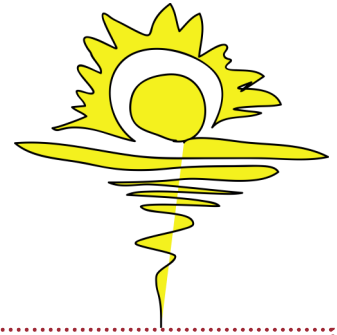


# BIAQD Newsletter



For members of the Quinte Area Brain Injury Association

## SEPTEMBER 2017

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

How was your summer? Here are some things we did at BIAQD...

- CANDLE LIGHT VIGIL
- 25TH ANNIVERSARY BBQ
- PAMPERED CHEF PARTY
- SIDEWALK SALE
- GOLF TOURNAMENT
- CELEBRATING SUCCESS ART SHOW
- MASKS EVENT
- POKER WALK
- BIKE RODEOS TRENTON/PICTON
- WAKING CLUB
- HOT DOG SALES
- CRAFTS
- POTTERY
- FITNESS

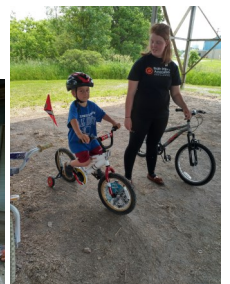
The Bike Rodeo in Trenton was canceled due to rain.



Although the bike rodeo was a hit in Picton!

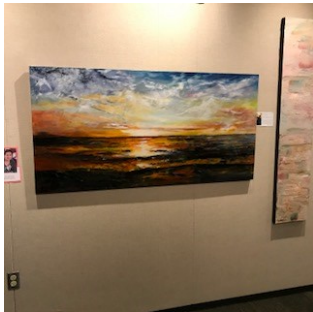


Although the turn out was low we still were able to supply proper helmets that fit and not broken to those who required them.



# CELEBRATING SUCCESS ART SHOW

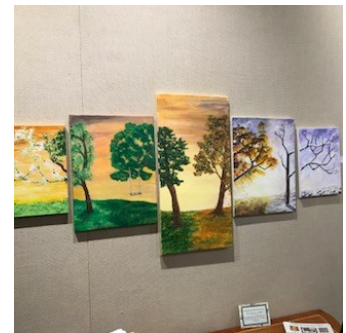
This year was exciting in a few ways.... First the Library said we could have an actual whole room to display our art!!!! Second we entered a five canvas painting to sell!!! This would top up our art supplies at BIAQD!



This year at the art show showed many diverse art creations. The event was full of artists, family and friends. We enjoyed looking at others work to consider if we would be able to try it.

A huge thank you to not only the people who made this possible but to those who were kind enough to submit their art.

Here's hoping next year is as good if not better!

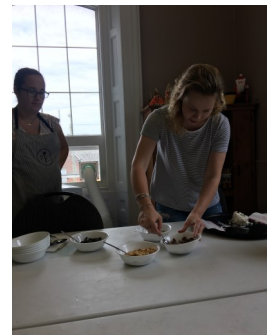


## Other things we do to help raise funds so our groups can continue...



Hot Dog Sales...

Pampered chef party...



# CANDLE LIGHT VIGIL

Thursday June 1st  
At the  
Core Building



On this day we honour those we have lost and those we know are suffering.

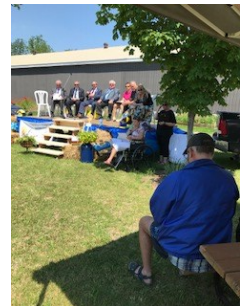


The 25th Anniversary Celebration was a great time!  
After the ride to the event from the parking lot...



You were greeted and signed in at the welcome table... then off to visit

After the speeches



There was singing and you could dance ..

Thanks to our music group for the great songs!



© Can Stock Photo - csp17099511



To top this day of celebration a presentation was made to the founder of our group...Carole Vincent, of a quilt that was signed by all her friends and the Brain Injured people that have benefitted from her stepping forward to create BIAQD.

