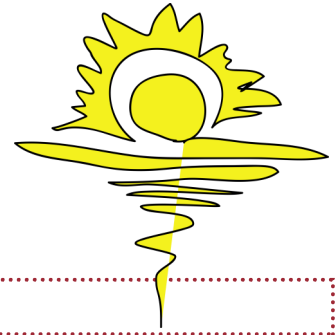


BIAQD Newsletter

For members of the Quinte Area Brain Injury Association



MARCH 2018

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

6 INTERESTING FACTS ABOUT MARCH

Here are a few more interesting things you might not have known about the month of March:

1. March is named after Mars, the Roman god of war as it was the month in which the military campaigning season got under way after winter.
2. March was the first month of the year until the Gregorian calendar began to be used in 1752.
3. March is the only month with three consecutive consonants in its name in English.
4. An old proverb says, "March comes in a like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.
5. Some famous people born in March are "James Bond" actor Daniel Craig, celebrated children's author Dr. Seuss, actress Jessica Biel, teenage heartthrob Justin Bieber, actress Eva Mendes, basketball star Shaquille O'Neal, "Orange is the New Black" actress Lauren Prepon, tattoo artist Kat Von D, theoretical physicist Albert Einstein, reality star Rob Kardashian, "Maroon 5" front man Adam Levine, "Die Hard" star Bruce Willis, Oscar-nominee Reese Witherspoon, Lady Gaga and Grammy winner Elton John.

Fun Facts about March

It is the first month of Spring which begins between March 19-21.

In the Southern Hemisphere, March is the same as September in the Northern Hemisphere.

Each year March and June end on the same day of the week.

It is the time of year when animals start to wake up from hibernation.

March Madness is a basketball tournament played by the NCAA.

Easter is sometimes celebrated in March.

Symbols of March

Birthstone: aquamarine and bloodstone

Flower: daffodil

Zodiac signs: Pisces and Aries



Cherry-Gingerbread Muffins

Wheat bran and yogurt bump up the protein and fiber so you'll stay fueled. Mashed banana adds moisture and sweetness without noticeable banana flavor, while browned butter lends nutty depth

Ingredients

- 6 ounces whole-wheat flour (about 1 1/2 cups)
- 1/4 cup wheat bran
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 2 tablespoons unsalted butter
- 1 cup plain low-fat yogurt
- 1/2 cup packed light brown sugar
- 1 teaspoon vanilla extract
- 1 medium ripe banana, mashed (about 1/2 cup)
- 1 large egg
- 1/2 cup chopped dried cherries
- 1/3 cup molasses
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- Cooking spray



How to Make It

Preheat oven to 375 degrees F

Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, wheat bran, and next 3 ingredients (through salt) in a large bowl, stirring with a whisk.

Melt butter in a small skillet over medium; cook 90 seconds or until browned and fragrant, swirling pan frequently.

Combine butter, yogurt, sugar, vanilla, banana, and egg in a bowl.

Add yogurt mixture to flour mixture, stirring just until combined.

Add cherries, molasses, cinnamon, ginger, and allspice to muffin batter.

Divide batter evenly among 12 muffin cups coated with cooking spray.

Bake at 375 degrees F for 22 minutes or until a wooden pick inserted in center comes out clean.


Cool in pan 5 minutes.

Remove from pan; cool completely on a wire rack.

March 2018



shutterstock-21204744

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

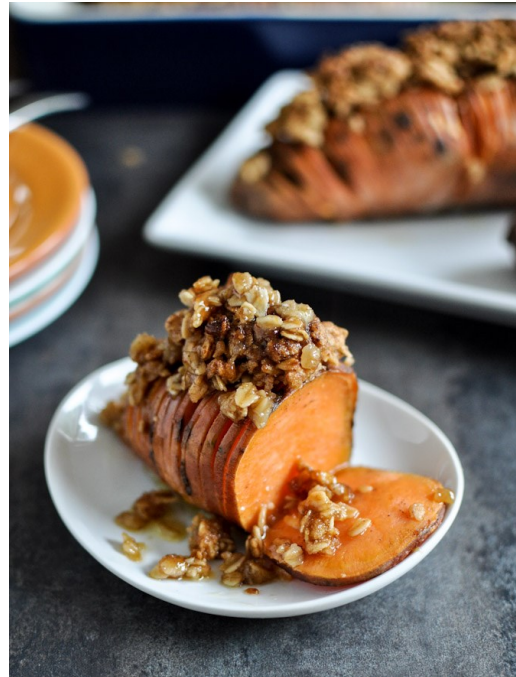
CINNAMON SUGAR HASSELBACK SWEET POTATOES WITH OATMEAL COOKIE CRUMBLE

Ingredients

4 large sweet potatoes
1/4 cup unsalted butter, softened
1 tablespoons brown sugar
1 teaspoon cinnamon
1/4 teaspoon salt

