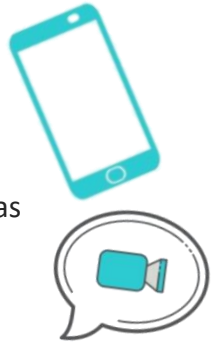


## BIG IDEAS WEEKLY

Our Littles or Mentees need you now, more than ever.

We encourage you to continue to connect weekly with your Little Brother or Little Sister and to continue to explore new ways to have fun despite social distancing. Big Brothers Big Sisters of Halton and Hamilton, we will send you a newsletter, weekly, promoting some ideas that may help to keep you connected.

We would encourage all friendships to submit their own ideas and stories of their attempts at virtual fun, so that other friendships may benefit from them...



## TEST HOW WELL YOU YOU KNOW PEOPLE

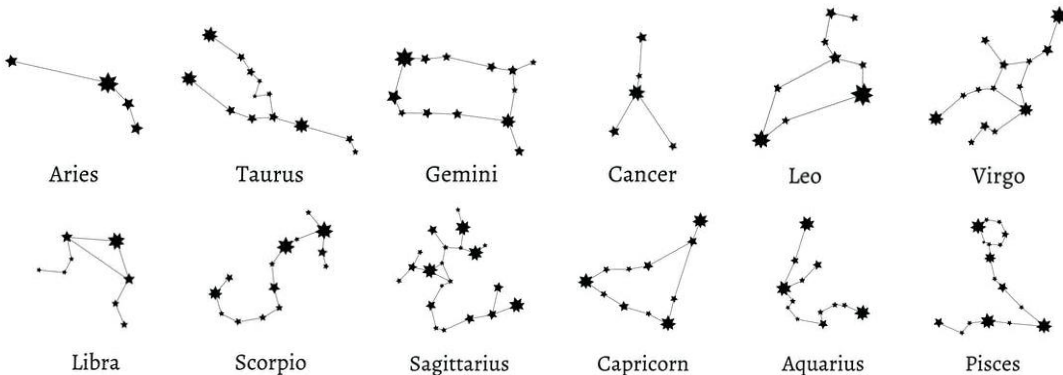
So you think you know people? Thinking about the people you know, look at the Zodiac signs below and try to match the correct Zodiac sign to the characteristics on the right. The answers can be found on the last page.

### ZODIAC SIGNS

1. Aries (March 21 – April 19)
2. Taurus (April 20 – May 20)
3. Gemini (May 21 – June 21)
4. Cancer (June 22 – July 22)
5. Leo (July 23 – August 22)
6. Virgo (August 23 – Sept 22)
7. Libra (September 23 – Oct 22)
8. Scorpio (October 22 – Nov 21)
9. Sagittarius (Nov 22 – Dec 21)
10. Capricorn (Dec 22 – Jan 19)
11. Aquarius (Jan 20 – Feb 18)
12. Pisces (February 19 – Mar 20)

### CHARACTERISTICS

- \_\_\_ loyal, ambitious, hardworking, critical, unforgiving, serious
- \_\_\_ creative, artistic, emotional, moody, negative, selfless
- \_\_\_ compassionate, inventive, charming, stubborn, opinionated
- \_\_\_ forceful, ambitious, courageous, impulsive, naïve, confident
- \_\_\_ social, good communicator, indecisive, restless, imaginative
- \_\_\_ passionate, generous, humorous, arrogant, stubborn, vain
- \_\_\_ Intelligent, sensitive, mysterious, stubborn, intuitive, intense
- \_\_\_ loyal, Introverted, quick-temper, genuine, loyal, intelligent
- \_\_\_ generous, affectionate, caring, gossipy, hypersensitive
- \_\_\_ perfectionist, sensitive, dedicated, critical, easily annoyed
- \_\_\_ deep thinker, honest, intelligent, wild, careless, impatient
- \_\_\_ romantic, fair, understanding, listener, unreliable, lazy



## FALL FUN LIST

Check off activities from the list below, or make your own fall fun list.

- WATCH THE THANKSGIVING DAY PARADE
- WATCH ITS THE GREAT PUMPKIN CHARLIE BROWN
- MAKE HOMEMADE SOUP OR CHILI
- VISIT THE PUMPKIN PATCH
- MAKE CARAMEL APPLES
- MAKE APPLE PIE
- TAKE WALKS
- GO ON A HAYRIDE
- WATCH A FOOTBALL GAME
- VISIT AN APPLE ORCHARD
- JUMP IN RAIN PUDDLES
- RAKE LEAVES (AND THEN JUMP IN THEM!)
- GO TO A HALLOWEEN PARTY OR TRICK OR TREATING
- ENJOY THE SEASON!



## OTHER FALL FUN LIST ACTIVITIES

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Backyard football | <input type="checkbox"/> Catch a falling leaf | <input type="checkbox"/> Go hiking                     |
| <input type="checkbox"/> Have a bonfire    | <input type="checkbox"/> Make a scarecrow     | <input type="checkbox"/> Visit a pumpkin patch         |
| <input type="checkbox"/> Apple picking     | <input type="checkbox"/> Carve a pumpkin      | <input type="checkbox"/> Fall-inspired arts and crafts |



# APPLESAUCE RECIPE

After apple picking, here's an idea of what to do with all those apples ...



