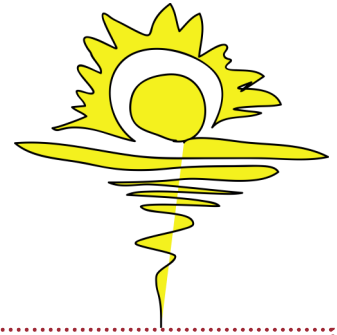


# BIAQD Newsletter



For members of the Quinte Area Brain Injury Association

## FEBRUARY 2017

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



In 1723, the Delaware Indians settled Punxsutawney, Pennsylvania as a campsite halfway between the Allegheny and the Susquehanna Rivers. The town is 90 miles northeast of Pittsburgh, at the intersection of Route 36 and Route 119. The Delaware's considered groundhogs honorable ancestors. According to the original creation beliefs of the Delaware Indians, their forebears began life as animals in "Mother Earth" and emerged centuries later to hunt and live as men.

The name Punxsutawney comes from the Indian name for the location "ponksad-uteney" which means "the town of the sandflies." The name woodchuck comes from the Indian legend of "Wojak, the groundhog" considered by them to be their ancestral grandfather.

When German settlers arrived in the 1700s, they brought a tradition known as *Candlemas Day*, which has an early origin in the pagan celebration of Imbolc. It came at the mid-point between the Winter Solstice and the Spring Equinox. Superstition held that if the weather was fair, the second half of Winter would be stormy and cold. For the early Christians in Europe, it was the custom on Candlemas Day for clergy to bless candles and distribute them to the people in the dark of Winter. A lighted candle was placed in each window of the home. The day's weather continued to be important. If the sun came out February 2, halfway between Winter and Spring, it meant six more weeks of wintry weather.

The earliest American reference to Groundhog Day can be found at the Pennsylvania Dutch Folklore Center at Franklin and Marshall College:

February 4, 1841 - from Morgantown, Berks County (Pennsylvania) storekeeper James Morris' diary..."Last Tuesday, the 2nd, was Candlemas day, the day on which, according to the Germans, the Groundhog peeps out of his winter quarters and if he sees his shadow he pops back for another six weeks nap, but if the day be cloudy he remains out, as the weather is to be moderate."

According to the old English saying:

If Candlemas be fair and bright,  
Winter has another flight.  
If Candlemas brings clouds and rain,  
Winter will not come again.





## Background

The origins of Valentine's Day are not clear. It is thought that there were a number of local fertility festivals in Europe in pre-Christian times. These were often in the middle of February. Many people also thought that birds chose their mates at this time of year. Around the year 1380, the English poet Chaucer wrote a poem for the first anniversary of the engagement of King Richard II to Anne of Bohemia. This is thought to be the first association between celebrations of romantic love and St Valentine's Day on February 14. The connection remained important throughout the middle ages.

In the mid-19th century, there was an increase in interest in Valentine's Day, first in the United States, then in Canada. It was promoted by manufacturers of paper lace and cards as a means of increasing their sales. Gradually, this date was seen as an occasion for a man to present gifts to a woman with whom he had or would like to have had a romantic relationship. It was also customary for lovers to exchange handwritten notes. These have now largely been replaced by commercially produced cards.

## Public Life

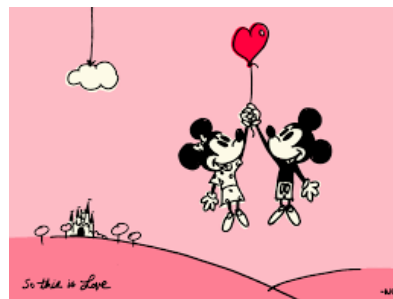
Valentine's Day is not a public holiday. Schools, businesses, organizations, post offices and stores are open as usual. Public transport services run to their usual timetables. Restaurants and hotels may be busy as many people take out their partner for a romantic meal or night away in a hotel.