oatmeal crumble

2/3 cups old fashioned rolled oats
2/3 cups brown sugar
2 tablespoons flour
1/2 teaspoon cinnamon
1/4 teaspoon salt
1/4 cup unsalted butter, softened



How to Make It

Preheat oven to 375 degrees F. In a small bowl, combine butter with sugar, cinnamon and salt, combining well until thoroughly mixed. Place butter on a sheet of plastic wrap and form it into a small rectangle or square. Place in the freezer for 20-30 minutes, until firm.

Very carefully (and um, patiently) slice the sweet potatoes every 1/8 to 1/4 inch and only 3/4 of the way down the potato. I found it helpful to slice the potatoes halfway down the whole way across, then once that was done carefully use a smaller pairing knife and slice deeper until you almost reach the bottom. Remove the butter from the freezer and slice very, very thin pieces, then cut those in half. Ideally you want about about 24-30 small, thin pats of butter. Gently pull apart the sweet potatoes and place a butter pat in every three or four slices. Sprinkle potatoes with additional cinnamon if desired and place in a baking dish so they sit upright.

To make the crumble, combine the sugar, oats, cinnamon and salt and mix well. Using your hands, crumble in the butter and mix until the entire thing is moistened and comes together. Place an equal amount of crumble on top of each potato, pressing firmly but gently. Bake for 30-35 minutes, then cover the potatoes with foil and bake for another 20-25 minutes. To serve, cut in half.

YUMMMMMM...

Has your last year brought you together with 'like' people/friends



Come Join us!
Come Join us!



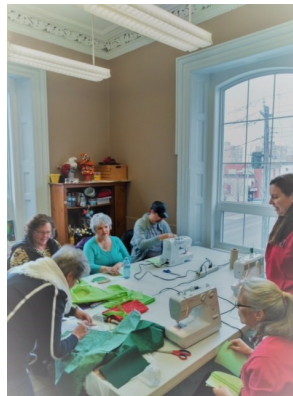
BIAQD has become a great place for us to meet and chat, exercise, learn new crafts and get out in group activities!

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!

Friends Just Having FUN



St. Patrick's Word Search Puzzle

Find the words about the life of **St. Patrick**, listed below, in the word search grid. Circle each letter one by one. Each letter of the word search grid may be used in more than one word. **When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about the life of St. Patrick.**

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

BISHOP	IRELAND
CAPTIVE	LETTERS
CHRISTIAN	MAEWYN SUCCAT
CHURCH	MISSIONARY
DECLARATION	NORTHERN
DRUIDS	PATRON SAINT
ENSLAVED	ROMAN BRITAIN
FIFTH CENTURY	SHAMROCK
HERDSMAN	SIX YEARS
HOLY TRINITY	SNAKES



MEMORIAL RIDE

Show n Shine - Breakfast

Ride through beautiful Central Hastings County

SUNDAY MAY 27, 2018



Full day of activities

9 am registration & breakfast - 10 am ride start

9 am - 4 pm ongoing events at

Madoc Community Centre

15651 Hwy. 62 North of Madoc

All Bikes Welcome

[www.facebook/Ralph Kitchen Memorial Ride 2018](http://www.facebook/RalphKitchenMemorialRide2018)

One of Ralph's great passions was motorcycle building, riding and sharing his enthusiasm with others. Anywhere, anytime was riding time. Ralph Kitchen was regional director for Harley Owner's Group of Southern Ontario, a role he embraced wholeheartedly. On May 27 join us as we celebrate his legacy by riding some of his favourite roads in Central Hastings areas.

