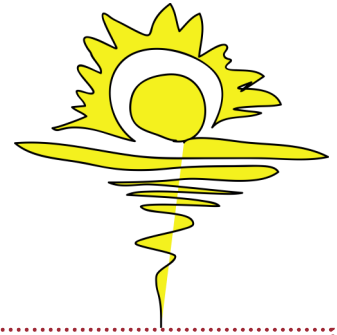


BIAQD Newsletter



For members of the Quinte Area Brain Injury Association

OCTOBER 2017

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

Carole Vincent

How can we say goodbye?

It is never goodbye... 'it is see you later'



Our love for you is too strong. You have turned our worlds around and given us a place to meet and make new friends with "like" souls/people. There is now a place to go and learn or relearn many activities and share our gifts... or just go unwind and settle ourselves and regroup.



And it was our First Try!

Belleville Fair



Accomplishment....

1. First Prize in the hand made Quilt category
2. First Prize in the Canada 150 category
3. Off to the Divisional contest in Toronto !



Cozy Up to Colder Weather: 5 Ways to Prepare Your Home



1. Clean Out the Gutters

All the leaves and grime that you neglected while you were out swimming, hiking, or riding your bicycle this summer have built up in your gutters. If left full of debris, clogged gutters and drains can form ice dams that prevent your drainage systems from working properly. This can lead to water seeping into your home, which can lead to all sorts of issues and extra energy costs. Save yourself the hassle of repairing a leak by simply cleaning your gutters and drains now. When you do, run water through the gutters to check for misalignments that could also cause water damage.

2. Keep the Outside Air Out and the Inside Air In

We talk about this a lot, but it is hugely important for your energy savings to ensure there are no air leaks in your home. Warm air will escape out of any cracks and can make your heating system work harder and cost you more to heat your home. Use caulk to seal cracks and openings between stationary house components like a door frame and weather-stripping to seal components that move like an operable window.

3. Show Some TLC To Your Furnace

Your furnace may be a distant memory since you last powered it on, but before the cold weather descends and you must reluctantly switch it on, give it some TLC. Clean your furnace annually each autumn. Sediment build-up can cause your system to work less efficiently or potentially become a fire-hazard. Cleaning your system and getting it inspected will reduce the risks.

During the winter try to change your filter regularly; a dirty filter will decrease air flow and energy-efficiency. And if your furnace is ready to be replaced, buy an energy-efficient model. It will save you money and energy each month!



4. Get Your Ducts in a Row

Your ducts are often times out of sight, out of mind, tucked away in the attic or basement, but a home with central heating can lose about 20% of the air that moves through the duct system. Make sure your ducts are in order by properly sealing and insulating them. Tightly sealed and insulated ducts can potentially reduce your annual energy bills by \$120 or more

5. Light the Way

The fall and winter months mean less daylight. I know we are all keen on saving energy, but we don't want any falls while you carry in your groceries. Luckily, you can still use your outdoor lights without wasting money and energy. Because outdoor lights are typically left on for long periods of time, buying ENERGY SAVER products and bulbs to light your outdoor pathways or porches can save a lot of energy. ENERGY STAR even makes CFL and LED flood lights that can withstand snow and rain. As an extra energy-saving effort, look for ENERGY STAR products that come with automatic daylight shut-off and motion sensors. And be sure to decorate with LED holiday lights to reduce the cost of decorating your home for the winter holidays.

Colder weather is on its way, and using these tips will help you stay warm and cozy, while saving energy and money in your home. Stay tuned for part two with five more tips for getting your home ready for fall and winter!



Frankenstein Word Search Puzzle

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

BODY PARTS

BORIS KARLOFF

BRIDE

ELECTRICITY

FIEND

FLAT HEAD

FRANKENSTEIN

GREEN

HIDEOUS

LIGHTNING

LUMBERING

MARY SHELLEY

MOBBED

MONSTER

NECK BOLTS

NOVEL

REVENGE

TALL

WRETCH

YELLOW EYES



10 things you didn't know about Halloween in Canada



There's more to Halloween than candy and gloppy face paint. Here are the stories behind some of the traditions and myths.

1. Celtic harvest

An ancient Celtic festival planted the seed for what we now call Halloween. The Celts celebrated the end of the harvest and the start of the long winter with a festival, called Samhain. The festival was celebrated on Oct. 31, the day the Celts believed the boundary between the living and the dead was at its weakest.

2. Bobbing for apples

After the Romans took over Celtic land in AD 43 a few new traditions were tacked onto the Celtic celebration. One such celebration honoured the Roman goddess Pomona, the goddess of fruit and trees. The symbol for Pomona — an apple — is seen in present day Halloween celebrations in the tradition of bobbing for apples.



