



# CROWN HEIGHTS CHRONICLE



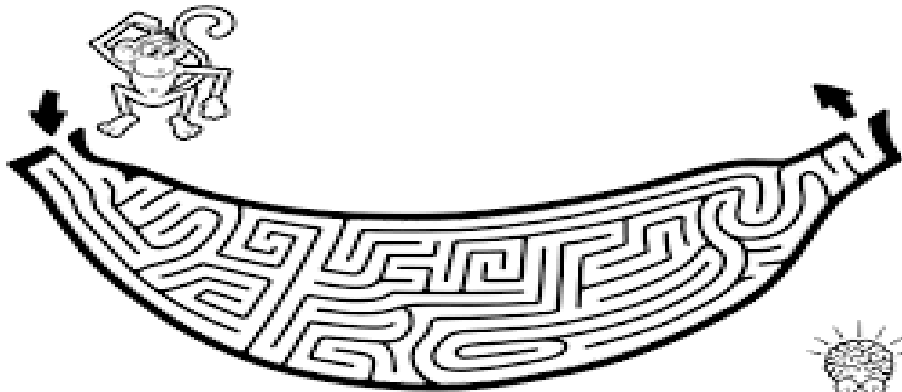
*Latest news and bulletin updates*

Members have been letting me know that they look forward to receiving their copy of this newsletter. Thank you to all those who contributed to this issue. We welcome submissions, humour, member news, recipes and ideas of all kinds!

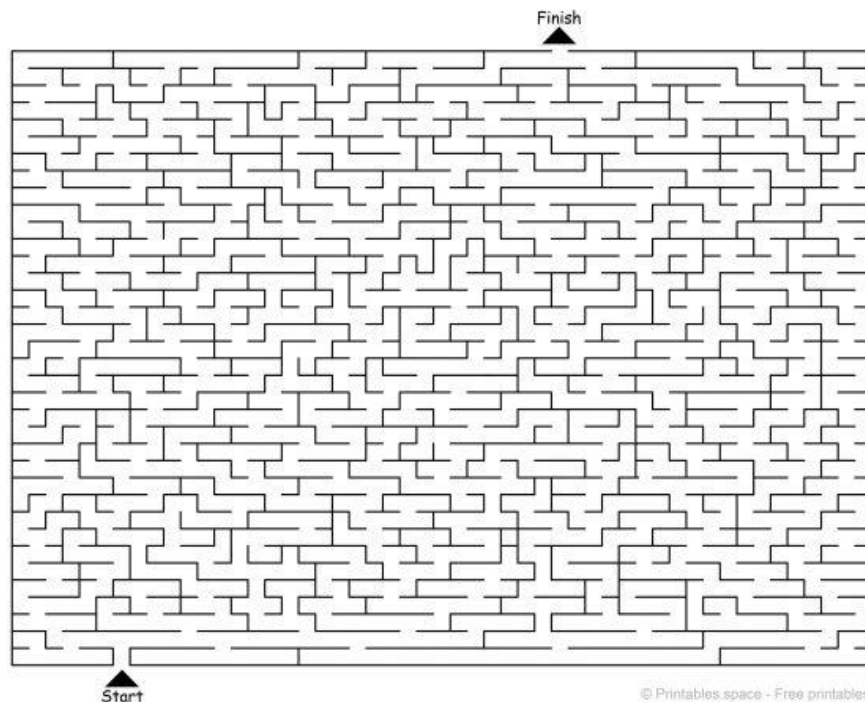
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## SOLVE THESE MAZES!



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# ARE YOU A TOXIC PERSON? DO YOU KNOW SOMEONE WHO IS?

A toxic personality is a negative personality. This type of personality can be generally unsupportive and exhibit disrespectful and unpleasant behaviour.

In addition, other toxic personality traits include a controlling nature, manipulative character and a self-centered attitude.

## 6 Types Of Toxic People

**The Energy Drainer**



They make you feel tense. They put you down for no reasons. Can't be happy for other's good fortune.

**The Fake Complimentor**



Gives you fake compliments. Lacks empathy. Put you in uncomfortable positions.

**The Pessimist**



Talks down to you to make themselves feel better. Only cares about themselves. Tries to talk you out of your dreams.

**The Criticiser**



Doesn't support in your decisions. Criticizes every move you make. Makes you feel like you can't do anything right.

