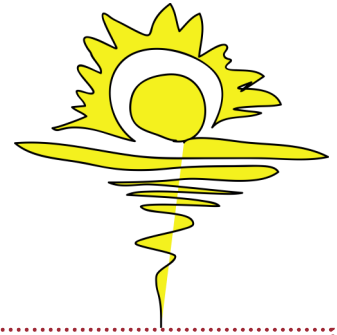


BIAQD Newsletter



For members of the Quinte Area Brain Injury Association

APRIL 2017

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



Vimy Ridge Day in Canada



Vimy Ridge Day is an annual observance on April 9 to remember Canadians who victoriously fought in the battle of Vimy Ridge in northern France during the First World War. The day is also known as the National Day of Remembrance of the Battle of Vimy Ridge.

What Do People Do?

Museums, such as the Canadian War Museum, may hold special activities that commemorate the battle of Vimy Ridge on or around April 9 each year. Activities may include historical story-telling about the battle of Vimy Ridge, as well as costumed interpreters dressed in the First World War uniforms explaining soldiers' equipment. Other events that have occurred in recent times include laying wreaths at memorials and a national ceremony to honor Canadians who fought during World War I, including the battle of Vimy Ridge.

Schools may include classroom lessons about historic events that occurred during World War I, including the battle of Vimy Ridge and how Canadians played a role in the war, during this time of the year. The Canadian government's Canada Remembers Program provides the general public, including educators and students, with information about the battle of Vimy Ridge. Some Canadians commemorate Vimy Ridge Day by wearing Vimy pins, which are available from the Vimy Foundation. The Canadian

Background

Vimy Ridge Day remembers Canadians who fought in the battle of Vimy Ridge during World War I. The battle of Vimy Ridge, which was part of the larger battle of Arras in northern France, began on Easter Monday, which was April 9, in 1917. About 30,000 Canadians fought at Vimy Ridge and claimed victory. However, this victory came at a high cost. The Canadians suffered about 11,000 casualties. Of these, nearly 3,600 Canadians were killed.

At Vimy, regiments from coast to coast saw action together in a distinctly Canadian triumph, helping create a new and stronger sense of Canadian identity. After Vimy, the Canadian corps never looked back, and its success raised Canada's international stature and earned a separate signature on the Treaty of Versailles that ended the war. In 2003 the Canadian government declared April 9 as "Vimy Ridge Day" to honor and remember the battle that took place at Vimy Ridge.

Public Life

Vimy Ridge Day is not a public holiday in Canada. Public offices, businesses, schools and public transport systems operate to their usual schedule.

Continued on page 2

Vimy Ridge Day in Canada



Symbols

The Canadian National Vimy Memorial sits on a hill on land granted to Canada in northern France. This monument is inscribed with the names of 11,285 Canadian soldiers who were listed as missing or presumed dead in France. It stands as a tribute to all who served their country in battle and risked or gave their lives in the war. Veteran Affairs Canada maintains this site.



Easter Sunday in Canada

Easter Sunday in Canada celebrates Jesus Christ's resurrection after his death, which is described in the Christian Bible. Some people observe Easter Sunday by attending church while others spend time with their families and friends or engage in Easter egg activities.



What Do People Do?

Easter is a religious holiday that commemorates the resurrection of Jesus Christ after his death by crucifixion. For Christians, Easter is a day of religious services and family gatherings. Easter Day is a popular day for attending church, getting together for a big family meal, and staging an Easter egg hunt. It is also a good time for people to decorate Easter eggs, join in Easter craft contests and to indulge in holiday recipes, such as mustard-crusting lamb and the Easter basket cake.

The *Bal en Blanc*'s main event is held every Easter Sunday, attracting thousands of partygoers every year in Montreal.

Background

Many people organized spring festivals associated with the Pagan gods in ancient times. Many festivals celebrated nature's rebirth, the return of the land to fertility and the birth of many young animals. The idea of modern day Easter eggs derives from these festivals.

Many ideas associated with spring were then linked with Jesus Christ's crucifixion and resurrection as the Christianity spread throughout the world. The crucifixion is remembered on Good Friday and the resurrection on Easter Sunday. The idea of the resurrection became joined up with the ideas of re-birth in Pagan beliefs. [The Easter date](#) depends on the ecclesiastical approximation of the March equinox.