Check out the Facebook Page: Ralph Kitchen Memorial Ride for updates

**All donations in Ralph's Memory will support
The Brain Injury Assoc. Quinte District**

BIAQD 613-967 2756 or Marg 613-472-4131

Info@biaqd.ca www.biaqd.ca

223 Pinnacle St., Core Centre, Belleville, Ont.

Canada, K8N 3A7





BRAIN INJURY ASSOCIATION

QUINTE DISTRICT

-Casino Royale-

Come Join us for a Night of Fun
and Excitement

If you are interested in sponsorship opportunities for BIAQD Casino Night please contact Jennifer at the BIAQD office, 613-967-2756 or info@biaqd.ca, or Margaret at Bonn Law, 613-771-0600 or Margarettourney@bonnlaw.ca



Friday May 11, 2018

The Belleville Club

7:00 – 11:00 PM

Tickets \$25.00

Poker

Black Jack

Crown & Anchor

And many more!

Buy Ins Available

Gourmet Hors D'oeuvres

Silent Auction

50/50

Exciting Casino Style

Entertainment

For more information,

info@biaqd.ca

BIAQD.ca

613-967-2756

ST. PATRICK'S DAY WORD SCRAMBLE PUZZLES

Unscramble the first four words in each set of scrambles. Then use the circled letters to unscramble the final word. Some of the words may unscramble into more than one word, but only one word is related to the puzzle.

1. GENERAL WORDS

H I I R S

□ □ □ □ □

A D H I L O Y

□ □ □ □ □ □ □

C E L O R V

□ □ □ □ □ □

E E G N R

□ □ □ □ □

Answer:

□ □ 3. ST. PATRICK

B H I O P S

□ □ □ □ □ □ □

A E K N S S

□ □ □ □ □ □ □

C C H H R U

□ □ □ □ □ □ □

A M N

□ □ □ □

Answer:

□ □ □ □ □ □ □ □ □

2. FOUR LEAF CLOVER

C K L U

□ □ □ □

A E R R

□ □ □ □

A C E H R S

□ □ □ □ □ □ □

A C G I M

□ □ □ □ □ □

Answer:

4. CELEBRATIONS

A M S S

□ □ □ □ □

D R I N K

□ □ □ □ □ □ □

B D I L N U

□ □ □ □ □ □ □

A D H I L O Y

□ □ □ □ □ □ □ □ □

Answer:

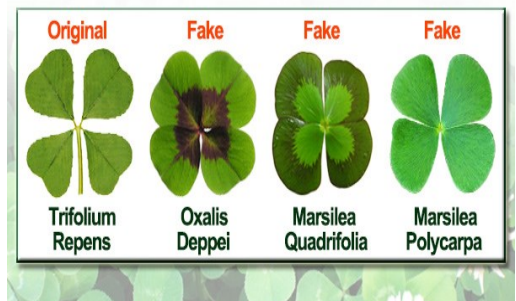
□ □ □ □ □ □ □



Facts about Real Four Leaf Clovers

How can I know I'm getting a "real" Four-leaf Clover?

Real, genuine four-leaf clovers come from the White Clover plant, *trifolium repens*, considered to be the Original Shamrock. You may find others selling leaves as four-leaf clovers that are not genuine. These are actually Peppercorn or Water Clover (*Marsilea Quadrifolia* & *Marsilea Polycarpa*) or Oxalis (*Oxalis deppei* or *Oxalis tetraphylla*) plants that produce all four leaves. Another way of identifying a real four-leaf clover is that the fourth leaf is usually smaller than the other three leaves.





Peer Navigation Meeting

Next Meeting March 5, 2018



What Transpired at our February Meeting....

Due to Weather the meeting was cancelled and will meet in March

COMEDY SHOW

On February 13th we held our first ever Comedy Night Fundraiser. The Headliner Comedian, Jeff McEnery was amazing and kept everyone laughing the entire evening.

We would like to send a special thank you to our amazing sponsors. Without their support we wouldn't have been able to do it. Thank you, Apollo Applied Research, Allevio Pain Management, Mr. Ian Wollach, Essentially You, ADL, Bonn Law, Fox Rehab, Arcadia Home Care, Bridge Point Financial Services & JB Print Solutions.



Thank You

Thank you for helping us continue to create and continue ways to support the healing of our members in the BIAQD area.