



**Brain Injury  
Association  
of the  
Ottawa  
Valley**

# NEWSLETTER September 2020

A place where adults with  
brain injury can learn,  
socialize, and have fun!



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## Humour! by Murray

Here's a good laugh EVERYONE PLEASE BE CAREFUL because people are going crazy from being locked down at home!!!!!!

I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic...told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me! They told me to "pull myself together!"

We will survive!! Pass it on - gotta keep the humour!



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**STEP UP**  
**Work Centre**

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# Challenges

Through life's activities faced,  
Challenges met are faced,  
With personal goals we attain,  
Through much effort towards we gain.

Throughout every night and day,  
In our individual ways,  
We meet demands of self or other,  
Perhaps friend, father or mother.

Final results achieved,  
Allow us to be relieved,  
As achievements are encased,  
Successes obtained offer grace.

~ Tania M.



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The Step Up Work Centre slogan is  
***"Member Run, Member Driven"***

***So we want to hear from the members!***

Submissions can be sent to [hannah@biaov.org](mailto:hannah@biaov.org) for future issues.

# RECIPES

## Chip's Favourite Golden Pecan Pie

*Even the most ardent calorie watchers find it hard to resist the sweet seduction of pecan pie.*

### CRUST

Pie crust can be bought ready-made at most grocery stores - or - see recipe on next page

### FILLING

- 1/3 cup firmly packed brown sugar
- 1 1/2 teaspoons all purpose flour
- 1 1/4 cups light corn syrup
- 1 1/4 teaspoons vanilla
- 3 eggs
- 1 1/2 cups pecan halves or broken pecans
- 2 tablespoons margarine or butter, melted

### PREPARATION

Prepare pastry for Filled One-Crust Pie using 9-inch pie pan.

Heat oven to 375°F or 190°C. In large bowl, combine brown sugar, flour, corn syrup, vanilla and eggs; beat well.

Stir in pecans and margarine. Pour into pastry-lined pan.

Bake at 375°F or 190°C. for 40 to 50 minutes or until center of pie is puffed and golden brown. Cool.

Yield: 8 servings

### NUTRITION PER SERVING:

Calories 490; Protein 5g; Carbohydrate 64g; Fat 25g; Sodium 190mg.

**VARIATION:** ORANGE PECAN PIE: Add 1/2 teaspoon grated orange peel to filling. Garnish with candied orange peel, if desired.



# RECIPES

## Pie Crust

### A Guide for baking pastry

#### Ingredients

- 1 1/2 cups all-purpose flour **or** pastry flour [pastry flour bakes slightly slower than all-purpose – keep watch!]
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 cup shortening
- 1/3 cup ice cold water

**Yield:** One double crust pie or two 9" single shells

#### Directions

- Mix flour, salt, and baking powder together. Cut in shortening with 2 knives or pastry blender. Add water, a little at a time, using just enough to bind mixture so that dough can be patted lightly to form a ball. **HANDLE AS LITTLE AS POSSIBLE.**
- Form 2/3 of dough into a round disk and place on lightly floured board. Save the remaining dough for top crust. Roll dough from centre outward, with a light, even pressure, to form a circle 1/8" thick and an inch larger than pie plate.
- Fold double and lift gently, into pie plate. Unfold and fit loosely into place. **DO NOT STRETCH.** Trim edges, allowing 1/4" to 1/2" extra all around. Put in a generous amount of filling. Heap fruit filling in centre because it will cook down near the centre to allow steam to escape.
- Brush edges of undercrust with water, fit top crust over filling and lightly press top edge over undercrust. Trim edges evenly and flute. Bake as directed for pie filling.



#### Rolling out the pie crust on YouTube

<https://www.youtube.com/watch?v=7um2q4XP0Q4>



# RECIPES

## Strawberry Shortcake

### Basic Dough for Shortcakes

Oven: 450°F

Time: 12 – 15 minutes

### INGREDIENTS

- 2 cups all-purpose flour
- 2 tbsp sugar
- 1/2 tsp salt
- 1/3 cup butter/margarine
- 1 cup milk
- 4 tsps baking powder

### PREPARATION

Stir dry ingredients together. Cut in butter with pastry blender or 2 knives until the mixture is crumbly. Make a well in the dry ingredients and pour in milk. Toss mixture lightly with fork until liquid is absorbed. Roll dough lightly with hand or rolling pin on lightly floured board about  $\frac{3}{4}$  " thick. Cut with a 4" cookie cutter or glass into 6 rounds. Place on a baking sheet and bake in a hot oven.