Symbols




Easter candles are sometimes lit in churches on the eve of Easter Sunday. Some believe that these can be directly linked to the Pagan customs of lighting bonfires to welcome the rebirth or resurrection of the sun god.

Eggs of all types are an important symbol of Easter. They represent the rebirth of nature in the spring and the promise of new life in the spring and summer months to come and are seen as a reflection of the resurrection of Christ after his crucifixion. Easter eggs, whether they are made of chocolate or candy or are decorated hens eggs, are common gifts all over the world during Easter. However, the biggest Easter egg in the world is a representation of a Ukrainian Easter egg, known as a Pysanka, located in Vegreville, Alberta.

The Pysanka in Vegreville was constructed in 1974 to mark the centenary of the Royal Canadian Mounted Police and to celebrate Vegreville's strong links with the Ukraine. It is made of more than 2000 aluminium triangles fixed together with nearly 7000 bolts and 177 internal struts. The egg is more than 25 feet (nearly eight meters) in diameter and is decorated with a gold, silver and bronze design. Its construction represented significant advances in computer modeling, mathematical theory, architectural design and engineering construction.



April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Aqua fit YMCA 10:30 am Peer Navigation Group 1 - 2 pm	4 Walking Club 10:00 am	5 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30	6 Music 10 am Computers 12:30	7	8
9 Vimy Ridge Day	10 Aqua fit YMCA 10:30 am Knitting Circle Noon	11 Walking Club 10:00 am	12 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30	13 Impossible Pie baking day Music 10 am	Office Closed Good Friday	15
16  Easter Sunday	17 Easter Monday	18 Walking Club 10:00 am	19 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30	20 Music 10 am Computers 12:30	21 	22
23 	24 Aqua fit YMCA 10:30 am Knitting Circle Noon	25 Walking Club 10:00 am	26 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Program 5:30	27 Music 10 am Lunch Program Noon	28	29
30						

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..



Brain Injury Class... some of us and our caregivers participated... a lot was learned...



March Break activities...

A Camping day... note the Smores made over the "fire"



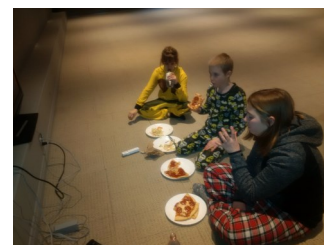
We are now working on individual quilts with the Canada theme for Canadas anniversary



Here is a large part of our success with our sewing adventures...
Lyn has so much patience!



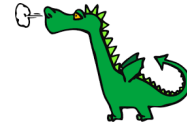
March Break...
PJ and Movie day



Thumb Up Maze



Dragon 5x5 Boggle Word Game



N A F E S
T Y I B H
A S R T N
F Y E A M
L I R C E



Dragon 4x4 Boggle Word Game

F I R C
L E M E
Y P N A
T I L E



THANKS TO ALL....



Thanks to all who helped with week long events for the children on March Break !!

Thanks to everyone that has already showed their support for our Casino Night!
Tickets are on sale now! Contact the office at 613-967-2756 or info@biaqd.ca

CELEBRATING 25 YEARS



Come join us for our 25th year Anniversary!

There will be a lunch provided and many games and entertainment.

The raffle ticket draw will be at 2 pm.

When - June 11, Sunday

Where - Stirling in Farmtown Park, 437 West Front St.

Time - 11:30 - 2:00



Upcoming BIAQD Events

Fundraising Events:

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

Bake Sale - Last year showed us that all our baking did very well at the craft sale, and if we want we could do this again ...

Yard Sale - Again we are going to do a yard sale. If, when you are spring cleaning, you find items to donate, set them aside and we will welcome all donations!!!



