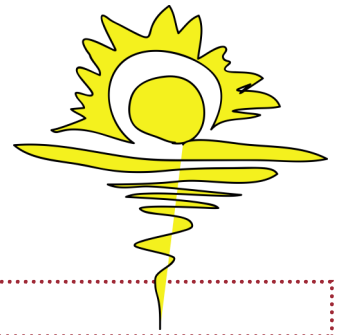


BIAQD Newsletter

For members of the Quinte Area Brain Injury
Association



SEPTEMBER 2018

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

SIGNS OF FALL

In many regions of North America, the landscape silently explodes with vibrant colors of red, yellow, and orange. The leaves begin to drop off the trees, providing endless hours of jumping into leaf piles for kids and raking them back up for parents!

There's an old weather proverb that states, "If autumn leaves are slow to fall, prepare for a cold winter." In other words, if leaves hang onto the tree for longer than usual, a colder winter is to come. Or, perhaps you just haven't had enough windy days! But look on the bright side—you get to look at the beautiful autumn foliage for a little bit longer.

Plants and trees are slowing down, as sunlight decreases. However, in the garden, asters and chrysanthemums bloom beautifully as orange pumpkins and corn mazes abound. Baseball season hits the homestretch, while football season is just warming up.

Halloween and Thanksgiving carry us through the season until temperatures begin to drop, nights begin to get longer, and all the woodland critters start storing up for the long haul of winter.

Of course, you can easily notice the later dawns and earlier sunsets.

WHAT CAUSES LEAVES TO CHANGE COLOUR?

First of all, not all leaves turn vivid colors in the fall. Only a few of our many species of deciduous trees—notably maple, aspen, oak, and gum—produce stellar performances for our annual autumn spectacular in North America.

Several factors contribute to fall color (temperature, precipitation, soil moisture), but the main agent is light, or actually the lack of it. The amount of daylight relates to the timing of the autumnal equinox.

As the autumn days grow shorter, the reduced light triggers chemical changes in deciduous plants causing a corky wall to form between the twig and the leaf stalk. This corky wall, or "abscission layer," eventually causes the leaf to drop off in the breeze. As the corky cells multiply, they seal off the vessels that supply the leaf with nutrients and water and also block the exit vessels, trapping simple sugars in the leaves. The combination of reduced light, lack of nutrients, and no water add up to the death of the pigment chlorophyll, the "green" in leaves.

Once the green is gone, two other pigments show their bright faces. These pigments, carotene (yellow) and anthocyanin (red), exist in the leaf all summer but are masked by the chlorophyll. (The browns in autumn leaves are the result of tannin, a chemical that exists in many leaves, especially oaks.)

Sugar trapped in autumn leaves by the abscission layer is largely responsible for the vivid color. Some additional anthocyanins are also manufactured by sunlight acting on the trapped sugar. This is why the foliage is so sparkling after several bright fall days and more pastel during rainy spells.



It's Back to School Time! 10 Tips to Make This School Year Healthier

After the lazy days of summer, it can be hard to start thinking about a new school year! Here are some tips to save you time and keep you and your family healthy.

Plan ahead

Taking a few minutes at night or on the weekend to plan for lunches and snacks will save you time (and stress!) on school days. It's worth it!

Tip #1: When you bring home your groceries, wash and chop your vegetables and fruit into school sized snacks. Place in plastic containers so they can be ready when you need them.

Tip #2: Re-organize! Keep all your lunch making supplies like lunch bags, plastic containers, reusable cutlery and napkins in one designated spot in your kitchen. This will make putting together lunches faster and easier.

Tip #3: Pack up dinner leftovers into a microwaveable container, make sandwiches and cut up fruits and veggies for lunch the next day.

Tip #4: Keep your pantry stocked so that you'll always have kid friendly healthy lunch and snack items.

Tip #5: Work with your children to come up with a weekly lunch plan. Look at the four food groups in [Canada's Food Guide](#) and ask your children to name a few items from each food group that they'd like to take to school. Aim to have three of the four food groups included in each lunch.

Tip #6: Let your kids help with preparing and packing their own lunch. Older children can help make sandwiches or stuff pitas, while younger children can place snacks into containers.