THANK YOU Carole

There was lots to do this day. Many historic building to go through, the children fished in our fish pond, and there were displays for us to look at from our Brain Injury Group.

# ANNUAL GOLF TOURNAMENT

Some of the golfers arrive!



Shhhh a big put!!!



Look close... can u see the water lady???

Sad to say that is all she carried ...



A fun day was topped off with a wonderful lunch. Thank you Jennifer for organizing this again. We really do enjoy the golf and visits!



Downloaded From Dreamstime.com



We were lucky... everyone proved to be a good sport



© Can Stock Photo - csp0003496

Beware the crazy cart driver's!

# 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.

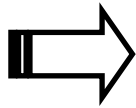
Here are a few pictures of what we are doing...

**Call the BIAQD office to discover what awaits there for you to enjoy!**

New and current activities..



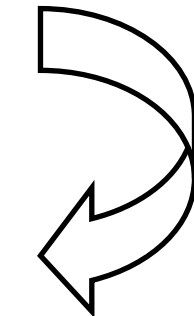
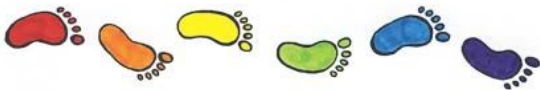
Still doing our stretch and strengthen classes... come join the fun!



Another project started...

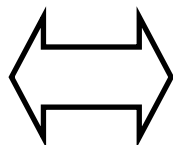


The walking Group is well on its way to New York ...



The Nutrition and Health group went to the Food Bank to work in their garden....

The Nutrition and Health group also prepare healthy snack/meals



## Fall Word Search

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

AFTER SUMMER

LEAVES

AUTUMN

NOVEMBER

BACK TO  
SCHOOL

OCTOBER

BEFORE WINTER

ORANGE

BROWN

PICTURESQUE

CHANGE

RAKING

COLORFUL

RED

COOL

SEASON

FALLING

THANKSGIVING

HALLOWEEN

YELLOW





# SEPTEMBER 2017

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <b>Closed Labour Day</b>	5 Walking Club 10:00 am	6 Potluck Art 9:30 Healthy Lifestyles 10:45 am Art 1 pm Rec Program	7	8	9
10	11 Aqua fit YMCA 10:30 am Knitting Circle Noon	12 Walking Club 10:00 am	13 Potluck Art 9:30 Fitness with Vicky 10:45 am Art 1 pm Rec Program	14 Music 10 am Computers 12:30 AGM 5:30	15	16
17	18 Aqua fit YMCA 10:30 am Knitting Circle Noon	19 Walking Club 10:00 am	20 Potluck Art 9:30 Fitness with Vicky 10:45 am Art 1 pm Rec Program	21 Music 10 am	22 <b>Quilt Making Day</b>	23 <b>Craft/ Bake Sale 9 - 3</b>
24	25 Aqua fit YMCA 10:30 am Knitting Circle Noon	26 Walking Club 10:00 am	27 Potluck Art 9:30 Fitness with Vicky 10:45 am Art 1 pm Rec Program	28 Music 10 am Lunch Program Noon Computers	29	30

# THANKS TO ALL....



A huge Thank You to those who organized and those who participated in our summer events.

I cannot list all of the events that occurred this summer and thank all who organized, managed, supplied and worked at them all. So please take a good look through the newsletter and understand that we are a group who enjoys helping and supporting each other. We have become quite the fundraisers and do enjoy working with each other in this endeavour....