3. Meet Jack, the lantern

The tradition of pumpkin carving began in Ireland with the legend of Stingy Jack. As the fable goes, Jack made a habit of playing tricks on the devil. Once Jack died, God did not allow him into heaven, nor did the devil allow Jack into hell. Instead he was banished to live in eternal night. For his punishment, the devil gave Jack an ember to light his way. The legend claims Jack placed the ember in a hollowed out turnip, the predecessor for a carved pumpkin.

4. Carving pumpkins

The use of pumpkins as Jack-o'-lanterns didn't begin until the 1800s. Upon their arrival to the United States, Irish immigrants discovered pumpkins were much easier to carve than turnips.

5. Candy

In October 2011, Canadians spent more than \$350 million on candy products. This recent data goes to show that candy spending on Halloween is second only to spending in December, where Canadians spend more than \$450 million on Christmas confections.

6. Wicked wallets

According to a Scotiabank poll done this year, the average Canadian will spend \$70 on Halloween — with 15 per cent of Canadians saving in advance for the event.

7. Trick-or-treating

Trick-or-treating originated around AD 1000. During this time Christianity had spread to most Celtic lands and had begun taking over most pagan ceremonies. The church designated Nov. 2 as "All Souls Day" — a day dedicated to honouring the dead. On this day, the poor frequented the houses of the wealthy and received soul cakes. In exchange for the cakes, the poor would say a prayer for the homeowner's deceased relatives.

8. UNICEF

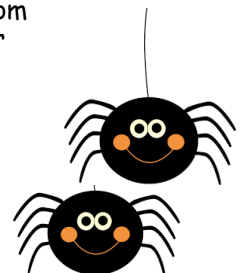
In Canada, trick-or-treaters visited homes on Halloween to ask for two things: candy and spare change. The candy was quickly disposed of, but the spare change went to supporting children in need around the world. The iconic UNICEF orange coin collection boxes were very much a part of Canada's trick-or-treating history, until 2006 when UNICEF moved to an online donation system. On average, Canadians continue to donate \$3 million every Halloween.

9. Old Wives' Tales

In Scotland during the 1900s common folklore had it that if a woman ate a concoction made from walnuts, nutmeg and hazelnuts before falling asleep on Halloween night, she would dream of her future husband.

10. Spiders

Spiders are a common symbol on Halloween. But they may not be as evil as popular culture would have you think. Many myths explain that spotting a spider on Halloween is actually a loved one watching over you.



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



Come Join us!
Come Join us!



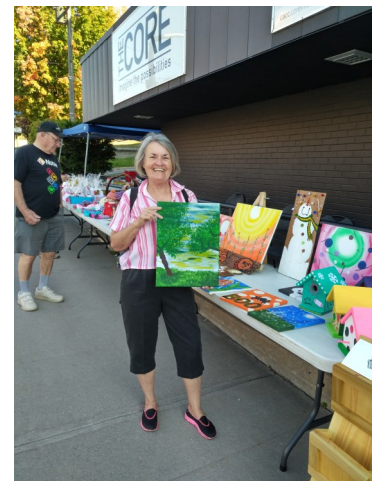
BIAQD has become a great place for us to meet and chat, exercise, learn new crafts and get out in group activities!

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..





Inspired by Juanita, I was given shingles and have tried my hand at it too....

We were so busy getting ready for the craft sale pictures went by the wayside... sorry....

The craft sale had many inspired items to tempt those who came ...

Frankenstein lost his head. Draw the path for Frankenstein through the maze, starting at 1 and counting by 1s

12	11	8	7					44	45	
13	10	9	6				42	43	46	
14	15	16	5				41	40	47	
21	20	17	4	1	36	37	38	39	48	
22	19	18	3	2	35	58	57	50	49	
23	30	31	32	33	34	59	56	51	52	
24	29	28	87	86	85	60	55	54	53	
25	26	27	88	83	84	61	62	65	66	
94	93	90	89	82	81	80	63	64	67	
95	92	91					79	78	77	68
96	99	100					74	75	76	69
97	98						73	72	71	70

October 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2 Aqua fit YMCA 10:30 am Knitting	3 Walking Club 10:00 am	4 Potluck Art 9:30 Fitness 11:15 am Art 1 pm Rec Program	5 Music 10 am	6	7
8	9 <i>CLOSED</i> <i>Thanksgiving</i>	10 Walking Club 10:00 am	11 Potluck Art 9:30 Fitness 11:15 am Art 1 pm Rec Program	12 <i>Painting</i> <i>Fundraiser</i> <i>6 p.m.</i>	13	14
15	16 Aqua fit YMCA 10:30 am Knitting	17 Walking Club 10:00 am	18 Potluck Art 9:30 Fitness 11:15 am Art 1 pm Rec Program	19 Music 10 am	20	21
22	23 Aqua fit YMCA 10:30 am Knitting	24 Walking Club 10:00 am	25 Potluck Art 9:30 Fitness 11:15 am Art 1 pm Rec Program	26 Music 10 am Computers 12:30	27	28
29	30 Aqua fit YMCA 10:30 am Knitting	31 				

THANKS TO ALL....