Since lunches and snacks will be left out at room temperature for most of the day, it's important to keep the food at a safe temperature to eat.

Tip #7: Place a frozen juice box or reusable water bottle in your kids' lunch to keep it cold. It will defrost by lunchtime and keep the rest of the food at a safe temperature as well. Hot foods, like leftovers, are best kept in a wide mouth thermos.

Tip #8: Find out your school's allergy policy and read labels so that you are sending your kids to school with lunches that are safe for their classmates.

Don't forget about activity

As part of the school day, your kids will get at least 20 minutes of physical activity - but Health Canada recommends that children get 90 minutes of activity each day. Here's how you can help get your kids those extra active minutes.

Tip #9: Challenge your children to reduce their screen time. For example, suggest that they watch one less television show each day and play outside during that time instead.

Tip #10: Lead by example. Plan fun activities as a family - even during the school week. Explore your neighbourhood on foot, visit the local swimming pool or organize a game of street hockey.

Make life easier for.... **Grampie and Grammie** **Parents** **Babysitters**

Chicken Waldorf Salad



Ingredients

½ cup quark or plain Greek yogurt (low-fat is OK)

2 Tbsp lemon juice

1 Tbsp grainy mustard

1 Tbsp chopped fresh dill or basil

2 cup diced cooked chicken

1 apple (such as Gala, Delicious or Macintosh), diced (unpeeled)

2 stalks celery, diced

½ cup lightly toasted walnut pieces

⅓ cup raisins

salt and pepper

shredded lettuce or cabbage leaves, as a base for the salad

How to Make It

1. Stir the quark (or yogurt) with the lemon juice, mustard and dill (or basil) to blend and set aside in a large bowl. Add the chicken, diced apple, celery, walnuts and raisins and toss with the dressing to coat. Season to taste and chill until ready to serve.
2. Serve the salad on a bed of shredded lettuce or cabbage

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!

Friends
Just Having
FUN



The Walking group is out and about!!



The silliness, friendships and creativity abounds!



Autumn

Find and circle all of the Autumn words that are hidden in the grid. The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN
APPLE
BIRD MIGRATION
BLOWING LEAVES
BLUSTERY DAY
CANNING
CHESTNUTS
CHILLY
COLD
CROPS

EQUINOX
FALL
FARMING
FEAST
FROST
HALLOWEEN
HARVEST
HAYSTACK
HICKORY NUTS
LONGER NIGHTS

NOVEMBER
OCTOBER
ORANGE LEAVES
PIE
PUMPKIN
RAKE
RED LEAVES
SCARECROW
SCHOOL
SEASON

SEPTEMBER
SHORTER DAYS
SQUASH
SWEET POTATOES
THANKSGIVING
TURKEY
WINDY
YELLOW LEAVES

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!

Coming soon....

We are having an ART SHOW and SALE!

September 24 - 28

223 Pinnacle St. - Core Centre

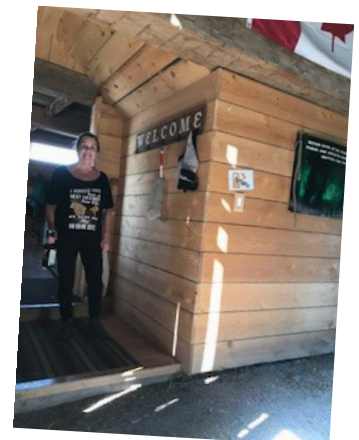
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A Note from the Editor....

I would like to apologise to everyone for not having an August newsletter. My vacation was in July and I never thought about doing it as we enjoyed our cottage on the ocean... sorry ...

I would like to thank Mallory for taking some pictures for the newsletter while I was away.

Also, I hope everyone had a great summer !! We are going into fall and hopefully we will cool off a bit...



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



FOUR LETTER WORD

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FIVE LETTER WORD

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A Day Spent with our member, Juanita, showing new art techniques to the group...

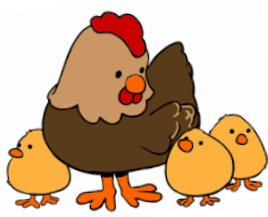


The gang is hard
at it ...



