minister Doesn't Want Your Gifts

If you want to send a little holiday cheer to the Prime Minister, think again. The Federal Accountability Act of 2006—as well as security protocol—state that Canada's PM and his family cannot accept monetary presents, gift cards or perishable items such as Christmas cookies or cakes. And don't even bother sending other items—they may be severely damaged during the security screening process.

3. The Atlantic Provinces Spend the Most on Christmas

A [2018 survey](#) conducted by the Retail Council of Canada discovered that residents of New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador plan to spend more per capita (\$813 on average per person) in retail stores than any of the other Canadian provinces. Citizens of Ontario and British Columbia will cause cash registers to ring in holiday exultation, too, as they ranked in at no. two (\$805) and three (\$688), respectively. Quebecers plan to spend the least, at \$458 on average per person.

4. Santa Has a Lot of Canadian Elves

Since 1982, [Santa's Post Office](#) has employed mailroom elves from Canada, and he has received more than 20 million letters from children around the world. Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.

5. Canadians Love Department Stores... and Booze

According to Statistics Canada, Canadians prefer to shop in person. With total sales of nearly \$3.2 billion dollars, the number one place for Canadians to check off their holiday shopping lists was... department stores. Care to guess the second most-visited venue for festive spenders? Pop the cork and raise a glass to Canada's beer, liquor and wine stores. Their \$1.6 billion dollars worth of holiday sales earned the runner-up position.

6. Michael Bublé Had a Very Merry Christmas in 2011

2011 was a green Christmas for Canadian crooner, Michael Bublé. Nielsen SoundScan in the U.S. listed Bublé's *Christmas* as the second best-selling album of 2011. With a tally of 2.45 million sales in the United States alone, his festive release earned truckloads of cash and was only exceeded sales-wise by Adele's *21*. What's most remarkable is that a Christmas album with only a few weeks on store shelves outsold practically all the year's competition.

7. Canadians Love Eggnog

Don't knock the nog. According to [Statistics Canada](#), more than 2.6-million litres of eggnog were sold in Canada in November 2016. While eggnog isn't everyone's idea of a delicious holiday tippie, it's obvious that many Canadians do enjoy it.

8. Canada Grows A Lot of Christmas Trees

Did you know our country had 1,872 Christmas tree farms in 2016? According to the [2016 Census of Agriculture](#), the farms were concentrated in British Columbia, Ontario, Quebec, Nova Scotia and New Brunswick. If you can't spend Christmas in Canada, you might as well take a little piece of the country with you. In 2016, Canada exported [1.95-million Christmas trees](#) to over 20 countries, including Australia, France, Jamaica and Thailand.

9. Rudolph Was Canadian

If you were born in Canada after 1964, your Christmases probably involved an annual viewing of the "animagic" holiday special, *Rudolph the Red-Nosed Reindeer*. Rankin-Bass, an American production company, created this beloved Christmas program, but did you know that there's a secret Canadian connection? All the characters' voices (with the exception of Sam the Snowman) were performed by Canadian actors, singers and voiceover artists at the RCA Victor Studios in Toronto.

10. Canadians Really Dig Turkey

According to [Turkey Farmers of Canada](#), Canadians consumed a mighty 153.1-million kg of turkey in 2017. During Christmas that year, 3.3-million whole turkeys were purchased—that's equal to 47 per cent of all the whole turkeys sold over 2017.

11. Canadians Can't Get Enough of Ballet

Dreaming of Sugar Plum fairies, mice and soldiers dancing through your holiday season? Since 1995, the National Ballet of Canada's *The Nutcracker* has been wowing audiences from coast to coast. Over one million people have watched the annual play since its premiere, and as of 2018, 6,722 pairs of pointe shoes have been used by *The Nutcracker's* ballerinas.

12. Canadians Are Always Giving Back

According to [Statistics Canada](#), 12.7-million Canadians (44 per cent of the population aged 15 and over) volunteered through a group or organization in 2013. Meanwhile, the average donation amount from Canadians in 2015 during the holiday season was an impressive \$300.

13. Christmas Isn't Only Once a Year

In some corners of Canada, it's Christmas 365 days a year. Welcome to Reindeer Station (Northwest Territories), Christmas Island (Nova Scotia), Sled Lake (Saskatchewan), Holly (Ontario), Noel (Nova Scotia), Turkey Point (Ontario), and Snowflake (Manitoba).