## Upcoming BIAQD Events

### Fundraising Events:

**Craft Sale** - we are having a craft sale in the fall and would like all your ideas as what to do to sell this year...



**Wine event** - December 1st, 2017  
Belleville Armouries



Our major Fundraiser



# Quinoa and Black Beans

50 min [10 servings](#) [153 cal](#)



## Ingredients

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 3/4 cup quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- salt and ground black pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained



## How to Make It

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

# Roasted Garlic Lemon Broccoli

Prep 10 m Cook 15 m Ready In 25 m

## Ingredients

- 2 heads broccoli, separated into florets
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1/2 teaspoon lemon juice



## How to Make It

1. Preheat the oven to 400 degrees F (200 degrees C).
2. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.
3. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

# Baked French Fries

## Ingredients

- 1 large baking potato
- 1 tablespoon olive oil
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon onion powder



Prep 5 m Cook 45 m



## How to Make It

1. Preheat oven to 450 degrees F (230 degrees C).
2. Cut potato into wedges. Mix olive oil, paprika, garlic powder, chili powder and onion powder together. Coat potatoes with oil/spice mixture and place on a baking sheet.
3. Bake for 45 minutes in preheated oven.

- **Tip**
- Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.



# Low-Fat Blueberry Bran Muffins

## Ingredients

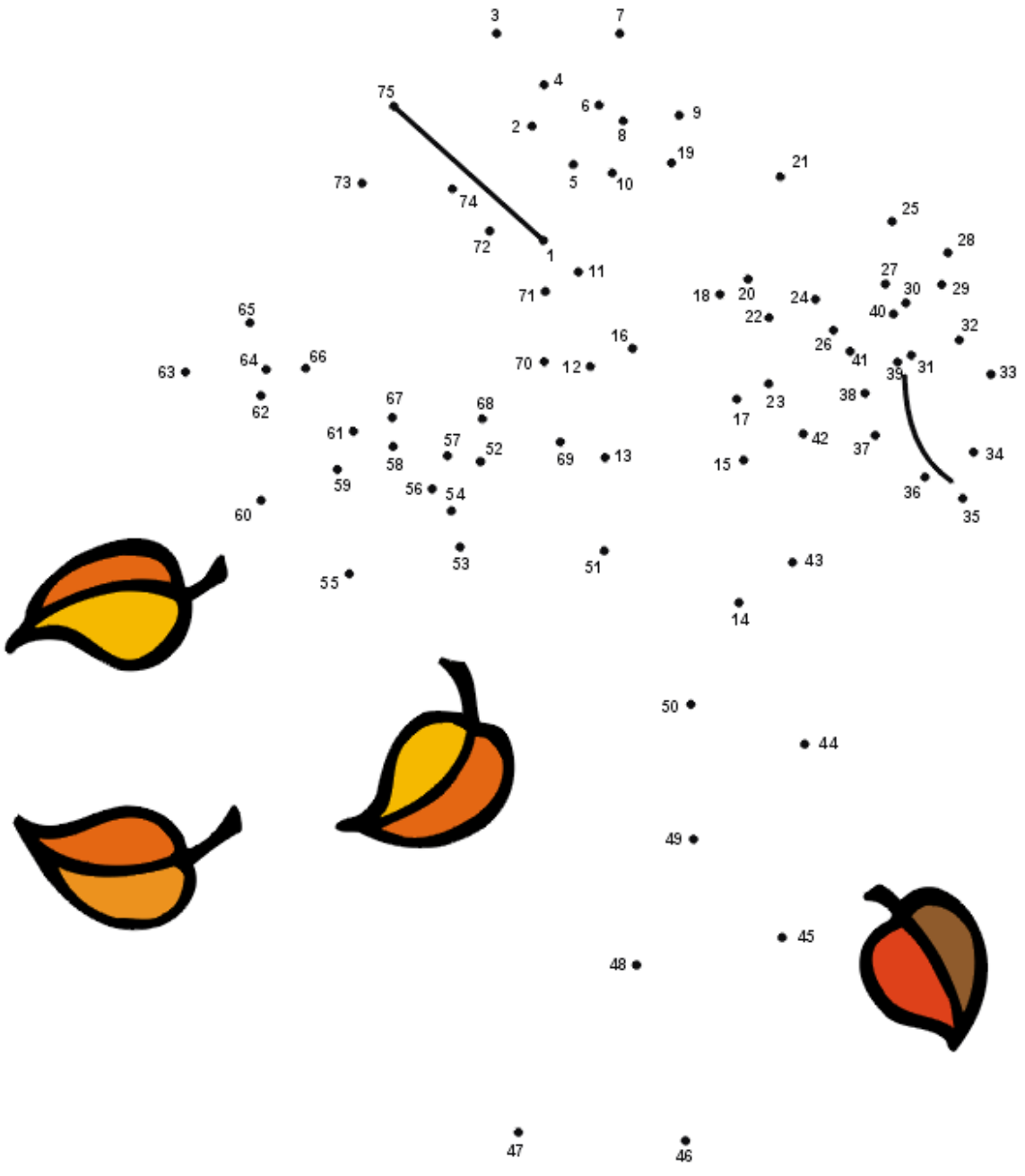
- 1 1/2 cups wheat bran
- 1 cup non-fat milk
- 1/2 cup unsweetened applesauce
- 1 egg
- 2/3 cup brown sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup blueberries



