

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

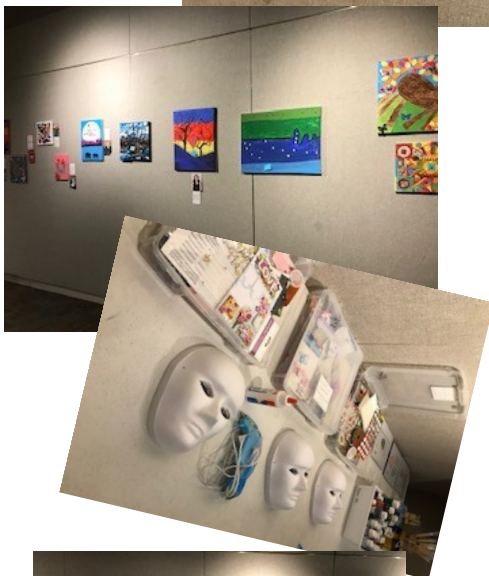
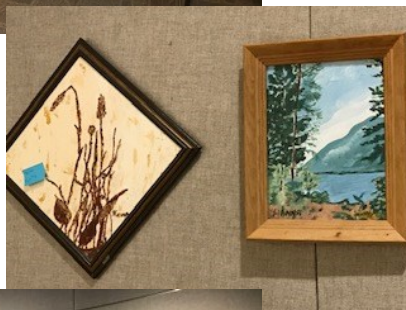
July 2019



HAVE YOU SEEN US ONLINE? www.biaqd.ca

CELEBRATING SUCCESS

It is with great pleasure we share some pics of the art displayed at the BIAQD office during our Celebrating Success celebration.



Kay Stafford Fund



We are excited to announce that the Kay Stafford Fund has graciously funded our Healthy Brain Program that will be offered in Quinte West, and Brighton.
Check for updates on our website www.biaqd.ca

BIAQD Barn Walk

AKA... The Poker Walk

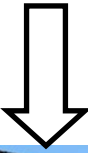
Come join us again this year in August, for the BBQ and walk at the "Barn"

There will be lots of space to walk, a fishing pond, animals to pat and enjoy and of course the BBQ!



Some things have changed for the better...

Some stay the same



Riding Hood Stables

July 2019

Jun 2019				Aug 2019		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>1</u> Canada Day Dominion Day	<u>2</u>	<u>3</u> St Thomas	<u>4</u> US Indep. Day	<u>5</u>	<u>6</u> Int'l. Kissing Day Nat'l. Fried
<u>28</u> World Chocolate Day	<u>8</u>	<u>9</u> Nunavut Day (NU) Cow Appreciation	<u>10</u>	<u>11</u> World Population Day	<u>12</u>	<u>13</u> Nat'l. French Fry Day
<u>29</u> Bastille Day (France)	<u>15</u> Orangeman's Day (NL)	<u>16</u> World Snake Day	<u>17</u> Nat'l. Hot Dog Day Nat'l. Tattoo Day World Emoji Day	<u>18</u> Nelson Mandela Day	<u>19</u> K Days	<u>20</u> Canada Parks Day
<u>30</u> Global Day of Inclusion Ice Cream Day	<u>22</u>	<u>23</u>	<u>24</u> Cousins Day Int'l. Self Care Day	<u>25</u> St James TG	<u>26</u> Nat'l. Intern Day	<u>27</u>
<u>31</u> Hepatitis Day	<u>29</u>	<u>30</u> Int'l Day of Friendship Nat'l. Cheese-	<u>31</u> Nat'l. Avocado Day			

Canada Day 2019

Canada day in 2019 is back on a weekday - Monday of all days - which makes for an automatic long weekend! (Do you still remember last year when it fell on Sunday and got moved to July 2nd but most celebrations still took place on Sunday the 1st? It created quite an uproar and a fair bit of confusion - you can read some of the older comments below about this.)

