



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

SPOTLIGHT ON OUR STAFF



A little about me..

Born in Toronto, Ontario, to Jamaican parents, I pursued a bachelor's in business management from Ryerson University (now Toronto Metropolitan University). I have a whopping 8 siblings (5 brothers and 3 sisters). And let's not forget my loving and needy dog, Bella, who keeps us on our toes! After spending 11 years at Manulife Financial, I decided to swap the corporate world for a new chapter in the vibrant community of Crown Heights Co-op. I joined Crown Heights in May 2018, a year after a life-changing event. From day one, meeting the fun blue-haired lady and being introduced to the dynamic board members, it's been a rollercoaster of challenges, enjoyment, and learning. My superb and crazy teammates, Shirley and Spence, make working here a true blessing.

What I do for fun?

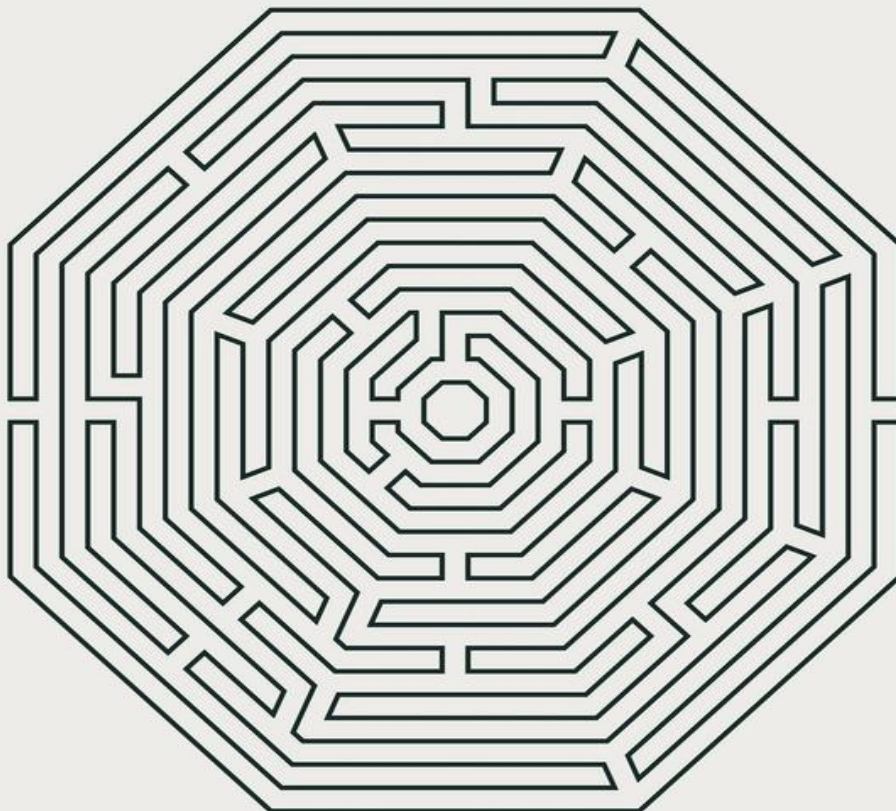
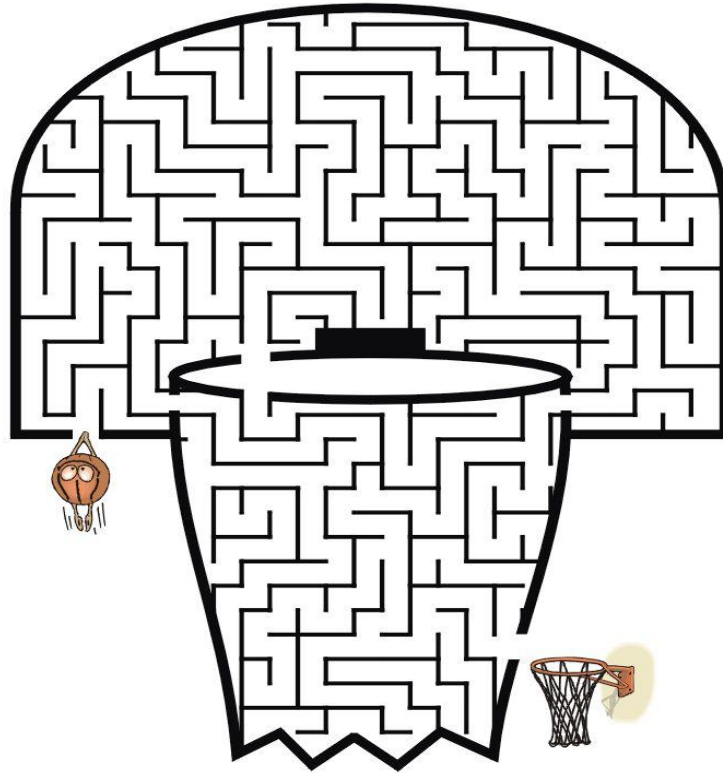
Cooking is a passion of mine, inspired by my upbringing and the diverse cultures I've been exposed to. My favorite dishes to whip up are Jamaican stew chicken and lasagna. I'm always experimenting with recipes to make dishes healthier. When I'm not too busy, I like to ski, skate, do escape rooms, and read. I also enjoy playing Scrabble with family and friends and working out most mornings.