Easter

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

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

ASH WEDNESDAY
 BREAD
 BUNNY
 CALVARY
 CELEBRATION
 CHOCOLATE
 CHRIST
 CHURCH
 CROSS
 CRUCIFIXION
 CUSTOM

DEATH
 DISCIPLES
 EGG HUNT
 EGGS
 EUCHARIST
 FAMILY
 FASTING
 FESTIVAL
 FRIDAY
 HOLIDAY
 HOLY WEEK



JESUS
 LAST SUPPER
 LENT
 MARY
 MASS
 MEAL
 NEW TESTAMENT
 PALMS
 PARADE
 PASSOVER
 PENANCE

PENITENCE
 PRAYER
 RESURRECTION
 ROAST
 SACRAMENT
 SATURDAY
 SUNDAY
 THURSDAY
 TOMB
 TRADITION
 VIGIL

Spinach, Green Onion, and Smoked Gouda Quiche

Ingredients

- **Crust:**
- 6 tablespoons butter, softened
- 2 tablespoons 1% low-fat milk
- 1/4 teaspoon salt
- 1 large egg yolk
- 5.6 ounces all-purpose flour (about 1 1/4 cups)
- **Filling:**
- 1 tablespoon extra-virgin olive oil
- 1/2 cup thinly sliced green onions
- 3 cups fresh baby spinach
- 1 cup 1% low-fat milk
- 3/4 cup (3 ounces) grated smoked Gouda cheese
- 3/4 teaspoon salt
- Dash of grated nutmeg
- 3 large eggs

YIELD 10 servings (serving size: 1 wedge)



TOTAL TIME 2 hrs, 36 mins

How to Make It

To prepare crust, place butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Combine milk, salt, and egg yolk in a small bowl; stir well with a whisk. Add milk mixture to butter, 1 tablespoon at a time, beating well after each addition. Add flour; beat just until combined. Press mixture into a 4-inch circle on plastic wrap; cover. Chill for 1 hour.

Preheat oven to 350°.

Unwrap and place chilled dough on a lightly floured surface. Roll dough into a 10-inch circle. Fit dough into a 9-inch pie plate. Freeze 15 minutes. Bake at 350° for 25 minutes or until lightly browned. Cool.

To prepare filling, heat oil in a large skillet over medium-high heat. Add onions; sauté 5 minutes or until tender. Add spinach; sauté 2 minutes.

Combine 1 cup milk and remaining ingredients in a bowl; stir well with a whisk. Stir in spinach mixture. Pour filling into crust. Bake at 350° for 35 minutes. Cut into 10 wedges.

We like the creamy, custardy consistency of this [quiche](#) when it's baked for 35 minutes. If you prefer a firmer texture, bake an additional 5 minutes



MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.



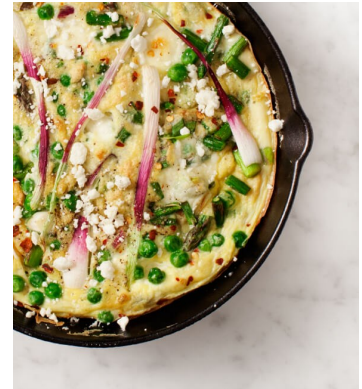
SPRING ONION FRITATTA

Serves: serves 2-3 as a main course, 4 as a side



Ingredients

- 6 eggs
- $\frac{1}{4}$ cup water or milk
- olive oil, for the pan
- 3-4 thin spring onions, chopped small, plus slice a few into thin vertical strips
- $\frac{1}{2}$ cup chopped asparagus tips
- 1 garlic clove minced
- $\frac{1}{2}$ cup frozen peas, thawed
- $\frac{1}{4}$ cup fresh mozzarella pieces
- $\frac{1}{4}$ cup crumbled feta
- $\frac{1}{4}$ cup chopped tarragon
- salt & pepper



Instructions

1. Preheat your oven to 375 degrees F.
2. In a medium (8-inch) cast iron or oven-safe non-stick skillet, lightly sauté the chopped onions & asparagus pieces in a bit of olive oil, salt & pepper. Remove from the pan after just a few minutes.
3. Blend the eggs, garlic, water, salt and pepper in a blender until combined and lightly foamy.
4. Wipe out the skillet you used previously and coat it with a bit of olive oil. Pour in the eggs and add half of the veggies and half of the cheeses. Put the skillet in the oven, and bake for 8-10 minutes, or until the frittata begins to set but is still uncooked on top. Carefully, (without moving the skillet around too much), add the rest of the veggies and the cheeses. Continue to bake for another 10-15 minutes or until the edges of the frittata are golden brown and the eggs are set.
5. Top with chopped tarragon, a grind of pepper and a few red pepper flakes. Let cool before slicing.

