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CROWN HEIGHTS CHRONICLE



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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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SPOTLIGHT ON OUR STAFF



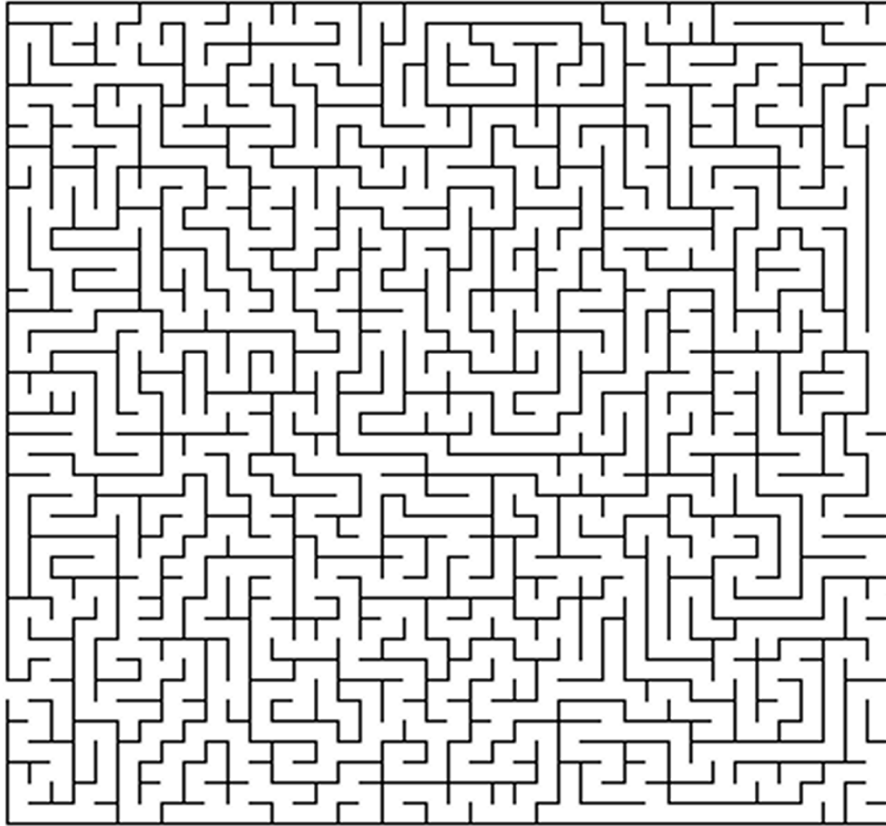
Shirley Benor-Elmakias has been the Administrative Assistant here in the office for the past three years. Fluent in Hebrew, English and French, she has over 25 years of administrative experience in the Health Care and Property Management industries.

Shirley was also Executive Assistant to the leadership team at the Medic Alert Foundation for the last 8 years prior to starting at Crown Heights Co-op. Her primary roles there were Liaison to the Board and Executive team, planning their board meetings, negotiating contracts, assisting Human Resources as well as the financial department. She has strong values and work ethic in organization, communication and coordination.

