

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

March 2020



HAVE YOU SEEN US ONLINE? www.biaqd.ca

EVERYTHING YOU SHOULD KNOW ABOUT MARCH

The month of March was named for the Roman god of war, Mars. Traditionally, this was the time of year to resume military campaigns that had been interrupted by winter

Important Dates in March 2020

Sunday, March 8 is the start of **Daylight Saving Time**, which begins at 2:00 A.M. that night. Don't forget to "spring forward" and set your clocks ahead one hour! We prefer to do this before bedtime on Saturday night, just so there's no existential confusion the next morning.

- **March 8** is also **International Women's Day**, which is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.

Sunday, March 15 is the **Ides of March!** Legend surrounds this ill-fated day. Beware the Ides of March!

Tuesday, March 17 is **St. Patrick's Day**. According to folklore, St. Patrick used the three-leaved clover (shamrock) in his teachings about the Holy Trinity.

Thursday, March 19 brings about the **March equinox**—also called the **vernal** or **spring equinox**—marking the beginning of spring in the Northern Hemisphere. On this day, the Sun stands directly over Earth's equator. In the Southern Hemisphere, this date marks the **autumnal equinox** and the beginning of fall.

March 29-31 are the **Borrowing Days**. According to lore, the last three days of March have a reputation for being stormy.

Looking ahead: This year, Easter Sunday will occur on April 12, culminating the Holy Week for Christian churches and commemorating the resurrection of Jesus Christ.

"Just for Fun" Days

- **March 3:** What If Cats and Dogs Had Opposable Thumbs Day
- **March 9:** International Fanny Pack Day
- **March 13:** National Ear Muff Day
- **March 16:** National Panda Day
- **March 21:** Absolutely Incredible Kid Day
- **March 23:** World Meteorological Day
- **March 31:** World Backup Day



market@biaqd.ca

A Word About Our MARKETPLACE

market@biaqd.ca

Our Marketplace page was created for us to inform the public of the amazing crafts our different groups are making.

In this way we are getting funding, from the sales to our wonderful supporters, that will keep our craft programs going.

We do woodworking and painting/staining/decorating of same, sewing, knitting, painting, card making and much more as inspiration strikes. Here are a few things done recently...

We also have sales and will do a 'giveaway' item from time to time.... Keep an eye on the web site for our next special!

If you have an event coming you can now order your cards and personalize them!



Come join us and try something new and fun!

Our UPDATED Web Page...

With many thanks to our summer student, Mallory, we now are enjoying a newly designed and up to date web site! She worked very hard on this getting much information from Jennifer. If there was content they wanted but did not have, Jennifer knew where and who to go to. There are still a couple of pages that need to be completed, but overall it is an amazing site!

Please take a look and enjoy!

BIAQD.ca

This Easy **St Patrick's Day Crinkle Cookie** Recipe is a great baking recipe to do with kids! The St. Patty's Day Cookies are made using a boxed cake mix so they couldn't be easier to make.

INGREDIENTS

- 1 18.25 oz box of white cake mix
- 2 eggs
- 1/3 cup vegetable oil
- 10–12 drops green food color
- 1 cup powdered sugar



1. Heat oven to 375.
2. Mix cookie ingredients together.
3. Roll cookies into golf-ball sized balls and then roll the balls in powdered sugar completely.
4. Place cookies onto cookie sheet and slightly flatten with bottom of a glass.
5. Cook for 7-9 minutes or until the edges start to slightly brown.
6. Allow to cool before serving.

ASPARAGUS SOUP

We make this during asparagus season and it's amazing! Fresh asparagus makes this impossible to resist, but frozen works almost as well. Serve with crusty bread.

INGREDIENTS

- 6 green (spring) onions
- 1 pound (450 grams) asparagus
- 2 tablespoons olive oil
- 17 fl. ounces (500 ml) of vegetable stock (stock cube is fine)

Optional: 4 tablespoons of heavy/double cream



Wash and chop the six green (spring) onions. Then wash and chop 1 pound of asparagus. Heat olive oil in a pot and then add onions. Lightly cook onions until softened.

Add asparagus and cook for three minutes.

Add the vegetable stock. (Don't worry, a stock cube is fine.)

Simmer gently until the asparagus is soft (about 10 minutes). Season with salt and pepper to taste.

Now, blend the entire mixture until smooth. (You can use a food blender.)

Stir in the heavy/double cream until blended. (For a lighter and more elegant touch, use creme fraiche.)

Four Leaf Clover

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

ABERRATION

CLOVER

ENVIRONMENTAL

FAIRIES

FAITH

GARDEN OF EDEN

GOOD LUCK

HOPE

LOVE

MAGICAL

MUTATION

MYSTIQUE

RARE

RECESSIVE GENE

SEARCH

SPRITES

TRIFOLIUM REPENS

UNCOMMON

VARIATION

WHITE CLOVER



BEET SALAD WITH BEET GREENS AND FETA

Add beets to your weekly menu with this Beet Green Salad With Beets. Both beets and their greens are super healthy for you. Beets are high in fiber and rich in vitamin C, beta-carotene, potassium, and folate and the greens are loaded with lutein. An orange vinaigrette and walnuts complete this simple but sensational salad.



Serves 4

INGREDIENTS

- 1 pound beet greens with beets attached
- 3 tablespoons orange juice
- 1/2 teaspoon Dijon mustard
- 6 tablespoons olive oil
- 1 shallot, minced
- 1 tablespoon chopped fresh parsley
- freshly ground black pepper
- 2 tablespoons coarsely chopped walnuts
- 1/4 cup crumbled feta cheese, for topping (optional)

Note: Beets will stain fingers, clothing, and surfaces. Handle with care.