The Craft sale started with a few quirks... our room was booked so we took it outside,... HOT
Thanks to those who came to help on such a warm day ...
We did well and got very close to our goal of a Cricut Machine.



Upcoming BIAQD Events

Fundraiser Dinner / Holiday Party

Join the Brian Injury Association Quinte District for a fantastic Evening filled with great food, musical entertainment, live and silent auctions, dessert auction, and more. Tickets are \$75.00 each. All proceeds go to Programming, and Supporting Individuals in our Community living with the effects of Acquired Brain Injury.



HOT TODDY PUDDING CAKE

- SERVES 6
- PREPARATION 20 mins
- COOKING 50 mins



INGREDIENTS

- 40g (1¼oz) plain flour
- Pinch salt
- 225l (7fl oz) whole milk
- 75ml (2½fl oz) fresh lemon juice
- 3tbsp Scotch whisky (optional)
- 125g (4oz) unsalted butter, melted and cooled
- 3tbsp honey
- 1tsp grated lemon zest
- 6 large eggs, separated
- 75g (2½oz) caster sugar



METHOD

1. Heat the oven to 180°C (gas mark 4).
2. Butter a 1.75l (56fl oz) shallow baking dish.
3. Sift together the flour and salt in a large bowl. Whisk together the milk, lemon juice, whisky (if using), butter, honey, lemon zest and egg yolks, then stir into the flour mixture.
4. Beat the egg whites with an electric whisk at a medium speed until frothy. Increase the speed to medium-high and add the sugar, a tablespoon at a time, beating until the whites just hold stiff peaks.
5. Fold about a third of the whites into the flour mixture, then gently fold in the rest. Pour the batter into the baking dish and cook in a water bath for 40-45 minutes, until golden brown. Serve

top tips

When folding the egg whites into the mixture, use a large rubber spatula to reach down to the bottom of the bowl and lift some of the batter up and on top of the foam, turning the bowl as you go.



APPLE, CINNAMON & RAISIN BREAD & BUTTER PUDDING



INGREDIENTS

- 400ml milk
- 400ml single cream
- 100g caster sugar
- 6 eggs
- 1tsp vanilla extract
- 1tbsp ground cinnamon
- 16 slices of white bread, cut into triangles
- 200g cooking apples, quartered, cored and sliced

METHOD

1. Preheat the oven to 160°C (gas mark 3). Set a saucepan over a medium heat, add the milk, cream and sugar and mix well together. Cook until the sugar has dissolved, then set aside to cool.
2. Whisk the eggs in a large bowl and stir in the vanilla extract and cinnamon. Whisk in the milk mixture.
3. Overlap the bread pieces and apple slices in an ovenproof dish and pour over the egg mixture. Use your hands to push the bread gently into the egg mixture so that it is completely immersed. Scatter the raisins over the top of the pudding. Bake in the oven for 45 minutes.

CHEESE & POTATO PIES WITH BACON



INGREDIENTS

- 1 medium potato
- 1tbsp vegetable oil
- 1 small onion, thinly sliced
- 2 x 380g (12oz) packs
- Ready-rolled puff pastry
- 1 egg lightly beaten, to glaze
- 4 rashers streaky bacon, cut into 2cm (¾in) strips
- 100g (3½oz) mature
- Cheddar, grated

A simple cheese and potato pie is a comfort food classic, and this one adds a some streaky bacon for extra flavour. Using ready-rolled puff pastry and making four smaller pies instead of one means these easy potato pies are ready in just 35 minutes, start to finish.



QUICK CARROT SOUP



INGREDIENTS

- 1tbsp olive oil
- 600g (1¼lb) carrots, scrubbed or peeled and cut into chunks
- 2 brown onions, chopped
- 2 stalks celery, chopped
- 1.5l (48fl oz) chicken or vegetable stock
- 2tbsp cream (if vegan, omit or use a substitute)
- Celery salt, to serve

- *SERVES* 4
- *PREPARATION* 20 mins



METHOD

1. Heat the oven to 200°C (gas mark 6). Scrub the potato and boil until it is just tender, then drain, cool and thinly slice. Heat the oil in a large frying pan and cook the onion for 6-7 minutes, or until soft.
2. Cut four 15cm (6in) circles and four 18cm (7in) circles from the pastry sheets.
3. Lay the four smaller circles on a greased baking tray and brush them lightly with the beaten egg. Spread the cooked onions evenly over the pastry circles, leaving a 1cm (¾in) border all the way around. Top with a few potato slices, bacon and finally the grated Cheddar cheese. Season with a little salt and pepper. Drizzle over the cream.
4. Place the larger pieces of pastry over the assembled filling and press the edges of the two pastry circles together. Cut a small cross in the middle of the pie. Bake in the oven for 10-15 minutes, or until golden and risen.



