

# BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

2019

JANUARY 2019

HAPPY NEW YEAR

HAVE YOU SEEN US ONLINE? [www.biaqd.ca](http://www.biaqd.ca)

## How to Reflect With Purpose On Your 2018

Ah, New Year's—it's a time when most of us happily say goodbye to the previous year and welcome the sweet opportunity of the next.

For many of us, saying “see ya” to 2017 means swiping through old Instagram's and #TBT compilation videos. But if we get intentional, we can use the moment for some meaningful self-reflection.

Self-reflection is a major growth opportunity—it can help us learn from our experiences and feel more in control of our choices moving forward. But if you're not careful, negative self-talk can easily disguise itself as reflection. Positive, helpful, and lasting self-reflection takes conscious effort and practice.

### 1. Name Your Year

When reflecting over the past year, it's helpful to complete the phrase, “2017 was the year of \_\_\_\_.”

Perhaps it was the year of love (that new relationship you got into), the year of forgiveness (making peace with something huge), or the year of progress (even baby steps towards that goal count for something). By defining your year, you give yourself something to focus on, and it pinpoints the largest takeaway that you're carrying into 2018.

What were the good things and the bad things that happened? Which behaviors or people need to be left behind for your own sake? What did the year teach you? What surprised you about the past year? Be sure to note any hunches or gut feelings you have about things from your year. “Sometimes it feels like change comes out of the blue.” “But often there are early signs and/or hints abound.”

You can also ask yourself creative questions, like what kind of song or movie would 2018 be? Who would perform it? Anything that helps you visualize or describe your feelings about your year works for this exercise.

### 2. Write Down Key Events

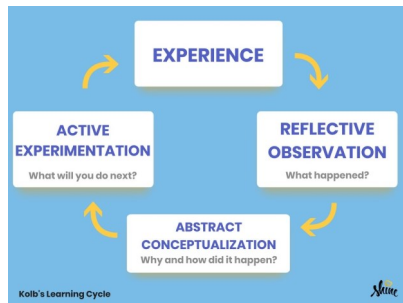
Try mapping out your year by writing down important events in the order they happened. Meditation teacher Lodro Rinzler recommends checking your calendar, phone, or social feeds to help you remember key events. “Nothing is too small, and nothing is too big”. If you feel like that time you learned a new song on the guitar or grabbed lunch with a long distance friend is worth mentioning, add it to your page.

Once you've mapped out your year, try and link some of the events together. Did meeting one person lead you to getting a new job or even losing one? Did the month of stress lead to some serious burnout? By linking these things together on paper, the events from your year can start to appear less isolated. This macrolevel perspective will help you notice connections you might not have seen before.

You can also take what you've written down and turn it into a letter to your future self. This future letter can serve as a good reminder to yourself about the learnings you had the previous year, and it can be a way to check if you're facing any similar setbacks. Seal the letter and plan to open it at a midway point in 2019. Your future self might be thankful for some advice and perspective from the past.

### 3. Turn Your Reflections into Experience

A tool that academics use when teaching reflective writing is [Kolb's Learning Cycle](#). It breaks down successful reflections into four parts: Experience, Reflections, Abstract Conceptualization, and Active Experimentation. The cycle is a great visual because it helps to show that reflection and experience feed into each other in a cyclical way—one cannot exist without the other.



Once you have your reflection mapped out, you can use Kolb's Learning Cycle to go deeper into each experience. For example: Perhaps you think you spent too much time scrolling through Twitter and Instagram over the year. Your observation: It hurt your productivity. In the "abstract conceptualization" stage—where you explore how and why the experience happened—you might realize you had too much access to social media. You might consider deleting the app from your phone so you only have access it when you're on your computer, or making a strict no-social-media rule for yourself before or after a certain time.

The fourth part of the cycle, "active experimentation," asks you to put your suggestions for improvement into action. Whether your ideas do or don't work, it becomes more experience for you to reflect on and modify until you find what sticks. The reflection cycle keeps feeding into itself, and it's something you can carry into 2019. Here's to a new year full of a little more wisdom and even more growth as new experiences come your way.

Cheers!

## Ontario Statutory Holidays 2019

| Date   | Day | Holiday                          |
|--------|-----|----------------------------------|
| 1 Jan  | Tue | <a href="#">New Year's Day</a>   |
| 18 Feb | Mon | <a href="#">Family Day</a>       |
| 19 Apr | Fri | <a href="#">Good Friday</a>      |
| 20 May | Mon | <a href="#">Victoria Day</a>     |
| 1 Jul  | Mon | <a href="#">Canada Day</a>       |
| 2 Sep  | Mon | <a href="#">Labour Day</a>       |
| 14 Oct | Mon | <a href="#">Thanksgiving Day</a> |
| 25 Dec | Wed | <a href="#">Christmas Day</a>    |
| 26 Dec | Thu | <a href="#">Boxing Day</a>       |

Loading  
**2019**

# Turkey curry from Your Leftovers



## INGREDIENTS

- 2 tbs grapeseed or sunflower oil
- 2 onions, diced
- 3 garlic cloves, halved and sliced
- 2–3 tbs home-made curry paste or a favourite ready-made curry paste
- Up to 400g roast carrots or parsnips (or use fresh ones), in chunky pieces
- 400ml tin coconut milk
- 200–300ml chicken stock or gravy
- 1 bay leaf (optional)
- 400–500g roast turkey, white and/or dark meat, torn into large chunks
- Juice of ½ lime
- Generous handful of coriander and/or mint, tough stalks removed and roughly chopped
- Salt and freshly ground black pepper
- Toasted cashews or flaked almonds, to finish (optional)

## METHOD

Heat the oil in a large, heavy-based casserole over a medium-high heat. Add the onions with a pinch of salt and sauté quite vigorously, until they are softened and golden. Add the garlic and fry for a further minute.