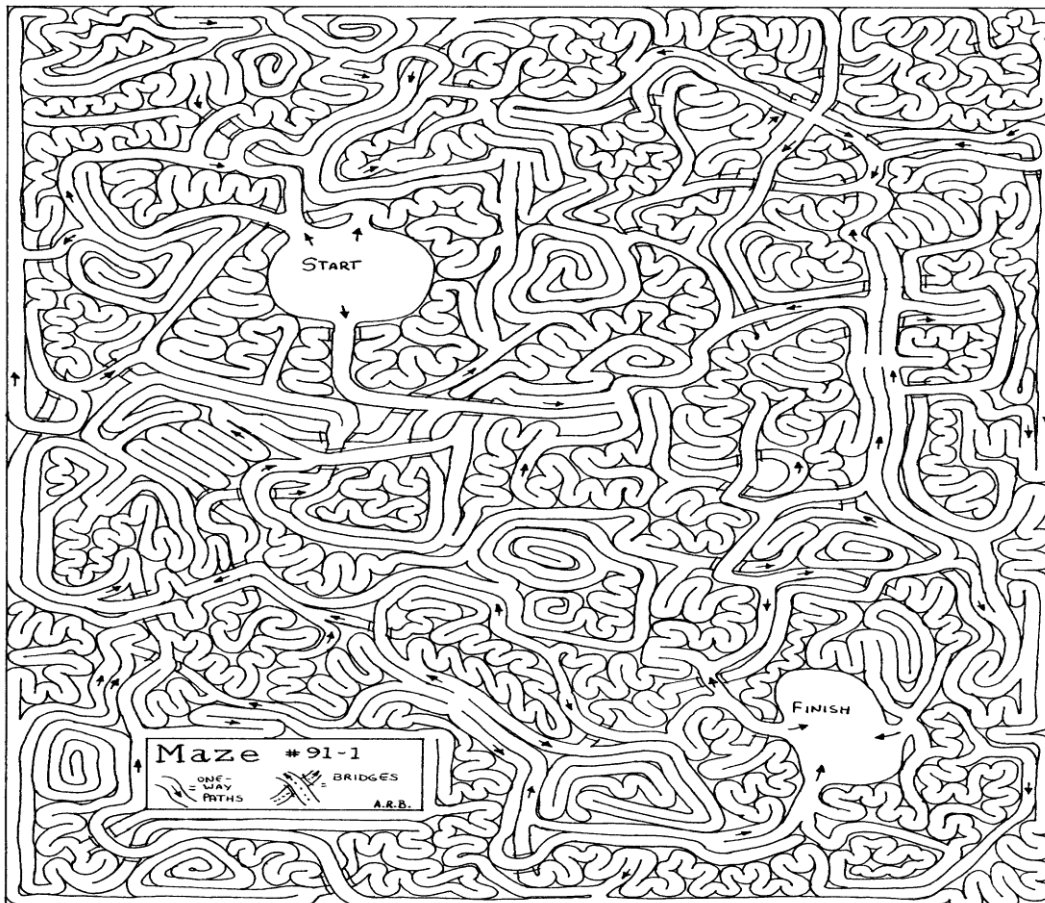
Shirley has also played, and continues to play, a leadership role as a volunteer for many local charitable organizations in Toronto. In Crown Heights Co-op, she leads the volunteers each week helping out with our own Food Bank program.

Shirley is open, friendly, empathetic and hard working – her enthusiasm towards working at Crown Heights Co-op is contagious and members as well as staff appreciate her big smile as they come into the office.

SOLVE THESE MAZES!



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HUMOUR PAGE

A wealthy businessman sees a poor man fishing by the river every day. One day, he approaches him and says, "If you worked harder, you could afford a fishing boat!" The poor man nods and asks, "And then what?" The businessman replies, "You could catch more fish, sell them, and buy a fleet of boats!" The poor man nods again, "And then what?" The businessman, getting excited, says, "You could have a fishing empire and be rich like me!" The poor man smiles, "And then what?" The businessman says, "Then you could relax and fish all day!" The poor man chuckles, "Isn't that what I'm doing now?"

A man walks into a library, approaches the librarian and says, "I'll have a cheeseburger and fries, please."

The librarian says, "Sir, you know you're in a library, right?"

"Sorry," he **whispers**. "I'll have a cheeseburger and fries, please."

A guy asks a lawyer about his fees.

"I charge \$50 for three questions," the lawyer says.

"That's awfully steep, isn't it?" the guy asks.

"Yes, I suppose so," the lawyer replies. "Now what's your final question?"

The teacher asked little Johnny if he knew his numbers.

"Yes," he said. "My father taught me."

"Good. What comes after three?"

"Four," answered the boy.

"What comes after six?"

"Seven."

"Very good," said the teacher. "Your dad did a good job. And what comes after 10?"

"Jack."



WHAT'S COOKING RECIPE PAGE

APRICOT CHICKEN – submitted by Anonymous

- 1 chicken cut into 8ths
- 1 cup apricot jam
- 1 tbsp. vinegar
- 1 clove garlic minced
- 1 tbsp. soy sauce
- 1 ½ tsp. cornstarch

Preheat oven to 350 degrees Fahrenheit.
Combine cornstarch with a little bit of the soy sauce.
Mix this with the jam, vinegar, garlic and remaining soy sauce.
Coat chicken pieces with sauce.
Refrigerate for about 2 hours.
Bake at 350 degrees for about an hour. Baste from time to time
Makes 4 servings



TUNA PATTIES - submitted by Ruth Cohen

- 4 cans flaked tuna in water, drained
- 1 small onion diced
- 2 small celery diced
- 1 tsp. lemon juice
- 1 tsp. mustard
- 3 eggs
- ¾ cup bread crumbs
- Salt, black pepper and garlic powder
- 3-4 tbsp. oil

Beat eggs and lemon juice in a small bowl.
In a separate bowl, put tuna, bread crumbs, onion, celery, mustard, salt and pepper.
Pour in egg mixture.
Mix well together and form patties.
Refrigerate for one hour.
Fry in hot oil, a few at a time, turning when golden brown. Add oil as needed.
When done, place each batch on paper towels to absorb the oil.
Makes approximately 15 small or 12 larger patties.