Not many people can say they truly love going to work and the people they work with, but I certainly do.

There is truly no place like Crown Heights!

Marsha Peak, Property Manager

SOLVE THESE MAZES!



HUMOUR PAGE

You Know You Are Old When...

You know you are old when you hear your favourite songs in an elevator.

You know you are old when you're told to slow down by your doctor and not the police.

You know you are old when you eat supper at 5 p.m.

Tricky Cigars

A young lawyer, defending a businessman in a lawsuit, feared he was losing the case and asked his senior partner if he should send a box of cigars to the judge to curry favour. The senior partner was horrified. "The judge is an honourable man," he said, "If you do that, I guarantee you'll lose the case!"

Eventually, the judge ruled in the young lawyers favor. "Aren't you glad you didn't send those cigars?" the senior partner asked. "Oh, I did send them," the younger lawyer replied. "I just enclosed my opponent's business card with them."

Things You Don't Want to Hear During Surgery:

1. Oops!
2. Has anyone seen my watch?
3. That was some party last night. I can't remember when I've been that drunk.
4. Damn! Page 47 of the manual is missing!
5. Well, this book doesn't say that... What edition is your manual?
6. Ok, now take a picture from this angle. This is truly a freak of nature.
7. Damn, there go the lights again...
8. Everybody stand back! I lost my contact lens!



WHAT'S COOKING RECIPE PAGE

TROPICAL QUINOA SALAD – submitted by Ruth Cohen

2 cups quinoa
¼ cup red onion diced
1 avocado diced
1 mango diced
¼ cup pomegranate seeds

Dressing

1/8 cup olive oil
2 tbsp. balsamic vinegar
1 ½ tbsp. honey
½ tsp. mustard
3 tbsp. vinegar
1 tbsp. basil
½ tsp. salt



Cook quinoa according to directions on package
Add diced red onion, avocado, mango and pomegranate seeds
Combine the dressing ingredients together and add to mixture
Mix well and enjoy * Photo not exactly as shown

ROASTED GARLIC ASPARAGUS - submitted by Tzivia Wagowsky

½ cup extra-virgin olive oil
8 cloves fresh garlic minced
1 tsp. onion powder
2 tbsp. fresh finely chopped parsley
2 pounds thin asparagus washed, ends trimmed
½ tsp. sea salt or regular, if not available
¼ tsp. black pepper



Preheat oven to 400 degrees F
Line a large pan with parchment paper
In a small pot, over medium- low, heat the oil, garlic, onion powder and parsley.
Cook for 3 minutes, until the garlic mixture is fragrant, but not browned
Spread the asparagus in a single layer on the prepared sheet
Lightly sprinkle with sea salt and ground pepper
Drizzle on the garlic-oil mixture
Roast for 8 - 10 minutes, until the asparagus is bright green.
Do not overcook
Transfer to a platter and serve hot