Peanut Butter Freezer Fudge (2-Ingredient)

- 1/2 cup peanut butter
- 1/4 cup maple syrup



Whisk peanut butter and maple syrup together in a bowl until combined. Pour onto 1 sheet of parchment paper. Cover peanut butter mixture with second sheet of parchment paper; flatten.

Place flattened peanut butter mixture into the freezer; freeze until hardened, about 10 minutes.

Chunky peanut butter can be substituted for smooth if desired.



What's in Season? Your Guide to Canadian Produce in Ontario

The Six Seasons

Spring: In Ontario, around late March or early April, we see the first fresh produce of the year - like tart rhubarb. Meanwhile, greenhouses help our growers get ahead of the season for crops such as cucumbers and tomatoes.

Early Summer: Fresh produce becomes more abundant from May to June. The first early berries make an appearance, with strawberries dominating the fruit stands, and a wide variety of leafy greens is available. This is also the peak time for asparagus.

Summer: Sunny July and August are top months Ontario for fresh produce in Ontario. Fruits such as peaches, plums and cherries ripen to perfection. Grocery aisles across the province are piled high with colourful, ripe field-grown tomatoes, cucumbers and peppers.

Early Fall: September, with its warm days and cooler nights, is a great month for fruits such as raspberries, apples and pears. This is jelly- and tart-making season! Heartier squashes and pumpkins are also available in abundance now.

Fall: This is the last chance to get many of the summer-peaking vegetables, such as tomatoes, celery and corn, in season. Root vegetables like carrots and beets sweeten up with a touch of frost, and fresh cranberries appear in time for Thanksgiving.

Winter: The colder months are the best time to take advantage of fruits and vegetables that store well, such as apples, cabbage, carrots and potatoes - all ingredients that shine in soups and stews.

Rustic Vegetable and Bean Soup

Ingredients

- 2 tbsp (25 mL) olive oil
- 3 Ontario Onions, coarsely chopped
- 3 Ontario Leeks (white and light green parts), thinly sliced
- 4 **each** Ontario Potatoes and Ontario Carrots, diced
- 2 cloves Ontario Garlic, minced
- 3 cups (750 mL) thinly sliced Ontario Green Cabbage
- 7 cups (1.75 L) sodium-reduced chicken broth
- 1 bay leaf
- 8 oz (250 g) piece smoked Ontario Ham
- 4 oz (125 g) chunk chorizo (**or** other spicy sausage)
- 1 can (19 oz/540 mL) tomatoes, undrained
- 1 can (19 oz/540 mL) kidney beans, drained and rinsed
- 1/2 cup (125 mL) small shaped pasta
- 1/2 cup (125 mL) chopped fresh Ontario Parsley
- Salt and pepper, to taste

DIRECTIONS:

In large saucepan, heat oil over medium heat; cook onions and leeks for 10 minutes, stirring often. Stir in potatoes, carrots, garlic and cabbage. Add broth, bay leaf, ham and chorizo; bring to boil. Reduce heat, cover and simmer for 30 minutes.

Remove ham and chorizo. Chop ham and slice chorizo; return to pot. Add tomatoes and beans, breaking up tomatoes with wooden spoon. Cover and simmer for 10 minutes. Add pasta, simmer until just tender, about 10 minutes. Discard bay leaf. Stir in parsley, salt and pepper.

Preparation Time: 20 minutes
Cooking Time: 1 hour, 15 minutes
Servings: 8-10



Movie Review

Synopsis

When a young African-American man visits his white girlfriend's family estate, he becomes ensnared in a more sinister real reason for the invitation. Now that Chris (Daniel Kaluuya) and his girlfriend, Rose (Allison Williams), have reached the meet-the-parents milestone of dating, she invites him for a weekend getaway upstate with Missy (Catherine Keener) and Dean (Bradley Whitford). At first, Chris reads the family's overly accommodating behavior as nervous attempts to deal with their daughter's interracial relationship, but as the weekend progresses, a series of increasingly disturbing discoveries lead him to a truth that he could have never imagined.

Oh my... what a great movie for surprises! Yes it is a bit gory and the language is a bit rough but it is a great story. I had some of it figured out early on and still the ending was a surprise. If you are tired of the action films for now, this is a great change !!