Canada Day celebrates the birthday of Canada. 150 years ago, On July 1, 1867 Canada became a new federation with its own constitution by signing the Constitution Act - formerly known as the British North America Act. Canada Day is a national statutory holiday celebrated in all provinces and territories and it is a day off for most businesses.



What Is in Season:

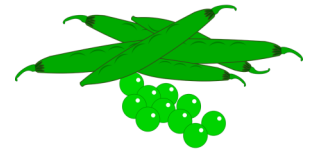
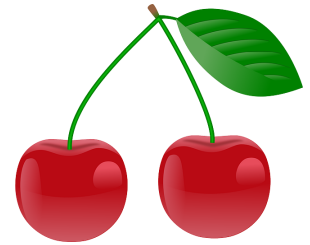
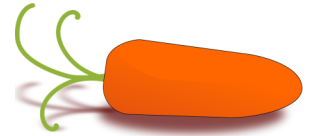
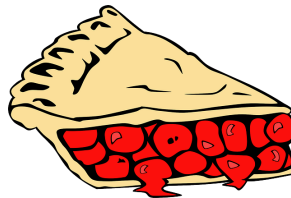
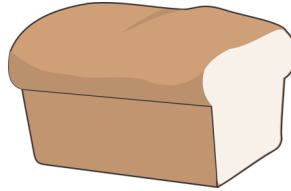
The Campbell's Orchard & Country Market

Address: 1633 County Rd 3, Carrying Place, ON K0K 1L0

Phone: [\(613\) 962-3751](tel:6139623751)

Belleville Farmers Market

Sunday	Closed
Monday	Closed
Tuesday	8a.m.– 5p.m.
Wednesday	Closed
Thursday	8a.m.– 5p.m.
Friday	Closed
Saturday	8a.m.– 5p.m.



Willow Creek Farms

Address: 1442 Frankford Rd, Frankford, ON K0K 2C0

Phone: [\(613\) 967-0882](tel:6139670882)

Palliser Group

Address: 98 Frankford Rd, Foxboro, ON K0K 2B0

Phone: [\(613\) 967-8452](tel:6139678452)



Coates Orchards

Address: 11 Tillings Rd, Brighton, ON K0K 1H0



Grills Orchards

Address: 886 Grills Rd, Belleville, ON K8N 4Z5

Phone: [\(613\) 968-6757](tel:6139686757)

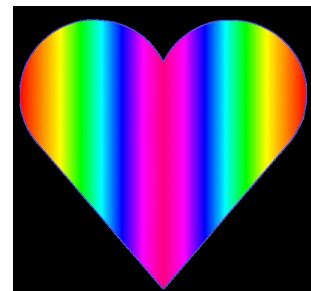
The Community Development Council of Quinte **Non-profit organization in Belleville,**

Address: 65 Station St, Belleville, ON K8N 2S6

Phone: [\(613\) 968-2466](tel:6139682466)

Having Fun...

Busy Creating....



Decisions...



LEARN

Eleven tips to keep cool and survive *summer heat waves* without air-conditioning.

In summer, heat waves can strike areas of the country where cooler climates are the norm. In these areas, many homes do not have air [conditioning](#), and surviving in the extreme temperatures becomes a challenge for everyone. The following steps can help you keep cool during a heat wave even if you have an air-conditioned home.