## What Do People Do?

Many people send letters, cards, presents and gifts to the person with whom they have or want to have a romantic relationship. Valentine's Day cards are often red or pink and decorated with images of hearts, red roses, teddy bears, presents or happy couples kissing or embracing. They may be in brightly colored, perhaps pink or red, envelopes.

Many people give gifts to loved ones on Valentine's Day. Common gifts are:

- Flowers, particularly red roses.
- Chocolates and/or candy.
- Teddy bears.
- Toy hearts.
- Sparkling wine.
- Cosmetics.
- Clothing, including lingerie.
- Jewelry.



Some people celebrate Valentine's Day lavishly. They may treat their partner to a themed meal in a restaurant or a night in a luxury hotel. Others may take short breaks or vacations on Valentine's Day.

Valentine's Day can also be an occasion for a more general celebration of love and appreciation of people who are personally important to an individual. School children may help decorate their classrooms with hearts and spring birds and make cards or presents for their parents. Stores may also sell Valentine's Day themed cakes, cookies or candy. Teenagers and young adults may hold Valentine's Day parties or dances on or near February 14.

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



Come join us!  
Come join us!

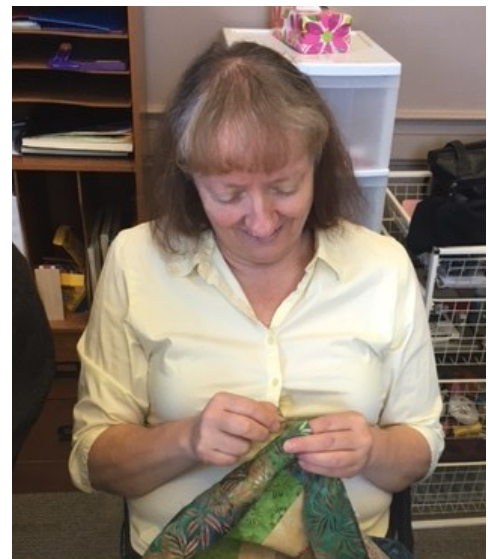


BIAQD has become a great place for us to meet and chat, exercise, learn new crafts and get out in group activities!

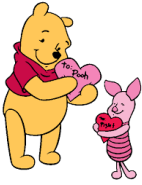
I cannot stress enough how important it is to so many of us to have a place to get together and not feel judged or looked down upon.

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

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



# Valentine's Day



Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a popular Valentine's Day item.





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

- |            |          |            |              |
|------------|----------|------------|--------------|
| ADMIRER    | COUPLE   | FLOWERS    | LOVERS       |
| ADORE      | CRUSH    | FONDNESS   | PARTNER      |
| AFFECTION  | CUPID    | FOREVER    | PROPOSAL     |
| ATTRACTION | DARLING  | FRIENDSHIP | RELATIONSHIP |
| BEAU       | DATE     | GIFT       | RESTAURANT   |
| BELOVED    | DEAR     | GIRLFRIEND | ROMANCE      |
| BOYFRIEND  | DEVOTION | HEARTS     | ROSES        |
| CANDLES    | FANCY    | JEWELRY    | SENTIMENT    |
| CANDY      | FEBRUARY | LIKE       | SUITOR       |
| CHOCOLATES | FLAME    | LOVEBIRDS  | SWEETHEART   |



# February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Potluck Art 9:30 Fitness 10:45 am Art 1 pm Rec Program 5:30	2 	3	4
5	6 Aqua fit YMCA 10:30 am Peer Naviga- tion Group 1 - 2 pm	7 Walking Club 10:00 am	8 Potluck Art 9:30 Fitness 10:45 am Art 1 pm Rec Program 5:30	9 Music 10 am Computers 12:30	10	11
12	13 Aqua fit YMCA 10:30 am Knitting Circle Noon	14 	15 Potluck Art 9:30 Fitness 10:45 am Art 1 pm Rec Program 5:30	16 Music 10 am	17	18
19	20 <b>CLOSED</b> Family Day	21 Walking Club 10:00 am	22 Potluck Art 9:30 Fitness 10:45 am Art 1 pm Rec Program 5:30	23 Music 10 am Computers 12:30 Lunch Program	24	25
26	27 Aqua fit YMCA 10:30 am Knitting Circle Noon	28 Walking Club 10:00 am				



# THANKS TO ALL....



At our **Peer Group** meeting we had Juanita present info on Essential Scented Oils. We learned various scents can help with certain area of your life. Such things as; headaches, soreness, sleeping and calming are a few areas.