Some finished art! We
did another good job!

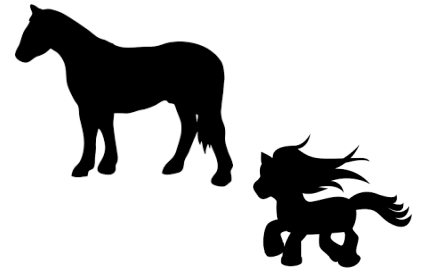




A Visit to the Farm

Many Thanks to Cory and Leian...

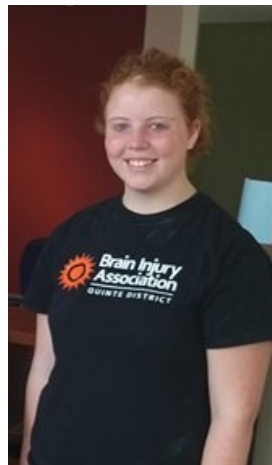
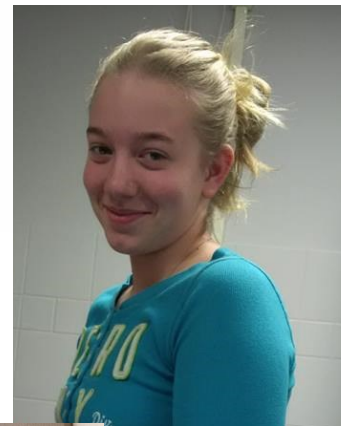
MALLORY, DAKOTA, & Autumn



We Say Goodbye and Good Luck to Our Summer Students...

You will both be missed very much by all of us! You were all very involved and helpful. Such nice girls to have with us while we spent our time at the Brain Injury groups.

THANK YOU



Riding Hood Stables



Baked Spaghetti

PREP TIME: 0 HOURS 15 MINS

TOTAL TIME: 1 HOUR 0 MINS

YIELDS: 6

Ingredients

16 oz.
spaghetti

2 tbsp.
extra-virgin olive oil

1
medium yellow onion, finely chopped

2
cloves garlic, minced

1 lb.
ground beef

1
(28-oz.) can crushed tomatoes

1/2 c.
basil, chopped

1 c.
shredded mozzarella

1/4 c.
Parmesan



How to Make It

Preheat oven to 350 degrees F. Grease a medium baking dish.

Cook spaghetti according to package directions until al dente, drain, and set aside.

Meanwhile, in a large skillet over medium heat, heat oil. Add onions and cook until soft and translucent, about 5 minutes. Stir in garlic and cook until fragrant, 1 minute more. Add ground beef, season with salt, pepper, and Italian seasoning, and cook until no longer pink, about 8 minutes. Drain fat in a bowl lined with paper towels and return to pan. Pour in crushed tomatoes and basil and simmer until slightly reduced, about 10 minutes. Season with more salt and pepper to taste.

Toss with spaghetti, then transfer to baking dish and top with mozzarella and Parmesan. Bake until cheese is melted and pasta is warmed through, about 20 minutes.

Poker Themed



4th Annual
BIAQD

WALKATHON



Win
Prizes!

RAINED OUT

When: Wednesday, August 15th, 2018
Where: Tom Gavey Pavilion (Zwick's)
Time: 5 pm
BBQ: After Walk-A-Thon
Hamburgers
Hotdogs
Salads



PLEDGE FORMS AVAILABLE AT THE OFFICE....

Bring and hand in your completed Pledge form
at the Walk-A-Thon.

All Prize Donations Welcomed!

All Donations can be left at the office.



Brain Injury
Association
QUINTE DISTRICT

Walk-A-thon
Fundraiser



Uncorked 2018



Brain Injury
Association
QUINTE DISTRICT

Fundraiser Dinner / Holiday Party

Saturday December 1, 2018

Urban Hall

70 Harder Drive

Belleville, ON

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 \$100.00 each. All proceeds go to Programming, and Supporting Individuals in our Community living with the effects of Acquired Brain Injury.

For more information contact the Brain Injury Association by calling 613-967-2756 or email info@biaqd.ca

Sponsorship Packages Available