1. **Use box fans and ceiling fans to promote air circulation throughout your home.** Opening doors in the house and using box fans to push hot air outdoors can function as an "exhaust" system and draw cooler evening air into the house. In the cooler evenings, open all windows and promote as much air [circulation](#) as possible. When the sun rises, close all doors and windows, making sure to close curtains and blinds as well, to keep the indoors cool for as long as possible. When the outside air cools to a lower temperature than inside (usually in the evenings or at night), open up the windows and turn on the fans again.
2. **Take advantage of the cooling power of water.** Fill buckets or basins and soak your [feet](#). Wet towels and bandannas can have a cooling effect when worn on the shoulders or head. Take cool showers or baths, and consider using a spray bottle filled with [cold](#) water for refreshing spritzes throughout the day.
3. **Head downstairs.** Since hot air rises, the upper stories of a home will be warmer than the ground floor. A basement can be a cool refuge from the midday heat.
4. **Eliminate extra sources of heat.** Incandescent light bulbs can generate unnecessary heat, as can computers or appliances left [running](#). Eat fresh foods that do not require you to use the oven or stove to prepare.
5. **Remember to maintain an adequate level of hydration**, which means you'll need to consume more water than you usually do when it's hot. If you're [sweating](#) profusely, you will also need to replace [electrolytes](#) by eating a small amount of food with your water or by drinking specially-formulated electrolyte replacement [drinks](#). [Thirst](#) is the first sign of [dehydration](#); you should drink sufficient amounts of fluids before you feel thirsty in order to prevent [dehydration](#).
6. **Avoid alcoholic beverages and caffeine**, as both of these substances can act as diuretics and promote dehydration.
7. **For a homemade "air conditioning" system**, sit in the path of a box fan that is aimed at an open cooler, or pan filled with ice.
8. **Try to visit public buildings with air conditioning** during the hottest hours of the day if the heat becomes unbearable.
9. **Don't eat large, protein-rich meals** that can increase metabolic heat and warm the body.
10. **Be able to recognize the symptoms of heat-related illnesses** and true heat emergencies ([heat cramps](#), [heat rash](#), [heat exhaustion](#), [heat stroke](#)). Call emergency services (911) in the event of a heat emergency and try to cool the victim until help arrives.
11. Finally, remember that **pets also suffer when the temperature rises**. Cooling animals ([dogs](#), rabbits, cats) by giving them a "cool" bath or shower will help keep their body temperature down. A cool towel on a tile floor to lay on, a cool towel or washcloth laying over the skin next to a fan will also help cool the animal. Make sure they have plenty of cool water to drink as well. Signs of a heat [stroke](#) in a pet are:
 - rapid panting,
 - hot skin,
 - twitching muscles,
 - wide eyes,
 - [vomiting](#) and a dazed look.
 - lots of [drooling](#),

Call your vet if you think your pet has a heat [stroke](#).

Lemon Pudding Paradise

Ingredients

- 3 eggs, separated
- 1/2 cup (125 mL) sugar
- 1/3 cup (75 mL) all purpose flour
- Salt, pinch
- 2 tsp (10 mL) grated lemon zest
- 1/4 cup (50 mL) lemon juice
- 1 tbsp (15 mL) butter or margarine, melted
- 3/4 cup (175 mL) milk