Reduce the heat a bit, add the curry paste and stir for a minute, then toss in the vegetables and stir until they're well coated in the fragrant, oniony curry mix.

Pour in the coconut milk and stock or gravy and stir well to combine with the spicy veg. Add the bay leaf, if using. If your pan is very large, you may need to add a bit more stock or water to cover, but don't make it too soupy. You want the final mixture to be quite rich and thick.

Simmer for 10 minutes. If you're using fresh rather than roast roots, simmer for an extra 5-10 minutes at this stage.

Now add the turkey and cook until thoroughly heated through, about 5-10 minutes. Stir in the lime juice and about half of the coriander and/or mint.

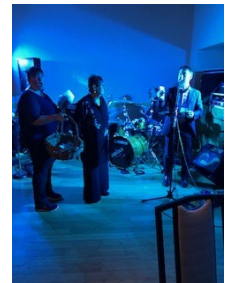
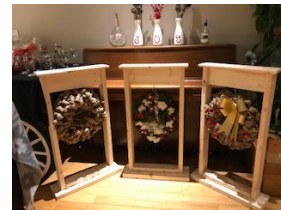
Scatter over the remaining coriander and/or mint, and the toasted nuts, if using. Serve with basmati rice, naan or flatbreads and your favourite chutneys.



# UNCORKED

2018

We at BIAQD would like to sincerely thank those who made this evening event the success it truly was.



# Happy New Year

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

APPETIZERS  
BABIES  
BALLOONS  
BANNERS  
BUFFET  
CELEBRATE  
CHAMPAGNE  
CONFETTI  
DANCE  
DAY ONE

DECORATIONS  
END OF DECEMBER  
EVENTS  
FAMILY  
FATHER TIME  
FEAST  
FESTIVITIES  
FIREWORKS  
FIRST OF JANUARY  
FRIENDS



HATS  
HOLIDAY  
HORNS  
KISS  
MIDNIGHT  
MUSIC  
NEW YEARS DAY  
NEW YEARS EVE  
NOISEMAKERS  
OCCASION

PARADES  
PARTY  
PUNCH  
RESOLUTIONS  
SINGING  
STREAMERS  
THIRTY FIRST  
TIARAS  
WINE  
YEAR IN REVIEW



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# A Word About Our MARKETPLACE

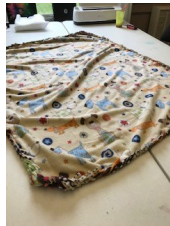
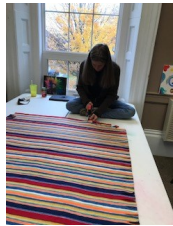
Our Marketplace page was created for us to inform the public of the amazing crafts our different groups are making.

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

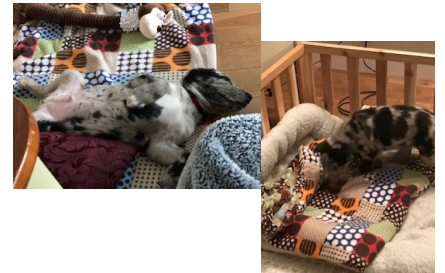
We do woodworking and painting/staining/decorating of same, sewing, knitting, painting, card making and much more as inspiration strikes. Here are a few things done recently...

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!

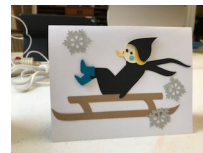
If you have an event coming you can now order your cards and personalize them!



It appears the effort was truly appreciated!



It was a fun time making these cards ... the order was for four children Christmas cards. The imagination got used and an extra was made just in case ...



## 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

COLOUR ME



**Happy New Year!**

4 PICTURES THAT HAVE 1 WORD IN COMMON  
WHAT IS IT?



SEVEN LETTER WORD

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FIVE LETTER WORD

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# Monte Cristo Sandwich

"A quick and easy sandwich with ham, turkey and swiss slices, dipped in an egg/milk mixture and fried to a golden brown. A hot alternative to the usual lunch or snack. Try it with berry jam on the side."

## Ingredients

- 2 slices bread
- 1 teaspoon mayonnaise
- 1 teaspoon prepared mustard
- 2 slices cooked ham
- 2 slices cooked turkey meat
- 1 slice Swiss cheese
- 1 egg
- 1/2 cup milk



- Prep 5 m Cook 15 m Ready In 20 m

## Direc-

1. Spread bread with mayonnaise and mustard. Alternate ham, Swiss and turkey slices on bread.
2. Beat egg and milk in a small bowl. Coat the sandwich with the egg and milk mixture. Heat a greased skillet over

# Mocha Chocolate à la Paris

## Ingredients

- 1 quart 1% low-fat milk
  - 6 ounces high quality bittersweet chocolate, finely chopped
- 1/2 cup Dutch process cocoa
- 1/2 cup sugar
- 1/4 cup hot, strong-brewed coffee
- Whipped cream, for serving, optional
  - Grated bittersweet chocolate, for



## How to Make It

In top part of a double boiler, mix milk, chocolate, cocoa, and sugar. Place over simmering water and cook, stirring occasionally with a whisk, until chocolate has melted and mixture is smooth and hot, about 20 minutes. (Don't have a double boiler? Heat chocolate mixture in a small saucepan over a larger pan of boiling water.) Stir in coffee and heat

Pour into mugs, top with whipped cream and the chocolate shavings, if desired, and serve while warm.

# YUMMY

Word Game Answers - 7 Letter Bicycle  
5 Letter Sweet