## How to Make It

1. Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes.
2. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups.
3. Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped.





## SYNOPSIS

“Dunkirk” opens as hundreds of thousands of British and Allied troops are surrounded by enemy forces. Trapped on the beach with their backs to the sea they face an impossible situation as the enemy closes in. The film’s ensemble cast includes Fionn Whitehead, Tom Glynn-Carney, Jack Lowden, Harry Styles, Aneurin Barnard, James D’Arcy and Barry Keoghan, with Kenneth Branagh (“My Week with Marilyn,” “Hamlet,” “Henry V”), Cillian Murphy (“Inception,” “The Dark Knight” Trilogy), Mark Rylance (“Bridge of Spies,” “Wolf Hall”) and Tom Hardy (“The Revenant,” “Mad Max: Fury Road,” “Inception”).

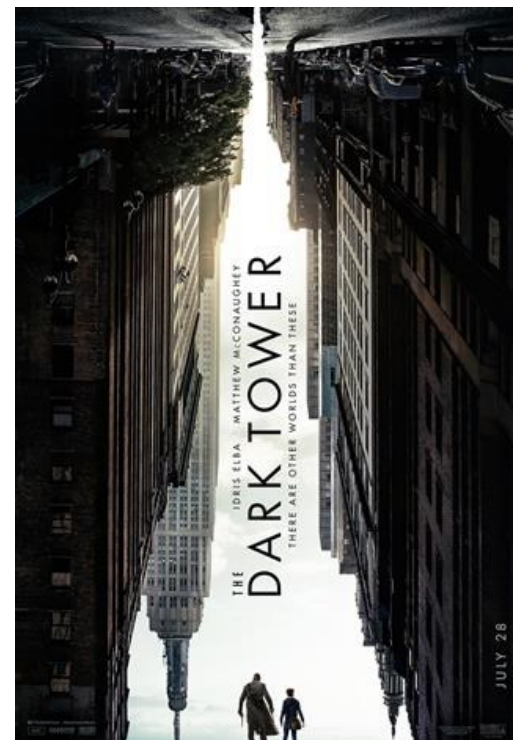
Peter and I enjoy learning and understanding what happened in the past wars. This movie did not disappoint... you r shown how a country rallies to support their troops and how they did it. This movie was a good way to look at what the past wars were like... I recommend this ...



## SYNOPSIS

Stephen King’s The Dark Tower is the most ambitious and expansive story from one of the world’s most celebrated authors. Now, the story makes its long-awaited launch to the big screen, starring Idris Elba as Roland Deschain and Matthew McConaughey as Walter O’Dim. The film is being directed by Nikolaj Arcel (A Royal Affair), with a screenplay by Akiva Goldsman & Jeff Pinkner and Anders Thomas Jensen & Nikolaj Arcel, based on King’s novels. Producers on the film are Akiva Goldsman, Brian Grazer, Ron Howard, and Erica Huggins.

We went to this movie not knowing what to expect. It became interesting from the start and keeps you wondering what is next and waiting for it to happen. The characters are amazing and it flows together very well. For those who are worried it is terrifying because it is Stephen King, do not worry. He He He....