To serve shortcakes, divide each biscuit in half and fill with fruit and whipped cream. Do the same on the top.

You can use strawberries, peaches or rhubarb.



## Grandma McDonald's Ginger Snaps

### INGREDIENTS

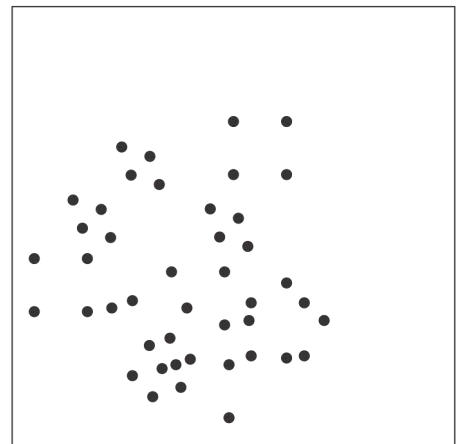
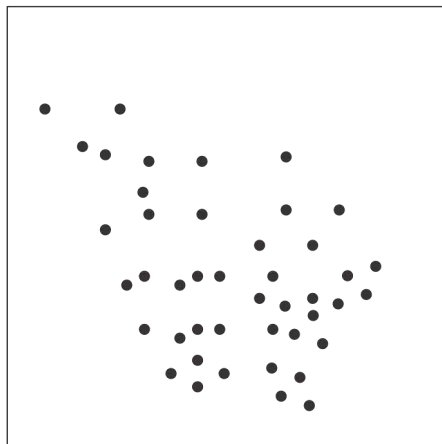
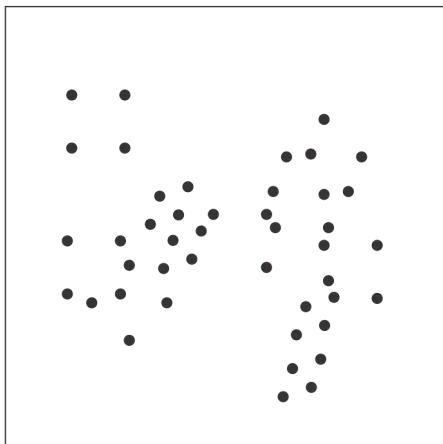
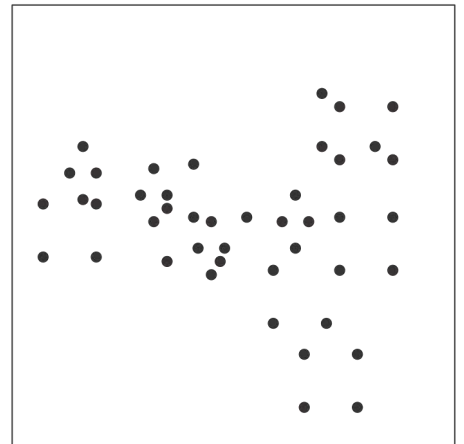
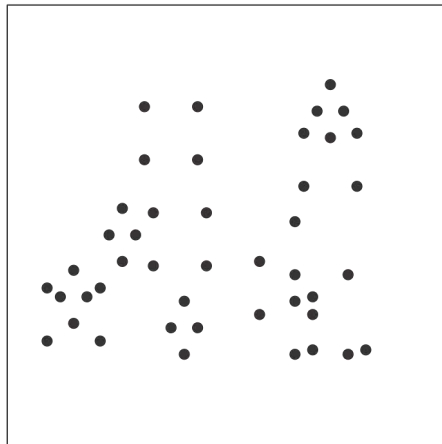
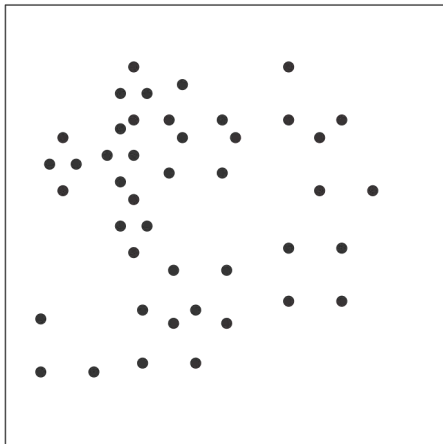
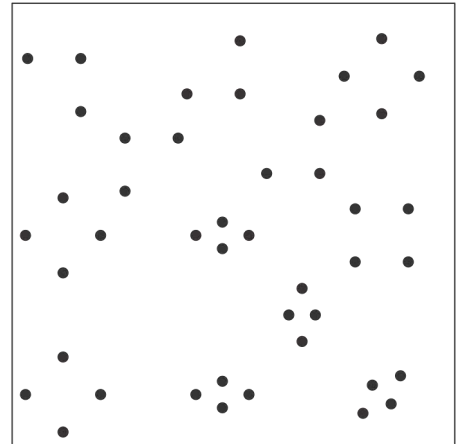
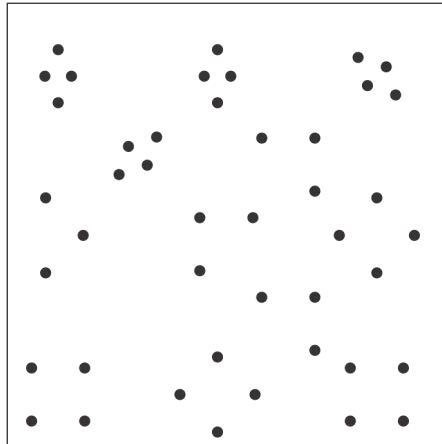
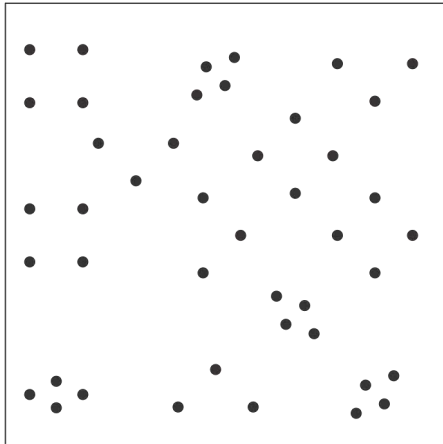
- 2 cups flour
- 1/2 tbsp salt
- 1 tbsp ginger
- 1 cup white sugar
- 3/4 cup shortening
- 2 tsp baking soda
- 1 egg, unbeaten
- 1/4 cup molasses