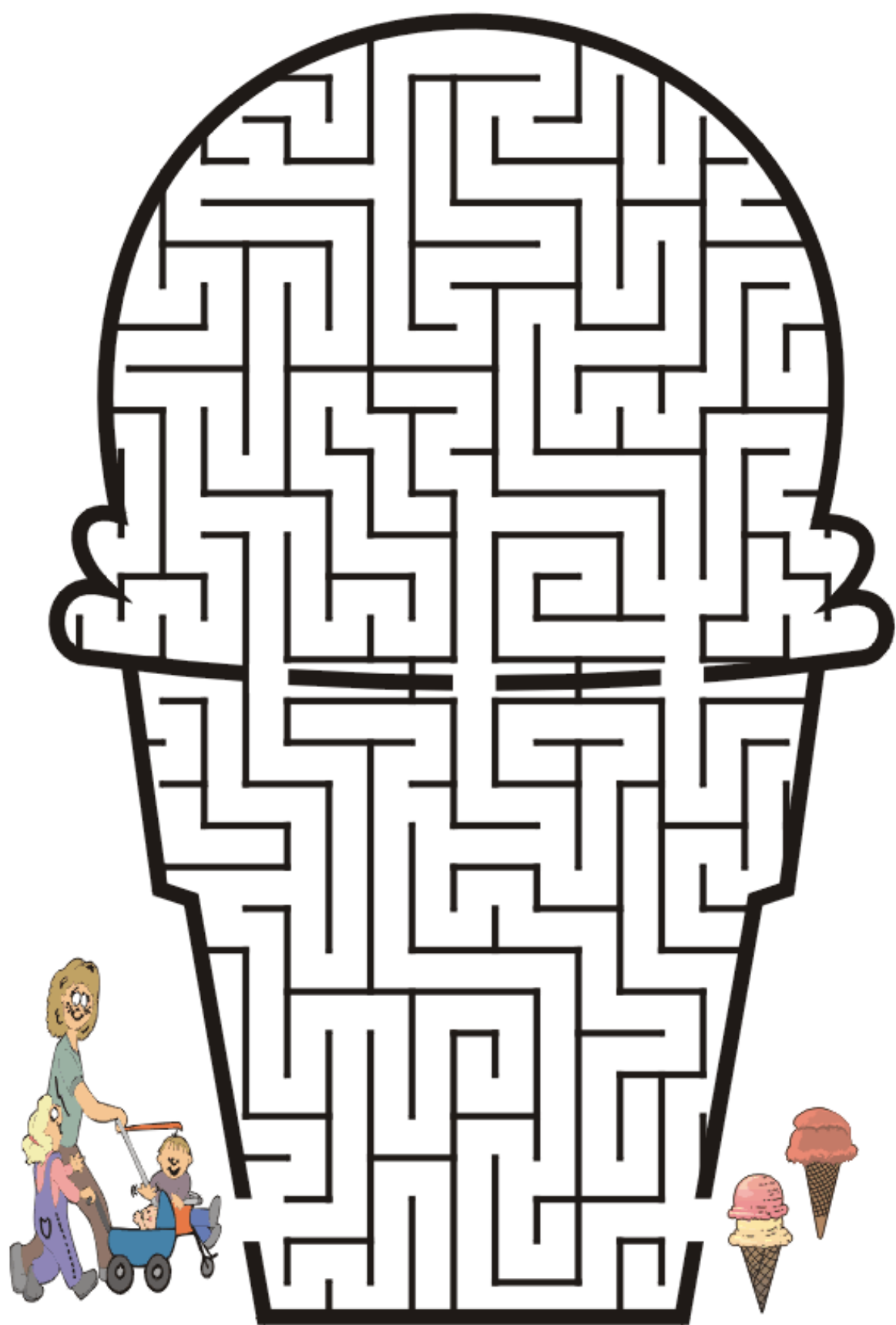


DIRECTIONS

Beat egg whites in large bowl until stiff but not dry. In separate bowl, stir together sugar, flour and salt. Whisk in lemon zest, lemon juice, butter or margarine, milk and egg yolks. Gently fold whipped whites into lemon mixture. Pour into greased 1-quart (1 L) baking dish. Place baking dish in a shallow pan of hot water so that the water rises 1 inch (2.5 cm) up the sides of the baking dish. Bake in a preheated 350°F (180°C) oven until top is lightly browned, about 35 to 40 minutes. Serve warm or cold. Sprinkle pudding cake with icing sugar or top with a dollop of whipped cream.

Serves 4.





Cauliflower Hash {Paleo}

Prep time: 8 mins Cook time: 12 mins Total time: 20 mins Yield: 2 servings

Ingredients

- 2 tablespoons olive oil
- ¾ lb (350 g) cauliflower, chopped into small pieces
- 1 medium onion, diced
- ¼ teaspoon smoked paprika
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 3 tablespoons water
- 1 large clove garlic, minced
- 2 teaspoons lemon juice
- 2 teaspoons minced fresh parsley leaves (for garnish)
- Fried eggs, for serving (optional)

How to Make It

1. Heat the oil in a large skillet over medium-high heat; add the cauliflower and onion in an even layer and let it cook without stirring until it takes on a little color on the bottom, about 2 to 3 minutes.
2. Give it a stir, then add the smoked paprika, salt, black pepper, and water. Cover the skillet and cook until the cauliflower is fork-tender but not mushy, and has taken on a golden color, about 3 to 5 minutes.
3. Turn the heat down to low, add the garlic, and cook 2 minutes, stirring constantly.
4. Stir in the lemon juice and cook until evaporated, about 30 seconds.
5. Serve with the parsley sprinkled on top, and add a fried egg if you like.