Movie Synopsis

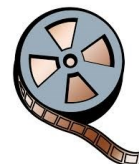
In 2024, an aged and rugged Logan (Hugh Jackman), along with Professor Charles Xavier (Patrick Stewart), must cope with the loss of the X-Men when a corporation led by Nathaniel Essex is destroying the world. Logan's mutant healing abilities are slowly fading away and Xavier is succumbing to Alzheimer's.

When an 11-year-old mutant girl named Laura Kinney (Dafne Keen) with her own superhuman powers comes into his life, Logan must protect her. Logan, Laura and Professor Xavier must defeat Nathaniel Essex. The trio flee for the Mexican border, in an attempt to keep Laura away from an evil corporation called Transigen.

This is a must watch for all the X-Men fans. It is hard for me to note the changes as they have aged and are not well.

It is a terrific story and the story never wains. The introduction of a new set of characters is done well and is believable.

I have to admit it brought a tear at the end....





Peer Navigation Meeting

March 6, 2017



Meeting Date: Monday March 6, 2017

Present: Cindy, Kate, Lyn, Leslie, Jennifer, Lisanne

* BIAQD Board Member and professional within our community, Lisanne, was invited to present on Reiki (Ray-key)

Presentation

- Lisanne is a well informed on the teachings & techniques of Reiki. She practices this meditative therapy within her nearby community based office. Having reached specific levels/qualifications within her training -she is a Reiki Master
- initially handed out a booklet which briefly explains the origins of reiki, its benefits and shares that it is now being offered at various hospitals throughout North America (available upon request).
- explained that traditional medicine was still a mandatory requirement, reiki was just an 'accompaniment' to the healing/coping.
- shared basic principles of reiki. - i.e. Telling self "Just for today, I will not worry" ...a form of self talk/motivation/awareness
- presented self reiki techniques/exercises-with the ultimate goal of teaching 'us' to self soothe/comfort ourselves
- taught group about self reiki, emphasizing key components:
 - 1). Breathing-deep, but relaxing
 - 2). Grounding-being acutely aware yet calm in our environment
 - 3). Introduce Cho Ku Rei- methodical symbol outline done on a surface, visualized, in the air or on paper...evokes a peaceful calmness
 - 4). Reiki session-shared various 'exercises'
 - 5). Cho Ku Rei

Meeting concluded with everyone calm, relaxed and thankful to Lisanne for sharing this with us.

Next Meeting: Monday April 3rd

Agenda: BIAQD student, Brandon has researched healthy food options for persons living with Acquired Brain Injury and he will be discussing benefits of such foods. The group eagerly awaits tasting his research.

Editors Note...

Hello all ... So the weather... is it going to be spring soon? Keep in mind that as the weather gets warmer and then cold again, to watch your footing when walking! It may be a beautiful day, but the ground is a mess...

Case in point... Maggie and I and my friend Barb setting out for a ride on a "nice" day.....



Movie Review

SYNOPSIS

The producers of Godzilla reimagine the origins of one of the most powerful monster myths of all in "Kong: Skull Island," from Warner Bros. Pictures, Legendary Pictures and Tencent Pictures. This compelling, original adventure from director Jordan Vogt-Roberts ("The Kings of Summer") tells the story of a diverse team of scientists, soldiers and adventurers uniting to explore a mythical, uncharted island in the Pacific, as dangerous as it is beautiful. Cut off from everything they know, the team ventures into the domain of the mighty Kong, igniting the ultimate battle between man and nature. As their mission of discovery becomes one of survival, they must fight to escape a primal Eden in which humanity does not belong.



Kong: Skull Island is a very good movie. As one who saw the original I was greatly impressed. I do not enjoy watching people randomly kill animals of any sort in any movie, so I gritted my teeth and went as my hubby chose this one.

First thing to note is that this is in 1975 and Vietnam was ending and one soldier was not happy... you will get the drift of this character as you watch.

Enjoy this movie and enjoy the music... the 70s were the best for this....



The old King Kong movie...
We have come a long way....





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 the BIAQD office, 613-967-2756 or info@biaqd.ca, or Cristina at Bonn Law, 613-392-9207 ext. 110 or CristinaSeffini@bonlaw.ca



Friday May 12, 2017
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