

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

OCTOBER 2016

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



Fun Fall Activities

The Great Outdoors

Go apple picking

Go leaf-peeping

Get lost in a corn maze

Take a hot-air balloon ride

Play a game of two-hand touch football

Go for a hike

Go for a hayride

Collect colorful fall leaves

Rent a cabin in the mountains

Tailgate at your local football game

Plant bulbs in your garden for next spring

Run a race



Nostalgic



Eat a peanut butter and jelly sandwich

Make a pinecone bird feed-

Buy something from a bake

Borrow a book from the library

Make rice krispie treats

Buy a new notebook



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!

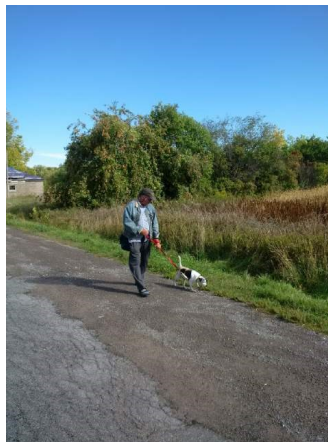
I cannot stress enough how important it is to so many of us to have a place to get together and not feel judged or looked down upon.

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

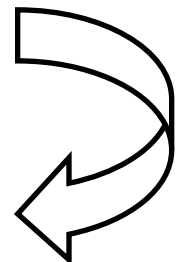
Call the BIAQD office to discover what awaits there for you to enjoy!

Some members of the walking group volunteering to walk doggies at the Humane Society.

We are still trying new things...



The walking group is amazing! They have walked 342 kg's.... 20 more kg's and the goal to walk to Montreal will be achieved



Volunteer of the Year

Shannon

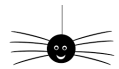
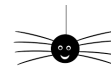
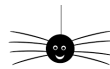
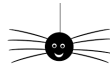


Upon meeting Shannon it was clear she enjoyed being involved and busy. This has proved very good for BIAQ as she will volunteer and help whenever called upon ...

Every time I come to our group it is always easy to find her. She enjoys the kitchen and is there a lot. Shannon is an amazing cook. She is also enjoying many of the activities provided by BIAQ...

Shannon is a big help and asset to our groups!

Cindy



Ingredients

Witches' Brew

- 1 (10 ounce) package frozen raspberries, thawed
- 2 1/2 cups cranberry juice
- 2 envelopes unflavored gelatin
- 2 liters ginger ale
- 2 liters sparkling apple cider (non-alcoholic)
- 6 gummi snakes candy



1. To make the frozen hand: Wash and rinse the outside of a rubber glove. Turn glove inside out and set aside. In a 4 cup measuring cup, combine the thawed raspberries and cranberry juice.
2. Pour 2 cups of the raspberry mixture into a small saucepan. Sprinkle the gelatin over and let stand 2 minutes. Warm over low heat, stirring constantly, just until gelatin dissolves. Mix back into the reserved raspberry mixture in the measuring cup.
3. Pour raspberry mixture into the inverted glove. Gather up the top of the glove and tie securely with kitchen twine. Freeze until solid, or several days if possible.
4. To serve: Carefully cut glove away from frozen hand. Place frozen hand, palm side up, leaning against side of a large punch bowl. Pour in ginger ale and sparkling cider. Garnish with gummy snakes.

Ingredients *Stabbed Meatloaf*

- 1 tablespoon butter
- 1 tablespoon minced garlic
- 1 onion, chopped
- 1 cup chopped celery
- 2 eggs
- 2 pounds lean ground beef
- 1 tablespoon Cajun seasoning
- 1 cup seasoned bread crumbs
- 1 pitted black olive, cut in half
- 1 cup ketchup