It's A Wonderful Life Word Search Puzzle

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

BEDFORD FALLS
 BUILDING AND LOAN
 CLARENCE
 ERNIE
 FRANK CAPRA
 GEORGE BAILEY
 GUARDIAN ANGEL
 HARRY
 LIVE AGAIN
 MARY

MR. MARTINI
 MR. POTTER
 NEVER BORN
 OFFICER BERT
 PRAYERS
 SAM WAINWRIGHT
 UNCLE BILLY
 VIOLET
 WISH
 ZUZU



Reindeer Chow

No holiday party is complete without a big bowl of reindeer chow! This Christmas chex mix is loaded with chocolate flavor and is perfect for feeding a crowd.

INGREDIENTS

- 6 cups Rice Chex cereal
- 1 cup semisweet chocolate chips
- 1/2 cup creamy peanut butter
- 1 cup dry brownie mix or 1 cup powdered sugar mixed with 1 1/2 tablespoons cocoa powder
- 1 bag Christmas M&M's 12 ounce bag
- 2 cups mini peanut butter cups
- 2 cups pretzel twists

INSTRUCTIONS

Place the cereal in a large bowl. In a medium bowl, combine the chocolate chips and peanut butter. Microwave the chocolate mixture for 30 second intervals until melted; stir until smooth.

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Pour the chocolate mixture over the cereal and use a spatula to gently toss the cereal in the chocolate until completely coated.

•

Place the brownie mix inside a resealable gallon sized plastic bag. Add the chocolate coated cereal. Seal, then shake until cereal is coated in the brownie mix.

•

Spread the cereal out in a single layer on a sheet of parchment paper; cool completely until dry.

•

Combine the cereal, M&M's, peanut butter cups and pretzel twists, then serve.

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market@biaqd.ca

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A Word About Our MARKETPLACE

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!



In between crafting we took a break to limber up...oh and perhaps a little nap



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!

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Brown Sugar and Black Pepper Glazed Ham

We took the idea behind a standard brown sugar ham glaze and amped it up a notch, with a bit of dry mustard and black pepper. The result? Not too sweet, not too spicy, and bursting with flavor. After brushing this glaze over your ham about 30 minutes before it's completely cooked (and repeating the glazing process with the pan juices during the remaining cooking time), you'll make a tender, juicy ham that'll satisfy lovers of your tradition but also surprise and delight guests with a more sophisticated palate. All told, this ham takes just under three hours to bake, so you have plenty of time to prepare sides, as well.



INGREDIENTS

- ½ fully cooked bone-in ham (about 7 pounds)
- ½ cup light brown sugar
- 2 teaspoons dry mustard
- kosher salt and black pepper

How to Make It

Step 1

Heat oven to 300° F. Using a sharp paring knife, score the ham with lines $\frac{1}{4}$ inch deep and 1 inch apart, creating a diamond pattern (this will help the skin to crisp while cooking). Line a rimmed baking sheet with foil. Place the ham, skin-side up, on the prepared sheet and cover with foil. Bake until warmed through, $1\frac{1}{2}$ hours to 1 hour, 45 minutes.

Step 2

Combine the sugar, mustard, 1 teaspoon salt, 2 teaspoons pepper, and 2 tablespoons water in a small bowl. Remove the foil and brush the warmed ham with the glaze. Continue to bake, uncovered, basting the ham twice with the pan juices, until the skin is golden and glazed, 20 to 30 minutes more. Let rest for 15 minutes before slicing perpendicularly to the bone. Serve warm or at room temperature.

Cider, Thyme + Tonic Mocktail

Recipe:

12 oz apple cider
2 oz freshly squeezed lemon juice
2 oz thyme simple syrup*
1 bottle (9.3 ounces) tonic water
Additional thyme and lemon slices for garnish

Directions:

Add all ingredients except tonic water to a pitcher and stir until fully incorporated. Add ice to four glasses, filling each about halfway. Divide the cider mixture evenly among the glasses. Top with tonic water. Stir gently. Garnish with a sprig of thyme and enjoy!



*Thyme Simple Syrup

.5 cup granulated sugar
.5 cup water
2-3 sprigs of fresh thyme

Directions:

Add all ingredients to a small saucepan. Turn heat to low and stir until sugar dissolves. Simmer an additional 5 minutes, or until syrup coats the back of a spoon. Remove from heat. Take out the thyme sprigs and allow syrup to cool completely before using. Store leftover syrup in a jar in the fridge for up to 2-3 weeks.

Sparkling Cranberry Apple Cider Mocktail

Recipe:

Apple cider
Cranberry juice
Soda water
Lemon juice
Sugar in a dish (for the rim)

Directions:

Dip the top of the flute in water and then immediately dip into sugar dish. Add $\frac{1}{4}$ cup of apple cider to the flute. Add $\frac{1}{2}$ cup of cranberry juice to the flute. Add a splash of soda water for bubbles. Top with 1 tablespoon of lemon juice. Garnish with a lemon slice or peel (optional).