Easy Zoodles Recipe (Zucchini Noodles for Beginners)

Ingredients

- 1 (9-10 ounce) zucchini
- 8 oz. whole wheat spaghetti
- your favorite pasta sauce, warmed

How to Make It



Cook pasta according to package directions, omitting salt and oil.

Meanwhile, make the zoodles: First, remove the zucchini's stem. Then, using a spiralizer's spaghetti blade, spiralize the zucchini (which should yield about 8 ounces / 3 cups of zoodles). Place zoodles in the bottom of the colander where you will drain off the boiling pasta water. When the pasta is done cooking, drain the pasta over top of the zoodles in the colander. Toss zoodles and pasta together to combine, and place in a serving bowl, topped with your favorite sauce.

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

Ice Cream Flavors Word Search

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



BUBBLEGUM

BUTTER PECAN

CHERRY

CHOCOLATE

CHOCOLATE ALMOND

CHOCOLATE CHIP

COFFEE

COOKIES AND CREAM

FRENCH VANILLA

FUDGE RIPPLE

MAPLE WALNUT

MINT CHIP

NEAPOLITAN

PRALINE

RUM AND RAISIN

STRAWBERRY

TIGER TIGER

VANILLA



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



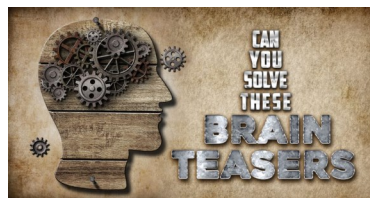
SEVEN LETTER WORD

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FIVE LETTER WORD

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A hiker comes across an intersection where three roads cross. He looks for the sign indicating the direction to his destination city. He finds that the pole carrying three city names and arrows pointing to them has fallen. He picks it up, considers it, and pops it back into place, pointing out the correct direction for his destination. How did he do it?



Grilled Skirt Steak with Red Peppers & Onions

Ingredients

- 1/2 cup apple juice
- 1/2 cup red wine vinegar
- 1/4 cup finely chopped onion
- 2 tablespoons rubbed sage
- 3 teaspoons ground coriander
- 3 teaspoons ground mustard
- 3 teaspoons freshly ground pepper
- 1 teaspoon salt
- 1 garlic clove, minced
- 1 cup olive oil
- 1 beef skirt steak (1-1/2 pounds), cut into 5-in. pieces
- 2 medium red onions, cut into 1/2-inch slices
- 2 medium sweet red peppers, halved
- 12 green onions, trimmed

Method

- In a small bowl, whisk the first nine ingredients until blended; gradually whisk in oil. Pour 1-1/2 cups marinade into a large resealable plastic bag. Add beef; seal bag and turn to coat. Refrigerate overnight. Cover and refrigerate remaining marinade.
- In a large bowl, toss remaining vegetables with 1/4 cup of the reserved marinade. Grill red onions and peppers, covered, over medium heat, 4-6 minutes on each side or until tender. Grill green onions 1-2 minutes on each side or until tender.
- Drain beef, discarding marinade in bag. Grill, covered, over medium heat 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°); baste with remaining marinade during the last 4 minutes of cooking. Let steak stand 5 minutes.
- Chop vegetables into bite-size pieces; transfer to a large bowl. Cut steak diagonally across the grain into thin slices; add to vegetables and toss to combine.



Total Time

Prep: 30 min. + marinating Grill: 20 min

Makes

6 servings

Non-Alcoholic Summer Drinks

Frosted Lemonade

Ingredients

1/2 c. freshly squeezed lemon juice

1/2 c. sugar

2 c. water

6 c. vanilla ice cream

sliced lemons, for garnish

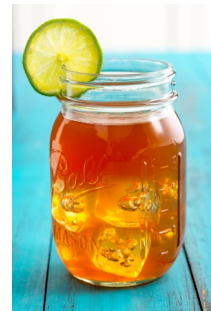
1. Mix lemon juice and sugar together in a pitcher until the sugar is fully dissolved. Add water to dilute and chill.
2. Into a blender, add lemonade and ice cream. Blend until smooth and divide among 3 cups. Garnish with slices of lemon and serve.

