



CROWN HEIGHTS CHRONICLE



Latest news and bulletin updates

Members have been letting me know that they look forward to receiving their copy of this newsletter. I welcome submissions, humour, member news, recipes and ideas of all kinds. Don't be afraid to send me recipes, articles or any suggestions on how to improve the newsletter. I look forward to receiving any input. Thank you.

Ruth Cohen, Editor ruthc613@gmail.com

VOLUNTEERING & PARTICIPATION

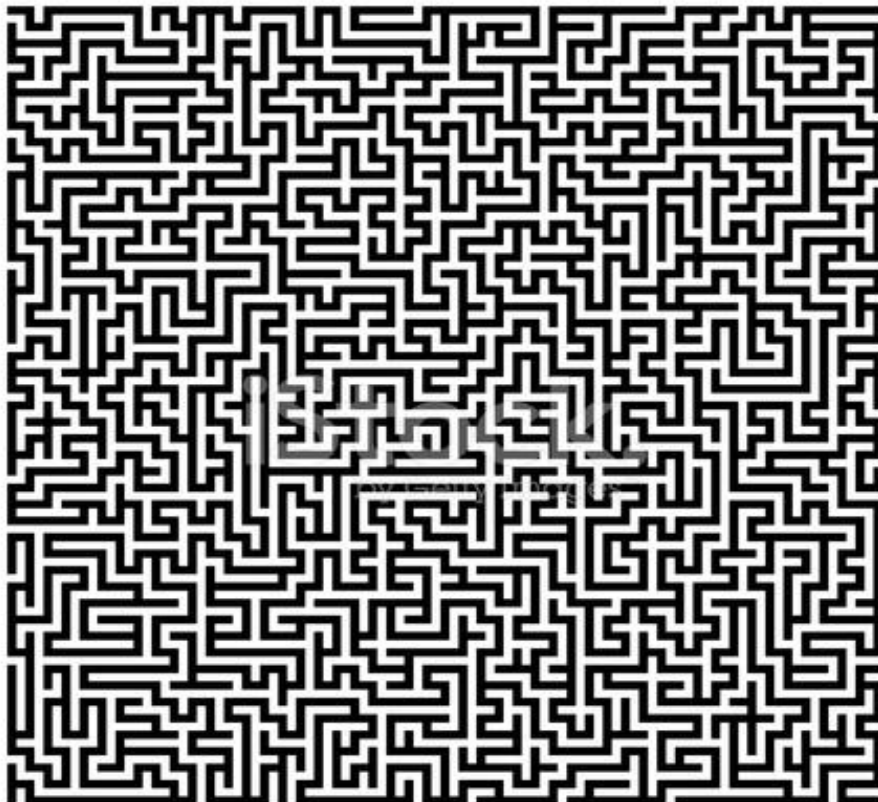
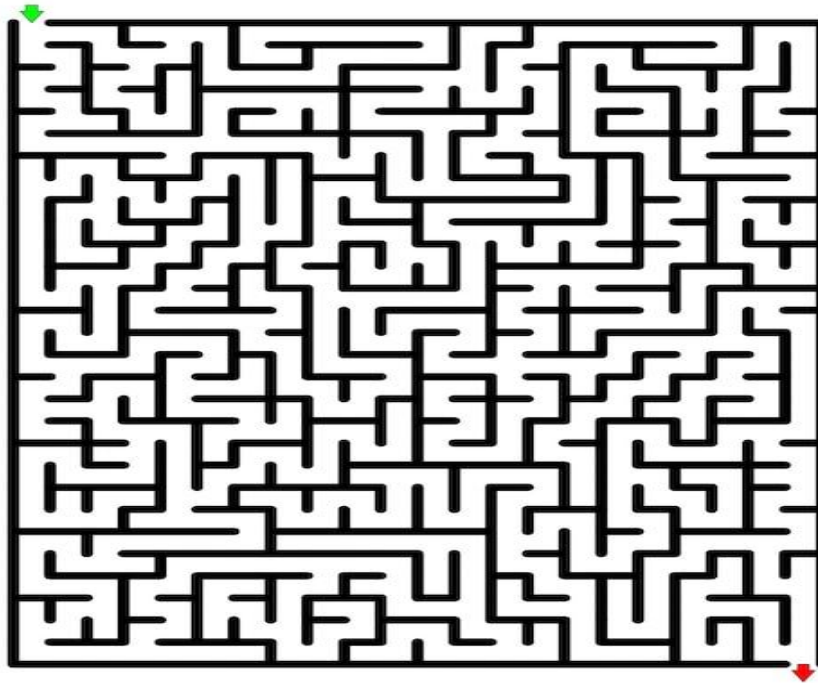
When prospective members were asked by the Membership Committee about volunteering, every person agreed to participate and volunteer. Sadly, after becoming members, most of them lost all interest in helping out in the co-op. Although it is true that we only have a few committees that members can join, there are many other ways to contribute. First, and foremost, you can at least participate. At least some of you should be attending General Members Meetings. It is awful that we sometimes have to cancel meetings because we can't even get the minimum of 25 members required, out of 118 units, to hold a meeting. Please get involved – take an interest. This is your community.