Preparation

1. Melt the butter in a skillet over medium heat. Cook and stir the garlic, onion, and celery in the hot butter until the onion has softened and turned translucent, about 10 minutes. Transfer the vegetables to a mixing bowl, and allow to cool to just warm.
2. Preheat an oven to 350 degrees F (175 degrees C). Place a sheet of aluminum foil onto a baking sheet, and spray with non-stick cooking spray.
3. Crack the eggs into the mixing bowl with the vegetables, and mix until the egg is smooth. Add the ground beef, Cajun seasoning, and bread crumbs. Mix with your hands until the mixture is evenly blended. Form the meat mixture into the shape of a stick man.
4. Bake in the preheated oven until no longer pink in the center, about 35 minutes. An Instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Once done, place the olive halves onto the head for eyes, and pour the ketchup onto the abdomen. Return to oven, and bake 10 more minutes. Serve with a plastic knife impaled in the abdomen for effect.

Ratloaf (*Halloween Meatloaf*)

Ingredients

- 3 pounds ground beef
- 2 eggs
- 1 onion, chopped
- 2 cups milk
- 2 cups dry bread crumbs
- salt and ground black pepper to taste
- 1 (8 ounce) package shredded Cheddar cheese
- 3/4 (12 ounce) bottle barbeque sauce
- 1 cup French-fried onions
- 3 large black olives
- 3 spaghetti noodles, broken into halves
- 2 slices red potato
- 2 cups crushed French-fried onions, or as needed



Preparation

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix ground beef, eggs, onion, milk, bread crumbs, salt, and black pepper in a large bowl until completely combined to make the rat body mixture.
3. Mix Cheddar cheese, 3/4 bottle of barbeque sauce, and 1 cup French-fried onions together gently in a separate bowl to make the rat guts.
4. Put about half the rat body mixture onto a sheet of waxed paper and form it into the shape of a rat body. Spread a thick layer of the cheese mixture on top of the body leaving 1/2 inch of space along the outer edge.
5. Put remaining rat body mixture on top, forming the body and creating a solid seal around the edges so the guts don't ooze out while baking.
6. Place the top part of a broiler pan on the rat and carefully flip it over. Reshape rat body as needed. Place olives onto the rat body for the eyes and nose, potato slices for the ears, and spaghetti for the whiskers. Spread 1/4 bottle barbeque sauce over the body of the rat and sprinkle with crushed French-fried onions. Set the broiler rack atop the broiler pan.
7. Bake in preheated oven until the cheese is melted, about 1 hour. Allow ratloaf to cool 5 minutes before slicing to serve.

THANKS TO ALL....

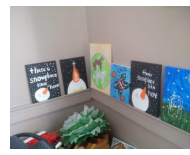
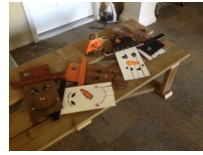
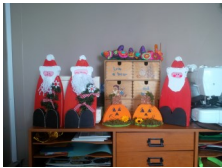


A very big thank you to all of you who volunteered, helped at events, set up and took the time to create for our very busy summer events!

It could not have been accomplished without your dedication to see BIAQD succeed

Upcoming BIAQD Events

CRAFT SALE - October 22nd at the Core building. (across from the Library)



Uncorked 2016 - This year's dinner/ auction fundraiser will be held at the RCAF Museum in Trenton on November 25th. Call or email the office for more information. Tickets are on sale now!





HALLOWEEN PARTY!
 Friday October 28
Prizes 11:00 - 2:30 **Games**
 BIAQD Office
 223 Pinnacle St.
Treats **RSVP** **Activities**
 613-967-2756
Spooky Lunch

Don't Forget these celebrations!



BIAQD Family Holiday Party!
Friday December 16th, 2016
5:30 P.M.