METHOD

1. Heat the oil in large saucepan over a medium heat. Add the carrots, onions and celery and sauté for about 5 minutes. Add the stock, bring to the boil and simmer gently for 25 minutes, or until tender.
2. Allow the soup to cool slightly, blend it using either a hand held liquidizer or work-top blender until smooth, then gently reheat. Season to taste with salt and freshly ground black pepper.
3. Whip the cream until it forms very soft peaks. Ladle the soup into bowls and spoon on some whipped cream, sprinkle with a little celery salt.

VOLUNTEER OF THE YEAR



The Brain Injury Association Quinte District has chosen a very deserving recipient for the Volunteer of the Year Award for 2017. This year's award recipient is a compassionate BIAQD member who continually offers encouragement to others. Being a talented artist, she has entered some fantastic pieces of art in the Celebrating Success Art Show, and has provided many creative works of art for our Craft Sale. She spends countless hours donating her time, and knowledge by presenting information at our Peer Navigation meetings, as well as baking delicious, nutritious treats to share with our members. Her positive personality shines through her contagious smile, and she is sure to brighten your day when she sees you. Congratulations to the well-deserving Juanita Harrington. Thank you for your time, and the positivity that you share with our Association.

Thank You!

SYNOPSIS

KINGSMAN: THE SECRET SERVICE introduced the world to Kingsman - an independent, international intelligence agency operating at the highest level of discretion, whose ultimate goal is to keep the world safe. In **KINGSMAN: THE GOLDEN CIRCLE**, our heroes face a new challenge. When their headquarters are destroyed and the world is held hostage, their journey leads them to the discovery of an allied spy organization in the US called Statesman, dating back to the day they were both founded. In a new adventure that tests their agents' strength and wits to the limit, these two elite secret organizations band together to defeat a ruthless common enemy, in order to save the world, something that's becoming a bit of a habit for Eggsy...

This was a very good sequel. The story was different but the same goal was used. A great surprise seeing Elton John!!! One of my favorite singers ... If you enjoyed the first one this will not disappoint



SYNOPSIS

When children begin to disappear in the town of Derry, Maine, a group of young kids are faced with their biggest fears when they square off against an evil clown named Pennywise, whose history of murder and violence dates back for centuries.

This movie has the air of a very scary movie... that being said, do not take your kids...



Some of the adults were scared and some were laughing, I did neither, but was not scared. The movie was good in that it had a good story and there were a few good "startle" moments. A good change of the norm movie....





Paint Night Fundraiser

**Tickets
\$50.00**

Are you looking for an exciting night out and want to support a great cause?

Come to our Paint Night Fundraiser!

Where: 223 Pinnacle St. Belleville

When: Thursday October 12th, 7:00pm
(Doors open at 6:30)

Why: To have a great time and
Support BIAQD programs



Tickets available at BIAQD office - 223 Pinnacle St.

Belleville, ON 613-967-2756 or info@biaqd.ca



**Brain Injury
Association**
QUINTE DISTRICT





Peer Navigation Meeting

Monday , 2017



Next Meeting November 6



AND ON TO NEW ADVENTURES



And the results of our pottery class are done.... It was truly nice to try something new... and think of all the Fairies that have new houses, oh and one toad too....



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.



Also, we would LOVE a Cricut machine to save us buying stickers and paper with designs. The new one also cuts material, wood and more! Help us please



Cricut Maker™

THE ULTIMATE SMART CUTTING MACHINE

- 10x More Cutting Power!
- Cuts More Materials Than Ever!
- More tools. More materials. More possibilities.

[BUY NOW >](#)



Thank You

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



BIAQD ANNUAL HOLIDAY PARTY

December 15th
5:30 p.m.

BIAQD Office
223 Pinnacle St
Belleville, ON

Please R.S.V.P. by December 5th to
Jennifer at
info@biaqd.ca or
call 613-967-2756.

UNCORKED 2017 FUNDRAISER DINNER



Fundraiser Dinner / Holiday Party

Join the Brain Injury Association Quinte District for a fantastic Evening filled with great food, musical entertainment, live and silent auctions, dessert auction, and more. Tickets are \$75.00 each. All proceeds go to Programming, and Supporting Individuals in our Community living with the effects of Acquired Brain Injury.

**Friday December
1, 2017**

**Belleville
Armouries**

5:30 – Social Hour

6:30 – Dinner

**Live & Silent
Auctions**

**Musical
Entertainment**

**Specialty Cakes
& Dessert
Auction**



**Brain Injury
Association**
QUINTE DISTRICT

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