Makes 3 in 10 minutes....



Blushing Arnold Palmer

Everybody's heard of an Arnold Palmer—the pro golfer's signature blend of half iced tea, half lemonade—but we're offering one delish twist: Add a splash of grenadine before serving. That hint of cherry takes it OTT.



Watermelon Lemonade

Treat this like you would an Arnold Palmer, combining half watermelon juice, half lemonade. Pro move: Freeze watermelon chunks to use instead of ice cubes. As they thaw, your drink doesn't get watered down—and you have a snack for later. Wiiiin!



Word Game Answers - 7 Letter Printer
5 Letter Label

Brain Teaser Answer..... He knew which city he had just come from. He pointed that arrow back toward his origin point, which oriented the signs properly for his destination and a third city.

Hoping for summer heat? Most Canadians won't get it

Even more heat for western provinces that suffered forest fires this spring, and likely no change for a central Canada still hoping for sunny skies—the forecast for Canada's summer is looking like more of the same, Environment Canada's Dave Phillips says.

The agency's senior climatologist spoke to CTV News Channel Friday morning, on the first official day of summer, to share his outlook for the coming months. Phillips said that current weather patterns aren't likely to shift fast, and he admitted wishing we could "change the weather around."

"Bring the West, what they've had, to us — and give them the kind of moisture that we've had," he suggested. "We'd be happy campers, but it doesn't work that way."

Typically by this time, he said, the first "taste of summer" has already arrived. But this year, it's been largely confined to western Canada.

"We had some pretty dry conditions, of course, that lead to forest fires," he said. "We've seen temperatures that have gone up to 35, 36 degrees. So clearly some summery-like weather there in the spring. Here, in the eastern part of Canada, we're still waiting. It's like spring was sort of missing in action."

Freezing [rain warnings on May 1](#) in some parts of Ontario. Communities across provinces experiencing temperatures several degrees below average levels. Severe flooding in parts of Ontario and Quebec. It's been a difficult spring.

In eastern and central Canada, "we really have had no lead-up, no dress rehearsal with regards to the summer-like weather," Phillips said.

"Last year, some people complained that we had too much summer. This year it may be that we don't have enough summer."

According to Environment Canada, the summer weather is looking to be a continuation of the spring.

It's expected to get warmer and warmer the more west you are. While British Columbia and Alberta are likely going to be high above normal temperatures, Manitoba and Saskatchewan will be warmer than normal, but closer to past summer temperatures. Phillips said the Maritimes are "going to see some southerly air coming up to them."

But in Ontario and Western Quebec, "where millions of Canadians live and are waiting anxiously for some indication that summer is going to happen, it just may be more of the same," Phillips said. "Here in the central part (of Canada), it's been rain, rain, and more rain, we just can't string two or three good days in a row!"

Temperatures are expected to be "comfortable" there, unlike the heat that [killed nearly 100 people in Quebec](#) and prompted coast to coast heat warnings last summer.

Meanwhile, western regions could struggle to see much rain, according to Environment Canada.

Precipitation is difficult to predict over a three month period, but current models are showing that areas already suffering from dryness in western Canada are going to stay dry, Phillips said. And, although there were some "million dollar rains" on some of the southern prairies this week, he said, farmers will need more than that — the opposite problem that Ontario is having.

"There are some good things about a lacklustre kind of a summer," Phillips said about central Canada's predicament. "I don't think people will be dying because of the weather."

But he acknowledged that some residents in Ontario and central Canada may be frustrated.

"We had a tough fall, a tougher winter, the spring has been disappointing, so I think we're thinking that we're owed some summer-like weather," he said. "Nature never pays attention to our needs."



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**Brain Injury
Association**
QUINTE DISTRICT

Quilt Raffle

Tickets \$2 each



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