-  Turkey Dinner with all the Trimmings
-  Entertainment & Crafts for Younger Guests
-  Meet a Special Visitor



To Attend Please RSVP by December 5th
613-967-2756



October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Aqua Fit 10:30 Knitting Noon	4 Walking 10 am Movies 12:30	5 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Group 5:30	6 Music 10 am Computers 12:30	7	8
9	10 CLOSED Happy Thanksgiving	11 Walking 10 am	12 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Group 5:30	13 Music 10 am	14	15
16	17 Aqua Fit 10:30 Knitting Noon	18 Walking 10 am	19 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Group	20 No Music Today Computers 12:30	21	22
23	24 Aqua Fit 10:30 Knitting Noon	25 Walking 10 am	26 Potluck Art 9:30 Fitness 10:45 Art 1 pm Rec Group 5:30	27 Music 10 am	28 Halloween Party 11 - 2:30 LUNCH	29
30	31 Aqua Fit 10:30 Knitting Noon					



Dracula Word Search Puzzle



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

BATS

COFFIN

COUNT

NO DAYLIGHT

DRACULA

FANGS

GARLIC

IMMORTAL

MIRRORS

NIGHT



NO REFLECTION

NO SHADOW

NOSFERATU

SILVER CROSS

SUCKS BLOOD

TRANSYLVANIA

UNDEAD

VAMPIRE

VLAD THE IMPALER

WOODEN STAKE



Movie Review



DEFINITION:

A revenant is a visible ghost or animated corpse that is believed to have returned from the grave to terrorize the living.[1] The word revenant is derived from the Latin word reveniens, "returning" (the French verb revenir, meaning "to come back").

THE REVENANT is a movie inspired by true events. It is a dramatic and gripping experience capturing one man's adventure of survival and the extraordinary power of the human will and determination to live. In an 1823 expedition of the uncharted American wilderness, explorer Hugh Glass (Leonardo DiCaprio) is brutally attacked by a bear and left for dead by members of his own hunting team! In a quest to survive, he endures unimaginable grief as well as the betrayal of his confidant John Fitzgerald (Tom Hardy). Guided by sheer will and the love of his family, Glass must navigate a vicious winter in a relentless pursuit to live and find redemption.

THE REVENANT is a 2016 movie, which included some gory images, violence, poor language and brief nudity.

The part I found most exciting was when Glass and his horse were thrown off a cliff one freezing night and the only way that Glass survived the night was by sheltering himself inside the carcass of his dead horse!

First, he had to empty out the horse's cavity and then he had to climb inside.

I would definitely recommend this movie to anyone! This is a good one!

Submitted by Melinda C

A note from the Editor ;

It has been a busy summer here. We have accomplished some amazing things! We have several programs that are enjoyed by many of us. At this time we are working on making crafts for our sale, the woodworking is a big part of this as well. We are planning a Halloween party for the children and the children at heart. The office is starting to look pretty creepy ...

On a personal note, I have decided not to put Maggie Mae down. This has lightened my heart and she is very happy where she is. It is to become a therapy barn and I am sure she will be a big part of that. She made me whole again...

My life is good with my girl.....



Spooky Witches' Fingers

Ingredients

1 h 15 m [60 servings](#) [68 cal](#)s

- 1 cup butter, softened
- 1 cup confectioners' sugar
- 1 egg
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 2 2/3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 3/4 cup whole almonds
- 1 (.75 ounce) tube red decorating g



YUMMMM



Directions

1. Combine the butter, sugar, egg, almond extract, and vanilla extract in a mixing bowl. Beat together with an electric mixer; gradually add the flour, baking powder, and salt, continually beating; refrigerate 20 to 30 minutes.
2. Preheat oven to 325 degrees F (165 degrees C). Lightly grease baking sheets.
3. Remove dough from refrigerator in small amounts. Scoop 1 heaping teaspoon at a time onto a piece of waxed paper. Use the waxed paper to roll the dough into a thin finger-shaped cookie. Press one almond into one end of each cookie to give the appearance of a long fingernail. Squeeze cookie near the tip and again near the center of each to give the impression of knuckles. You can also cut into the dough with a sharp knife at the same points to help give a more finger-like appearance. Arrange the shaped cookies on the baking sheets.
4. Bake in the preheated oven until the cookies are slightly golden in color, 20 to 25 minutes.
5. Remove the almond from the end of each cookie; squeeze a small amount of red decorating gel into the cavity; replace the almond to cause the gel to ooze out around the tip of the cookie.

More Ideas to Bake for Halloween