Thank you Juanita for sharing your knowledge and understanding in this area.



## 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...

and

**Bake Sale** - If last year showed us that all our baking did very well and if we want we could do this again ...

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



# Sudoku Puzzler



2			6	3	
	3		2		4
4	5		1		3
1		3	5		
5	2	4	3	1	
			4		

	1	3	4		
		4	3	1	5
		6			3
1			2		6
	6			3	1
3	5	1	6		

3				1	4
	4			6	3
	1		3	5	6
5				4	
6	5	3	4	2	
		1		3	

		2			4
5		1		2	
		5	2	6	3
6			4		5
2	3		5	4	
	5	4		3	

	6	4		5	1
		5	6	3	4
6			1	2	5
	5	1			3
			3		
4	3				2

		4	1		2
		1	3	4	
2	1	5			
		3	2	1	
1			4		3
	3	6	5	2	

## Slow Cooker Sweet and Spicy Asian Pork Shoulder

### INGREDIENTS

1. **1/2**cup low-sodium soy sauce
2. **1/2**cup brown sugar
3. **1 to 2**tablespoons chili-garlic sauce (found in the Asian aisle of the supermarket)
4. **1**tablespoon grated fresh ginger
5. **1**teaspoon Chinese five-spice powder (optional)
6. kosher salt and black pepper
7. **2 1/2**pounds pork shoulder, trimmed of excess fat and cut into 2-inch pieces
8. **1**cup long-grain white rice
9. **1**medium head bok choy, thinly sliced (about 8 cups)
10. **2**scallions, sliced



- Serves 4
- Hands-On Time 15 min
- Total Time 8 hrs



### DIRECTIONS

1. In a 4- to 6-quart slow cooker, combine the soy sauce, sugar, chili-garlic sauce, ginger, five-spice powder (if using), 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add the pork and toss to coat. Cook, covered, until the pork is tender, on high for 4 to 5 hours (this will shorten total cooking time) or on low for 7 to 8 hours.
2. Twenty-five minutes before serving, cook the rice according to the package directions.
3. Meanwhile, skim off and discard any fat from the pork. Gently fold the bok choy into the pork and cook, covered, until heated through, 2 to 4 minutes. Serve with the rice and sprinkle with the scallions.

## Quick Chocolate Coca-Cola Cake Recipe

### INGREDIENTS

- 1-18 ounce chocolate [cake mix](#)
- 3 eggs
- 1/3 cup vegetable oil
- 1-1/4 cups Coca-Cola\* soda
- ----Frosting----
- 6 tablespoons butter
- 1/2 cup cocoa
- 1/4 teaspoon salt
- 1 pound box [powdered sugar](#)
- 5 tablespoons Coca-Cola soda
- 1 cup [lightly toasted](#) nuts\*\*, optional

### Cake



Preheat oven to 350 degrees F. Grease 9x13 baking pan. Combine cake mix ingredients. Mix with electric mixer for 2 minutes. Pour into pan. Bake for 29-24 minutes.

### Frosting:

While cake is baking, combine frosting ingredients in top of [double boiler](#). Stir occasionally until completely combined and melted. Remove cake from oven to wire cooling rack. Spoon frosting over warm cake. Spread quickly before frosting hardens.

Allow to completely cool before serving.