### PREPARATION

Preheat oven to 350°F. Mix ingredients together. Roll in a small ball and roll in white sugar. Place 2" apart on an ungreased cookie sheet. Bake for approximately 15 minutes.

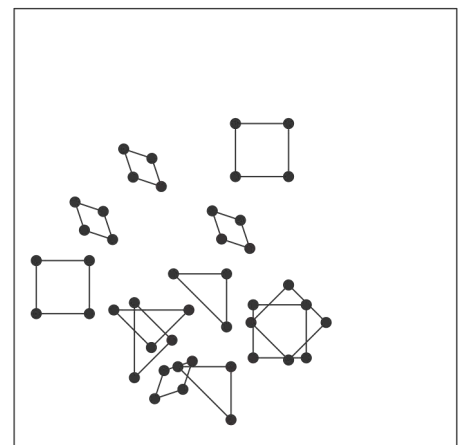
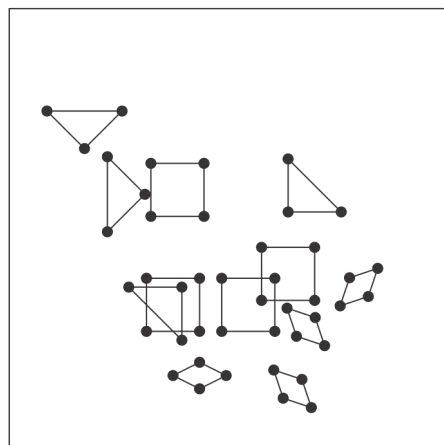
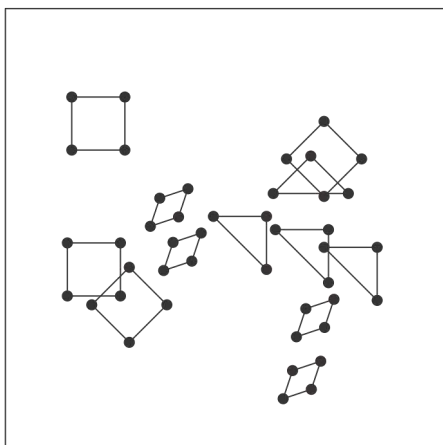
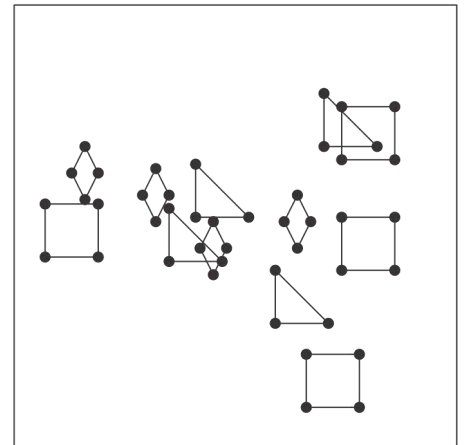
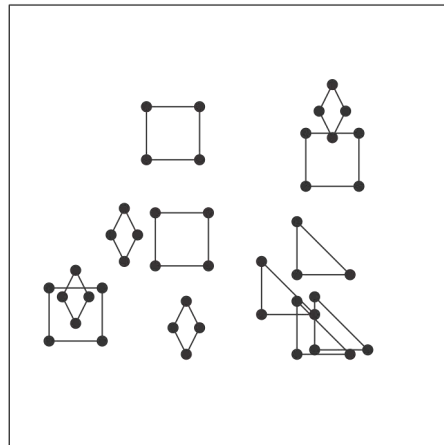
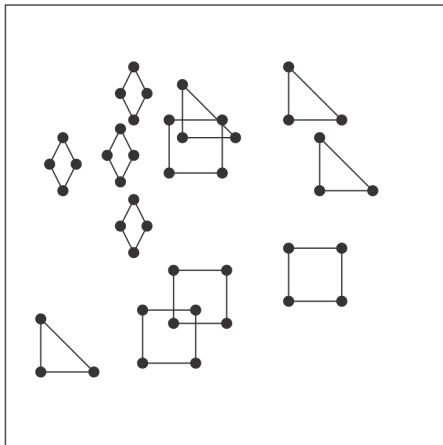
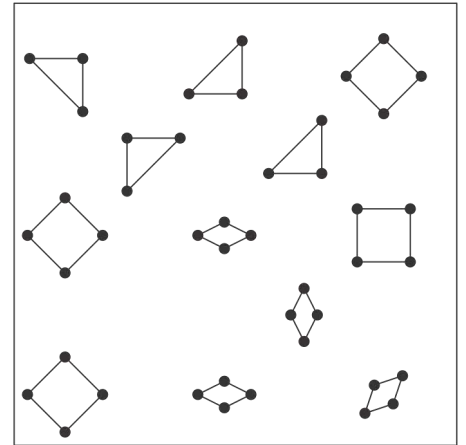
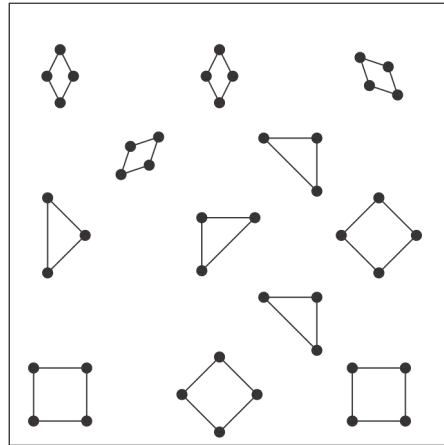
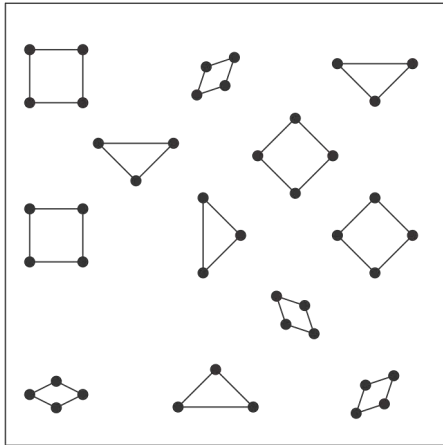
## Cognitive puzzles (n°9)



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Print this page. For each frame, find the reference shapes displayed above the frames. To find shapes, link dots together with a pencil. Each dot should be used once. Top row: shapes may be rotated compared to their reference. Middle row: shapes may overlap but are not rotated. Bottom row: shapes may overlap and be rotated. **Solutions are on page 7 - next page.**

# Cognitive puzzles (no9) – Solutions



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# Bands of the 70's Word Search

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

**AEROSMITH**  
**AMERICA**  
**BAD COMPANY**  
**BEE GEES**  
**BLACK SABBATH**  
**BOSTON**  
**CHICAGO**  
**COMMODORES**