Two boxers are in a match scheduled for 12 rounds. (Pure boxing only - no kicking, UFC takedowns, or anything else).

One of the boxers gets knocked out after only six rounds, yet no man throws a punch. How is this possible?

Christmas On A Budget: 5 Tips For Making Your Holiday Affordable And Still



Holiday gift-giving can be a drain, both on your mental health and your wallet. We've put together a list of ideas to help you celebrate Christmas within your limits.

2019 is rolling to a close and that means the Christmas holiday season is upon us.

As you age deeper and deeper into adulthood, the holiday spirit takes on a different meaning. Hopefully the feelings of cheer and goodwill stay the same, but your attitude towards presents starts to shift.

Namely, it changes from something you await eagerly to something you endure wearily.

That might be an exaggeration, but gift-giving does take on new connotations once you're expected to give as much as you get. It can feel like an imposition to spend so much money on so many people – especially if you're living on a shoestring budget. It's no wonder that so many people find themselves [deep in credit card debt by the time the new year rolls around](#), often failing to pull themselves out by the next holiday season.

But Christmas shopping doesn't have to be a budget-buster. There are plenty of ways you can cut back on holiday expenses, shaving off a few dollars or even eliminating them entirely. You just have to be willing to try something new.

If you're looking for ways to cut back this holiday season, here are some of my favorite methods.

Make a budget

Christmas spending often goes overboard when consumers fail to [reconcile their budget with their shopping list](#). To avoid overspending, [determine how much you can afford to spend on Christmas](#) and then make a list of all your holiday obligations, including presents, travel, and decorations. Then, ascribe a dollar amount to each item, overestimating slightly.

It will probably hurt to spend less this year, but consider this: [consumers still haven't repaid their credit card bills from last year's holidays](#). If you're in the same boat, add up how much you've spent on credit card interest and stick to the budget this year.



Brain Teaser Answer.... Both boxers are female.

Find extra savings

Look for discount codes

Sites like [RetailMeNot](#) or [Honey](#) aggregate coupon codes so you can always snag the best deal. I also try to shop through retailers who use [Ebates](#), a browser extension that gives you cash-back for most of your purchases.

Sign up for a store's email list

Usually you'll get an extra 10-20 percent off if you're a new subscriber. Sometimes I'll even create a new email address to get multiple discounts.

Use a cash-back credit card

Save on wrapping

I love wrapping Christmas gifts more than anything, but wrapping paper, bows, and ribbon add up quickly. I shop at the dollar store for all my wrapping needs, where you can get more than enough paper for just a few bucks.

When I was really living on a tight budget, I saved cartoons from the Sunday paper to wrap my gifts. Yes, your gifts won't look as beautiful under the tree, but it's better than spending \$20 on something that will end up in the trash.

Cheap gift ideas

If you have a special skill, such as woodworking or landscape design, give that as your present. The monetary value will be much higher than whatever you'd find at Macy's, and it could be especially precious to the beneficiary. Plus, it won't cost you anything except for your time.

Other [cheap gift ideas](#) include baking mixes, homemade soaps, and bath salts – and of course, anything edible. My husband and I love to buy food and beverage-related gifts because they're often less expensive, we know they'll always get used and they won't add extra clutter. We also put together a pretty [long list of cheap Christmas gift ideas](#) for you to consider this holiday season.

Alternatives to gifts

Instead of buying everyone on your list an expensive present, here are some [gift alternatives](#) that won't make you look like a Scrooge.

Take the money you'd spend on gifts and treat everyone to dinner at your favorite restaurant, an evening at the movies or an afternoon at an escape room. The camaraderie you get from sharing an experience together will last longer than the thrill of opening a cashmere sweater.

Another popular alternative is to do a gift exchange instead of buying each person a present. Draw names and set a price limit, such as \$30. That's enough to buy a substantial gift without ruining your holiday budget. This is perfect for big families, where gift-giving can get pricey once spouses and children come into the mix. Some families even decide to skip presents for adults and only buy gifts for the kids.



Talk to your family and friends

If money is tight, Christmas can feel more like an imposition than a celebration. Stressing about the holidays isn't fun and can lead to feelings of resentment towards your more affluent family and friends.

Talk to your loved ones about avoiding a gift exchange or minimizing how much you spend. You don't have to give them all the reasons why – just enough so they understand. Who knows – your brother-in-law who's just had a baby might be grateful to take a year off from the craziness of gift-giving.

Summary

As an adult, getting gifts for your friends and family feels more and more like a chore. But it can still be fun if you come up with some alternatives to traditional gifts!

Lots of ways to be creative so just continue to think out of the box.