# Shrimp and Corn Chowder With Fennel

## Ingredients

1. 2tablespoons unsalted butter
  2. 2leeks (white and light green parts), chopped
  3. 1fennel bulb, chopped
  4. kosher salt and black pepper
  5. 2tablespoons all-purpose flour
  6. 18-ounce bottle clam juice
  7. 3cups whole milk
  8. 1pound potatoes, peeled and cut into 1/2-inch pieces
  9. 3/4pound cooked peeled and deveined medium shrimp
  10. 110-ounce package frozen corn
  11. 2tablespoons chopped fresh flat-leaf parsley
  12. 2tablespoons fresh lemon juice
- bread, for serving (optional)



## DIRECTIONS:

1. Heat the butter in a large saucepan over medium heat.
2. Add the leeks, fennel, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, until the vegetables are tender, 4 to 5 minutes. Stir in the flour.
3. Add the clam juice, milk, and potatoes and bring to a boil.
4. Reduce heat and simmer, stirring occasionally, for 12 minutes.
5. Stir in the shrimp and corn and cook until the potatoes are tender and the shrimp and corn are heated through, 3 to 5 minutes.
6. Stir in the parsley and lemon juice. Serve with the bread (if using).

- Serves 4
- Hands-On Time 30 min
- Total Time 30 min



## WHAT'S IN SEASON:

(This will vary depending on the time of the month and where you live.)

Brussels sprouts

Cabbage

Carrots

Cauliflower

Chicory

Clementine's

Cranberries

Grapefruit

Kale

Leeks

Lemons

Oranges

Parsnips

Pears

Persimmons

Pomegranates

Shallots

Spinach

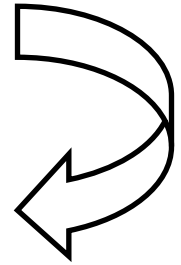
Sweet Potatoes

Tangelos

Tangerines

Turnips

Winter Squash



### Editors Note:

Hello all! I am hoping your Holidays have been good to you and your friends/family.

Is was not very bad weather for getting your chores done or travelling. Oh there were a few days, but we were warned by the weather man so we could pre-prepare ahead of time. I am thinking January/February will be the worst this year...

I did not venture into the craziness of 'Boxing Day' shopping. The crowds in the stores made me stress just thinking about it. So, no "sales" for us....

Of course my Maggie Mae got spoiled... not only by me but by the new barn owners!! They are so good to the horses, got to love them for loving Maggie... but whomever meets her falls for her..



# Movie Review

## SYNOPSIS

Jennifer Lawrence and Chris Pratt are two passengers onboard a spaceship transporting them to a new life on another planet. The trip takes a deadly turn when their hibernation pods mysteriously wake them 90 years before they reach their destination. As Jim and Aurora try to unravel the mystery behind the malfunction, they begin to fall for each other, unable to deny their intense attraction... only to be threatened by the imminent collapse of the ship and the discovery of the truth behind why they woke up.

This movie is a very telling glimpse into one passengers life as he heads to a new future.

It was sad, suspenseful and funny. We are taken through a very suspenseful series of events, and unexpected turns, in this very interesting storey. We enjoyed this very much.



## SYNOPSIS

When his uptight CEO sister threatens to shut down his branch, the branch manager throws an epic Christmas party in order to land a big client and save the day, but the party gets way out of hand...

Believe it or not this hilarious movie has a story to it! The characters play their part amazingly well and you are always waiting for the next 'shoe' to drop... If you are ready for a funny movie this is it! Enjoy...



# Movie Review

## SYNOPSIS

From Lucas film comes the first of the Star Wars standalone films, ROGUE ONE: A STAR WARS STORY, an all-new epic adventure. In a time of conflict, a group of unlikely heroes band together on a mission to steal the plans to the Death Star, the Empire's ultimate weapon of destruction. This key event in the Star Wars timeline brings together ordinary people who choose to do extraordinary things, and in doing so, become part of something greater than themselves.

## WHAT CAN BE SAID HERE...?

For the Star Wars fans this was a good movie with its fast paced action packed story. I was happy there was a definite story to follow and it kept my interest with this.

I am a Star Trek fan and can understand how people of the Star Wars fan group can follow the story much better than I.