INSTRUCTIONS

1. Cut the beets from the beet greens. If beets are very small, drop them into a pot of boiling, salted water. Cook, uncovered, for 3 to 5 minutes or until crisp-tender. Immediately submerge the cooked beets in cold water. If using larger beets, drop them into a pot of boiling, salted water. Cook, uncovered, for 20 to 30 minutes. Immediately submerge the cooked beets in cold water.
2. In a small mixing bowl, combine the orange juice and mustard and stir to blend. Whisk in the oil, then stir in the shallot and parsley. When the beets are cool enough to handle, remove their skins. Place whole baby beets in the dressing. Toss to coat. If using larger beets, slice or dice beets, then add to the dressing. Toss to coat.
3. Pull the center ribs from the beet greens and discard. Rinse the leaves and pat them dry, then tear into bite-size pieces. Transfer to a large salad bowl. Using a slotted spoon, remove the beets from the dressing and set to one side. Pour the dressing over the greens, sprinkle with salt and pepper, and toss to coat evenly. Place a portion of dressed greens on each of 4 salad plates. Divide the beets among the plates, arranging them on top of the leaves. Sprinkle on the chopped walnuts and feta (if using).



St. Patrick's Day



In some cities, notably Toronto and Montreal, large scale St Patrick's Day parades are held, often on the Sunday closest to March 17. The parade in Montreal has been held every year since 1824. However, the first recorded celebration of St Patrick's Day was in 1759 by Irish soldiers serving with the British army following their conquest of part of New France, a French colony in North America. In some places there are Irish cultural events. For instance, the Irish Association of Manitoba organizes a three-day festival of Irish culture in the week of St Patrick's Day.

People who have an Irish background or enjoy Irish culture may hold Irish themed parties and serve traditional dishes, such as Colcannon or Irish stew. Colcannon is a dish of mashed potatoes mixed with kale or cabbage and Irish stew is traditionally made with lamb and root vegetables. Traditional Irish drinks include stout, a dark beer, and whiskey. Other parties may be themed around the color green. Guests may be expected to wear green clothes and only green food and drink is served.

St Patrick's Day is an official holiday in the province of Newfoundland and Labrador. It is observed by the provincial government, but post offices, stores, many schools, businesses and other organizations are open. Public transport services run on their regular timetables.

St Patrick's Day is not a public holiday in other parts of Canada. Schools, organizations, businesses, stores and post offices are open as usual. Some organizations may arrange St Patrick's Day parties, but these do not usually disrupt normal affairs. Public transport services run on their regular timetables. In cities, where parades or large public events are held, there may be some congestion or road closures.

St Patrick's Day marks the feast day and anniversary of the death of a Christian missionary known as Patrick. He was born in the year 387, probably somewhere near the present day border between Scotland and England. At the age of 16, he was captured and taken to Ireland as a slave. During this period, he became very religious and after six years he fled back to his family.

Later in his life, he returned to Ireland as a missionary. He is said to have played an important role in converting the inhabitants of Ireland to Christianity and in ridding the island of snakes. However, there is no evidence that there have been any snakes in Ireland in the past 10,000 years. The "snakes" he drove out of Ireland may represent particular groups of pagans or druids. It is believed that St Patrick died on March 17 probably in the year 461 or 493 (according to different sources). St Patrick is buried under Down Cathedral in Downpatrick, County Down, and is one of the three patron saints of Ireland. The other patron saints are St Brigid of Kildare and St Columba.

St Patrick's Day celebrations were brought to Canada by Irish immigrants. The day is a bank holiday in Northern Ireland and a public holiday in the Republic of Ireland. In the rest of the United Kingdom, the United States, Australia and New Zealand, it is celebrated, but is not an official holiday.

The shamrock is a symbol of Ireland and a registered trademark of the Republic of Ireland. It is the leaf of the clover plant, which grows on the ground, often among grass and an Irish Catholic symbol of the Holy Trinity. It is sometimes confused with the four-leaf clover, which is a variety of the three-leaf clover and is thought to bring good luck.



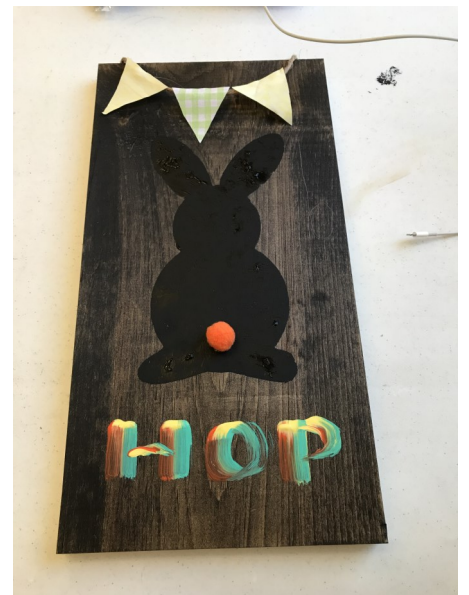
Good Times



Dale giving direction on Journaling



Jennifer helping us cut material





THURSDAY April 30, 2020

**Comedy Night
Fundraiser**

**Featuring Comedian
ANDREW CHAPMAN**

Tickets \$35

(Must be purchased in advance)

Sans Souci

**256 Front St.
Belleville, ON**

**Food and drinks
available for purchase**

Cocktails at 6:30 pm

Show Starts at 7:30 pm

Contact the Brain Injury Association for
more information

613-967-2756 or info@biaqd.ca