**DEEP PURPLE**  
**FLEETWOOD MAC**  
**FOREIGNER**  
**HEART**  
**JOURNEY**  
**KANSAS**  
**KINKS**  
**KISS**

**MOODY BLUES**  
**SANTANA**  
**TEMPTATIONS**  
**THE BEACH BOYS**  
**THE CLASH**  
**THE DOORS**  
**THE SPINNERS**  
**THE WHO**

Answers on page 10

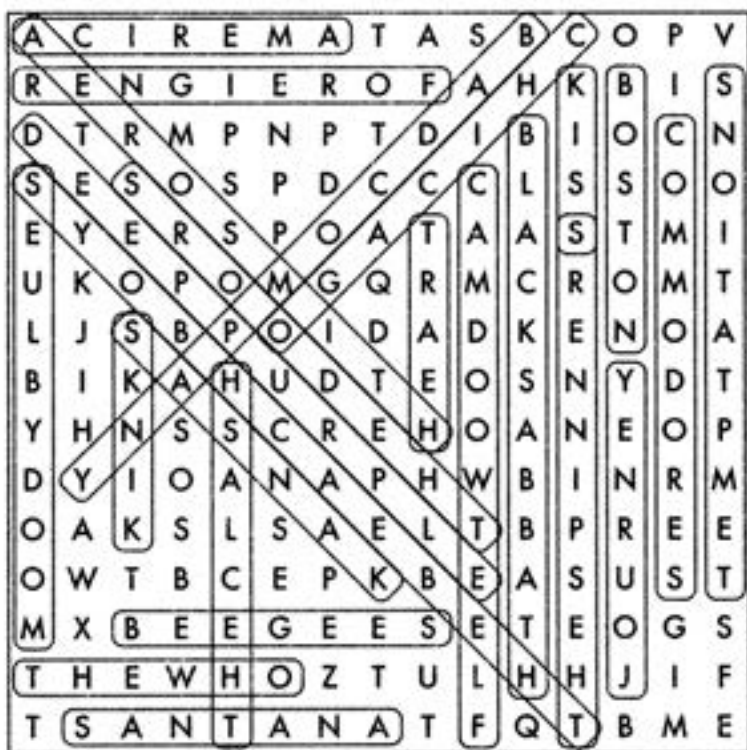


# September Sudoku

	1				5		7	4
	2			1		9		
8		7	3					2
		1		4	8	6		
3	7						9	8
		8	9	7		2		
7					4	8		9
		5		2			6	
4	6		8				2	

EASY level - answers on page 10

# BANDS OF THE 70'S



# September Sudoku

9	1	6	2	8	5	3	7	4
5	2	3	4	1	7	9	8	6
8	4	7	3	9	6	1	5	2
2	9	1	5	4	8	6	3	7
3	7	4	1	6	2	5	9	8
6	5	8	9	7	3	2	4	1
7	3	2	6	5	4	8	1	9
1	8	5	7	2	9	4	6	3
4	6	9	8	3	1	7	2	5

SEPT  
15

SAVE THE DATE..



For the 7th annual...

**FLEMING FITNESS**

Leading Fitness & Injury Rehab Specialists

**Golf Tournament**

All proceeds benefiting the Brain Injury Association of the Ottawa Valley

...at Loch March Golf & Country Club

KEN EVRAIRE AS THE M.C.

*"It's going to be another great day at Loch March and I can't wait to see you out there."*

CONTACT PAT FLEMING  
FOR SPONSORSHIP  
OPPORTUNITIES  
(2 PLATINUM, 1 GOLD,  
1 WINE, 1 BEER, 2 SILVER,  
1 BRONZE)

Patrick Fleming, R.Kin, CSCS  
Fleming Fitness  
613-882-8434  
[patrick@flemingfitness.ca](mailto:patrick@flemingfitness.ca)

# September 2020

SUN

MON

TUE

WED

THU

FRI

SAT

		1	2	3 Virtually Step Up	4	5
6	7 Labour Day Holiday	8	9	10 Virtually Step Up Don Wardell 	11	12
13	14	15	16	17 Virtually Step Barry Detrie 	18	19
20	21	22	23	24 Virtually Step Up	25	26
27 Hannah McNaugh 	28	29	30			

## *Birthdays*

*Don Wardell - Sept 10*

*Barry Detrie - Sept 17*

*Hannah McNaught - Sept 27*

Contact [hannah@biaov.org](mailto:hannah@biaov.org)  
for weekly time for the ***Virtually Step Up*** Meeting !