## INGREDIENTS

- 4 pounds of apples (about 8 to 10 apples, depending on the size) peeled, cored, and quartered\* (use apples varieties that are good for cooking such as Granny Smith, Pippin, Gravenstein, McIntosh, Fuji, Jonathan, Jonagold, or Golden Delicious)
- Note that the apples can be prepped outside and put into the pot to cook
- 2 strips of lemon peel (use a vegetable peeler to strip 4 lengths, zest only, not the pith)
- 3 tablespoons lemon juice or apple cider vinegar (more or less to taste)
- 1/2 teaspoon ground cinnamon
- Up to 1/2 cup of white sugar (can sub half of the white sugar with brown sugar)
- 1 cup of water
- 1/2 teaspoon of salt

*\*To prep the apples, use a sharp vegetable peeler or paring knife and cut away the outer peel. Then quarter the apple and use a paring knife to cut out the tough core parts from the quarters. Or use an apple peeler corer.*

## INSTRUCTIONS

### 1. Boil peeled, cored, quartered apples with lemon, cinnamon, sugar, salt in 1 cup water:

- Place the peeled, cored, and quartered apples into a large pot. Add the strips of lemon peel, the lemon juice or vinegar, cinnamon, sugar, water and salt. (You might want to start with half the sugar at this point and add more to taste later.)
- Bring to a boil on high heat, then lower the temperature, cover the pot, and maintain a low simmer for 15-20 minutes, until the apples are completely tender and cooked through.

### 2. Remove lemon peels, mash the cooked apples: Once the apples are cooked through, remove the pot from the heat.

- Use a potato masher to mash the cooked apples in the pot to make a chunky applesauce. For a smoother applesauce you can either run the cooked apples through a food mill, or purée them using a stick blender or a standing blender. (If you use a standing blender, do small batches and only fill the blender halfway.)

## HELPFUL HINTS

- If the applesauce is too thick, add more water to thin it out.
- If not sweet enough, add more sugar to taste. If too sweet, add more lemon juice.
- This applesauce is delicious either hot or chilled. It pairs well with pork chops for savory dishes, it's terrific with cottage cheese as a snack or light lunch, and it's great with vanilla ice cream or yogurt.
- Freezes well and will last at least a year in a cold freezer. If you freeze it, make sure to allow enough headroom in your jar for expansion (at least an inch).





# AUTUMN SCRAMBLE

Can you unscramble the Autumn words below?

1. vhtsear      \_ \_ \_ \_ \_
2. aveesl      \_ \_ \_ \_ \_
3. cesowrracv      \_ \_ \_ \_ \_
4. lowlye      \_ \_ \_ \_ \_
5. binrefo      \_ \_ \_ \_ \_
6. prae      \_ \_ \_ \_
7. aker      \_ \_ \_ \_
8. racon      \_ \_ \_ \_
9. isrqeulr      \_ \_ \_ \_ \_
10. alppe      \_ \_ \_ \_
11. nagreo      \_ \_ \_ \_ \_
12. lfal      \_ \_ \_ \_
13. rde      \_ \_ \_
14. owbrn      \_ \_ \_ \_



## PUMPKIN TRIVIA

Test your pumpkin knowledge by answering the trivia below ...

**Pumpkins are a:**

- a. fruit
- b. vegetable
- c. mineral

**Who is the avid believer in the Great Pumpkin on "It's the Great Pumpkin, Charlie Brown" cartoon?**

- a. Lucy
- b. Charlie Brown
- c. Linus

**Pumpkins are made up of how much water?**

- a. 30%
- b. 50%
- c. 90%

**The largest pumpkin ever grown weighed how much?**

- a. 844 lbs
- b. 1,140 lbs
- c. 2,091 lbs

**Which Disney princess caught a ride to the ball in a pumpkin?**

- a. Snow White
- b. Cinderella
- c. Princess Aurora

**Pumpkins contain significant amounts of:**

- a. potassium and Vitamin A
- b. magnesium and Vitamin C
- c. folate and Vitamin D

**Pumpkins are grown on how many continents?**

- a. 2
- b. 5
- c. 6

**The largest pumpkin pie ever made was**

- a. 350 lbs and 5 feet in diameter
- b. 200 lbs and 6 feet in diameter
- c. 400 lbs and 7 feet in diameter

**What variety is the traditional Halloween pumpkin?**

- a. Autumn Gold
- b. Connecticut Field
- c. Baby Boo

**Pumpkins were once recommended for**

- a. removing freckles and curing snake bites
- b. reducing swelling and removing wrinkles
- c. curing chicken pox and repelling spiders



## ANSWERS TO THE ZODIAC SIGN MATCH

Characteristics in order: Capricorn, Pisces, Aquarius, Aries, Gemini, Leo, Scorpio, Taurus, Cancer, Virgo, Sagittarius, Libra