Real-Life Holiday Stories That Are Guaranteed to Make You Laugh

Stocking stuffers

One Christmas my husband put an assortment of beauty products in my stocking. I tried one of the facial masks, and was about to wash it off when my eight-year-old son, Callum, walked in. I explained to him that it was a present from his dad and it would make me beautiful.

He patiently waited by my side as I rinsed and patted my face dry.

“Well, what do you think?” I asked.

“Oh, Mom, it didn't work!” Callum replied.



A child's retort

Some of my favourite childhood memories involve our family's annual trips to the local Christmas-tree farm. Although we have an artificial tree at our house, my children are still able to partake in the tradition by accompanying my parents when they cut down their tree.

When I announced we would be helping them pick a tree the following weekend, I expected Ethan, my six-year old, to be excited about the outing.

Instead, he furrowed his brow, puzzled, and asked, “What did they do with the one we got them last year?”



A Canadian Christmas Story

Another Christmas, and the sun had just set in one of our small Canadian villages, leaving a trail of beautiful colors behind it on the usual gray-tinted sky of evening, and the one village street was just being lighted with its oil lamps, which burnt most dimly, and were at best few and far between. But though the lights were dim the hearts were light, for it was Christmas Eve.

In the little wooden church, by the dim light of a few lanterns and an odd lamp, a number of young people were sticking here and there, in holes bored in the different seats, small branches of the mountain ash, with their scarlet berries, and two or three of the most venturesome spirits had gone so far as to put a few bits in the corners of the somber old pulpit. But much decoration was deemed unseemly, and not allowed in those primitive times.

In the vestry beyond were assembled the doctor's young son, a stalwart young butcher, and a short, bald-headed old man, who on ordinary days mended the villagers' boots and shoes, but who at this time was bringing forth the most doleful groans from a big bass viol in his efforts to keep time with the above-named young gentlemen, who were practicing their respective parts in the Psalms and hymn tunes on a flute and violin.

These, with a few young girls' voices, comprised the little choir; but tonight the young maidens were too busy to join them, and only peeped in as they passed to and fro bearing their little branches to their destination.

In the little frame cottages the mothers were more or less busy preparing the good things for the week, for these kindly people laid in such a store of cakes and pies as would astonish ordinary mortals nowadays.

There was the great stone oven to be heated for the dozen of pumpkin pies, and how recklessly the golden cream had been stirred in none but the good mother knew, for had she not a fine brindled cow of her own? And the pies must be extra good this Christmastime, when all the children would be coming home.

Then the turkey was well stuffed with savory herbs that she had picked and dried out of her own nice garden, the apple-cream placed in the big glass dish, and the Christmas pudding tied ready for the pot.

I was watching our good housewife as she went back and forth in her spotless kitchen, when suddenly I heard the light flying steps of children, and two young creatures, a boy of about five years of age and a little girl of seven, came in so covered with snow that but for their rosy cheeks and chattering tongues I should have taken them for two snow images.

They had been out with their sled, as they called it; and had tumbled from it so often in their sliding downhill that all their garments had a firm coating of the glistening snow.

As each laid aside comforter, cap, and hood, I saw that the boy had curly brown hair, but the girl's wavy locks were as fair as her face almost, and you could see that she had a sensitive, clinging nature, and I could not help wondering what her future might be.



Canadian Village on Christmas Eve in the Early 1800s

Well, the children sat themselves down by the great kitchen fire, where a pot hung on a long crook, or crane, full of boiling lard, waiting for the few remaining crullers to be dropped in it.

A great platter of the crisp brown donuts was already on the table, which the children eyed so lovingly that their mother gave them each one, and, telling them to go to bed, said—

"For you know, dears, that Christkindchen never comes to fill the stockings of the good little children till they are all asleep."

Then you should have seen the awe that stole into the little girl's face as she turned her fluffy head, and looking up into the broad chimney, said—

"Christkindchen! Christkindchen! We have been good; please put something nice into our stockings, but be very careful of the fire when you come down, or it will burn you."

And Christkindchen heard her and came carefully down, for in the morning both children's stockings were full. But, you little people nowadays, who have so many toys, picture books, and French sweets, and no end of valuable gifts besides, will laugh when I tell you what trifles gave those little ones of that household long ago so much pleasure.

First, in the toes of the little stockings were a few sticks of homemade candy, twisted tightly in paper, a package of blanched almonds, and raisins, and a dolly made of the doughnuts, with allspice eyes, cloves for ears and nose, and a raisin for the mouth; this was prized the most and carried about all day; and I saw tears shed when one was broken, though comfort was found afterwards in a degree by the eating of it.

The End.