Second, there are other ways to volunteer. We always need helpers to unload the produce and foodstuffs for the Food Bank. We also need volunteers to deliver flyers and notices and help setting up social events. Teenagers can also volunteer. High school students could earn their volunteer hours necessary for graduation by helping seniors in the co-op – mowing lawns, pulling weeds, etc. Even younger kids could pick up trash on the street on clean-up days.

Benefits of volunteering

- **Improved Community:** Strengthens community bonds and creates a more welcoming environment for all residents.
- **Skill development:** Helps develop new skills or refine existing ones, which can be beneficial for your personal and professional life.
- **Reduced costs:** Volunteer work can help to lower the overall operating costs of the co-op, potentially leading to lower housing charges.
- **Personal satisfaction:** Contributing to the well-being of your community is very rewarding.

SOLVE THESE MAZES!



HUMOUR PAGE

The local charity realized that it had never received a donation from the city's most successful lawyer.

So a volunteer paid the lawyer a visit in his lavish office. The volunteer opened the meeting by saying, 'Our research shows that even though your annual income is over two million dollars, you don't give a penny to charity. Wouldn't you like to give something back to your community?'

The lawyer thinks for a minute and says, 'First, did your research also show you that my mother is dying after a long painful illness, and she has huge medical bills that are far beyond her ability to pay?'

Embarrassed, the rep mumbles, 'Uh... No, I didn't know that.'

'Secondly,' says the lawyer, 'did it show that my brother, a disabled Veteran, is blind and confined to a wheelchair and is unable to support his wife and six children?'

The stricken rep begins to stammer an apology, but is cut off again

'Thirdly, did your research also show you that my sister's husband died in a dreadful car accident, leaving her penniless with a mortgage and three children, one of whom is disabled and another that has learning disabilities requiring an array of private tutors?'

The humiliated rep, completely beaten, says, 'I'm so sorry. I had no idea.'

And the lawyer says, 'So, if I didn't give any money to them, what makes you think I'd give any to you?'

So I volunteered for the Russian Vaccine Trial for Covid-19. It's been kept very, very quiet for security reasons. I received my first shot and wanted to let you know that it's completely safe with no side effects whatsoever, and that I feelshki xoposhó я чувствую себя немного странно и я думаю, что вытащил ослиные уши.

"Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals."

DAVE GYNN

facebook.com/thecoreofjoy

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."



As a **volunteer** I tell people where to go!

I was **born** for this!



hamp
getitdone.com

WHAT'S COOKING RECIPE PAGE

NON-DAIRY ICE CREAM SQUARES – submitted by Tziviva Wagowsky

- 1 container Tofutti cream cheese
- 1 container whipped cream
- 1 pkg. frozen strawberries 600g
- 1 pkg. frozen blueberries 600g

Place frozen strawberries, frozen blueberries and cream cheese in a food processor or blender

Blend until smooth

Place in bowl

Blend whipped cream until fully whipped

Add to bowl with the fruit mixture

Mix together

Pour into 9 by 13 glass dish

Place in freezer overnight

Cut into squares and allow it to thaw a few minutes before serving

*Not exactly as shown



KISHUIM – EASY STEWED ZUCCHINI - submitted by Ruth Cohen

- 3 onions diced
- 4 medium zucchini, peeled and diced
- 1 box of mushrooms, sliced and cubed
- ½ can of tomato sauce
- Olive oil for frying
- Sprinkles of salt
- Few dashes of pepper
- Generous dashes of garlic powder

In a medium pot, sauté onions and mushrooms until softened

Add zucchini and sauté some more

Add salt, pepper and garlic powder

Mix together

Add ½ can tomato sauce

Stir well

Cook 30 minutes on medium/low heat (between #4 & #5)

Serve as a side dish or over rice

*Not exactly as shown