# Movie Review



## SYNOPSIS

Two unlikely prospective lifeguards vie for jobs alongside the buff bodies who patrol a beach in California.

We looked this movie up on green fried tomatoes and the critics had little good to say about it .

As I had watched this so many years ago we went anyway...

IT WAS GREAT!!

We really never stopped laughing and at times we laughed so hard we cried...



If you are looking for a good tension reliever, funny show this it...



## SYNOPSIS

Tom Cruise headlines a spectacular, all-new cinematic version of the legend that has fascinated cultures all over the world since the dawn of civilization: The Mummy. Thought safely entombed in a tomb deep beneath the unforgiving desert, an ancient princess (Sofia Boutella of Kingsman: The Secret Service and Star Trek Beyond) whose destiny was unjustly taken from her is awakened in our current day, bringing with her malevolence grown over millennia and terrors that defy human comprehension. From the sweeping sands of the Middle East through hidden labyrinths under modern-day London, The Mummy brings a surprising intensity and balance of wonder and thrills in an imaginative new take that ushers in a new world of gods and monsters.

Yes I know... how many Mummy movies can there be?

To sum it up.. This was a very good variation! Acting was excellent, story line good and it never gets slow. There were some areas I could not follow as they were very fast paced and dark but overall we liked this show.





# Peer Navigation Meeting

Monday June 5th, 2017



Juanita did a presentation on  
**Summertime Essential Oil Usage...**



We all found this interesting and useful...  
there is so much to learn about on this subject!



Here are some of the categories covered;



- Spider-away Spray
- Bug-away Spray for house, tents and so on
- Bug-away Spray for exposed skin
- Mosquito Repellent



- Natural bug bite Relief
- Owie Spray
- Tick Repellent
- Natural Sunscreen
- Going on a Trip? Jet Lag



Drink a lot of water and make it refreshing  
with the addition of some oils, lime/lemon...  
Keep your dry skin moisturized this summer



"Are you allergic to anything? I mean, aside from whatever it was that bit you?"

AND

Juanita brought in Citrus Coconut  
Popsicles!!



Thank You so much  
Juanita



## Can You Help Us?

The Music Group is fundraising for a new portable piano. They are collecting empty bottles. If you or anyone you know has some empty bottles, please drop them off at the office or give us a call and we will come pick them up. There is also an online donation campaign through Canada Helps. All donations receive a charitable donation receipt for you to use on your taxes. Click the link below to donate, and tell all your friends and family as well.

<https://www.canadahelps.org/en/pages/music-group-needs-a-new-piano/#.WOz3-D6Yp9k.facebook>



We are also in need of a sewing machine in working order...  
If anyone has one they do not need anymore please think of us.



# Thank You

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



# AND ON TO NEW ADVENTURES



Working on craft sale items



Pottery.... Now that was an adventure. We will see in a couple of weeks how it went

More to follow



We were challenged by Autumn to make "Goal" board. We were to show how we plan to achieve our goal... interesting



## A SAD GOODBYE

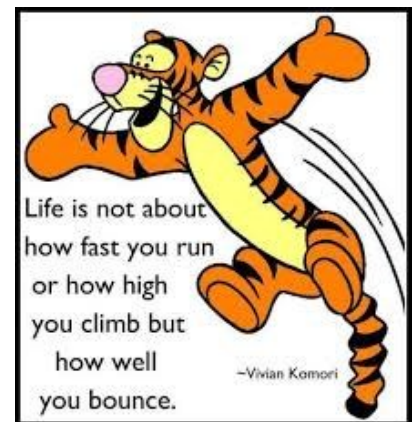
A SAD GOODBYE



Well it appears another summer has passed and we are loosing our two helpful, friendly and understanding students.

We all are sure you will do great in whatever you choose in the future and wish you all the best....

Enjoy your futures



Life is not about how fast you run or how high you climb but how well you bounce.

-Vivian Komori