



# CROWN HEIGHTS CHRONICLE



Latest news and bulletin updates

I am happy to report that many members gave really positive feedback about our past issues of this newsletter. Thank you to all those who contributed articles & recipes to this issue! We welcome submissions, humour, member news, recipes and ideas of all kinds!

Ruth Cohen, Editor  
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## YOU'RE ALL INVITED TO OUR ANNUAL CROWN HEIGHTS BBQ PARTY!



**Sunday, August 27, 2023    4:00PM – 7:00PM**

BBQ Catered by **La Briut** (COR)

**LOTS OF GREAT ACTIVITIES FOR EVERYONE!**

**LIVE MUSIC HOSTED BY MOSHE KOPSTICK,**  
**DANCING WITH OLD CLASSICS, ACCORDION PLAYED**  
**BY OUR OWN YURI SHUSTER,**  
**DUNK TANK, & RAFFLE WITH PRIZES!**



## COMMUNITY WATCH – contributed by Susie Sokol

In the Crown Heights Co-op, we care and watch out for one another.

Talya Sokol, (in picture with Uzi) who lives at # 58 has very poor eyesight which is a problem when crossing the road. Her safety is at risk and I am asking for your help. Talya does **not look out for coming cars**. If you see Talya walking in the middle of the street, please gently ask her if you could help her cross the street and then safely guide her across. Thank you neighbours.



## QUIZ ON SPENCE – contributed by Susie Sokol

Those answering the most correct questions will win a prize at the Co-op BBQ on August 27<sup>th</sup>. The judge's decision is final.

Pic of Spence

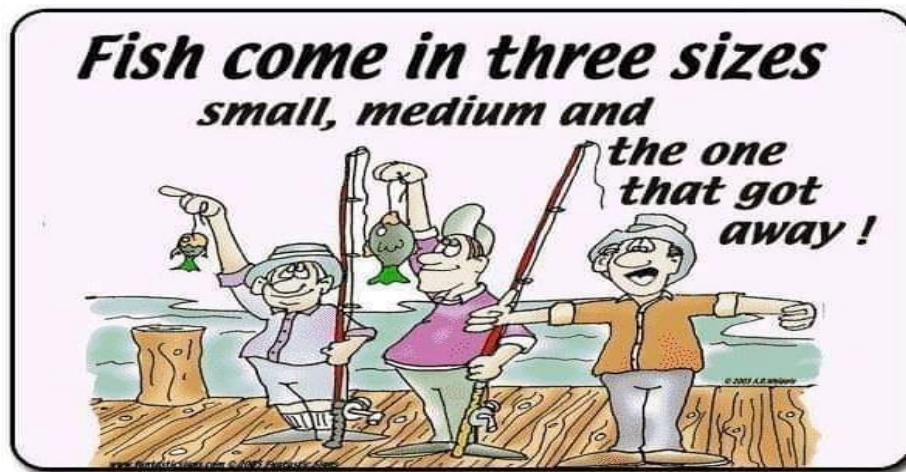
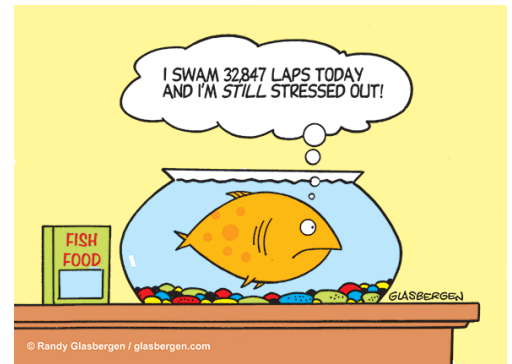
1. Spence is our wonderful handyman at the Crown Heights Co-op; Name 3 things he has fixed in the last 3 months.
2. Where was Spence born?
3. Besides a handyman, Spence is also one of the following;
  - A magician
  - A musician
  - An auto mechanic
  - An actor and comedian
4. Spence likes to sing. What instruments does he play?
5. What is Spence's favourite saying?
6. Draw a picture of one of the hats that Spence wears.

# HUMOUR PAGE

A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on.

Finally he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man, "is there anything I can do for you?" "Yes," she said, "As I'm leaving, can you say 'Good bye, Mother'? It would make me feel so much better." "Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" He asked, "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.



A mechanic was removing a cylinder-head from the motor of a Harley motorcycle when he spotted his cardiologist - Dr. Simon Goldstein in his shop. Dr. Goldstein was there waiting for the service manager to come take a look at his bike when the mechanic shouted across the garage "Hey Doc, want to take a look at this?"

Goldstein, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new."

"So how come I make such a small salary - and you get the really big bucks? You and I are doing basically the same work!"

Dr. Goldstein paused, smiled and leaned over, then whispered to the mechanic, "Try doing it with the engine running."

# WHAT'S COOKING RECIPE PAGE

## MOROCCAN FISH BALLS – submitted by Orna Benayon

½ kilo ground salmon  
1 bunch of cilantro chopped fine  
½ tsp. garlic powder  
1 tsp. paprika (sweet or spicy)  
½ tsp. cumin  
½ tsp. salt  
4 tbsp. oil

Mix all ingredients, form balls 1 inch thick



### Sauce – best to prepare ahead of time

1 can of diced tomatoes  
1 tsp. paprika (sweet or spicy)  
3 large garlic cloves minced  
½ tsp. salt  
½ tsp. black pepper

1 large fresh red pepper chopped

Mix all ingredients and cook sauce for about 1 hour on med-low heat.

Add ½ glass of water

Drop fish balls into sauce; simmer for half an hour on med-low heat.

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## ROLLED VEAL ROAST - submitted by Shirley Benor-Elmakias

1 Veal Neck Roast 1.5 – 2 Kg.

Rub the piece of meat with Dijon mustard until completely covered.

Cover over with onion soup powder completely.

Place in large pot with a lid (oval, black)

Add 2 cups of Red wine

2 cups of water

3 bay leaves

Put in oven for 4-5 hours at 375 degrees Fahrenheit