**The Manipulator**



Tries to control everything. Pretends to like you and other people. Wants to make every decision for themselves & others

**The Victim**



Blames others for their misfortune. Constantly seek attention from others. Talks mostly about their excuse for failing

## HOW TO BECOME A NICE PERSON

1. Let go of your ego.
2. Deal with past trauma and asses yourself
3. Look at how it is affecting those around you.
4. Respect boundaries
5. Become a better listener.
6. Think before you give a reaction.
7. Assume the positivity in others.
8. Seek opportunities for compassion.
9. Apologize to those you have hurt.
10. Live by the golden rule.

# HUMOUR PAGE - Math Jokes submitted by Abbie Kagan

Why did the math book go to therapy? It had a lot of problems.

What do you call a clock sitting on a desk? A times table.

Where do math teachers celebrate New Year's Eve? Times Square.

What do you call a clock sitting on a desk? A times table.

Why wasn't anyone talking to the circle? There was no point.

How did the geometry teacher decorate their house? With a lot of area rugs.

What do you call a chicken who can add and subtract? A mathemachicken.

How did Einstein learn math as a baby? He took in lots of formula.

What's a swimmer's favorite type of math? Dive-ision.

Do old mathematicians die? No, they just lose some of their functions.

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Relieved to get a break in her day, Bella jumped to answer the telephone.

"Darling, how are you? This is Momma."

"Oh, Momma, I'm having a bad day. The baby's upset and the dishwasher broke. I haven't gone shopping yet, and I banged my shin so hard I'm hobbling around. The house is a mess and on top of all that, we're having guests for dinner for dinner. I don't how I'm gonna do it."

"Darling, Momma's got this. Sit down and do absolutely nothing for 30 minutes except *relax*. I'll do your shopping, clean up the house and cook dinner. I have a wonderful repairman for the dishwasher, and I'll take the baby for a stroll. So stop crying, Momma's taking care of everything. In fact, I'll even call Harry at the office and tell him to come home early and help out for once."

"Harry? Who's Harry?"

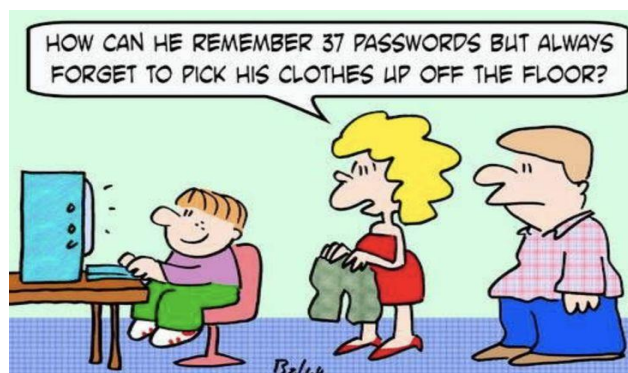
"Why, Harry's your husband... Is this 564-7721?"

"No, it's 564-7712."

"Oh, I'm so sorry! I have the wrong number."

Short pause.

"Does this mean you're not coming over?"



# WHAT'S COOKING RECIPE PAGE

## Oatmeal Waffles - submitted by Marsha Peak

Plug in waffle maker, get it nice and hot  
Lightly grease the waffle maker with vegan or any butter before adding the batter to the grill.

2 cups of rolled oats  
3 cups of pancake mix (egg and milk free)  
1 tsp. cinnamon  
2 cups of water  
2 cups of oatmilk (or any milk)  
4 tsp. honey  
2 tsp. oil  
4 tbsp. hemp seeds  
1 ½ tsp. of organic moringa powder



In a bowl mix together the oats, pancake mix and cinnamon.  
Then mix in the water, milk and honey.  
Add the hempseeds and moringa powder.  
Let sit for 3 minutes before adding it to the grill.  
Depending on your grill leave for 5-6 minutes before opening the grill.

This recipe makes 8 crispy, delicious, and healthy waffles.  
Can add blue berries, strawberries or any fruit on the side.

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## EASY CHOCOLATE CHIP COOKIES - submitted by Ruth Cohen

2 cups flour  
½ tsp. baking soda  
½ tp. Salt  
  
¾ cup oil  
½ cup brown sugar  
½ cup white sugar  
1 tsp. vanilla extract  
2 eggs  
1 cup chocolate chips



Mix everything together (dump into a bowl until well combined).  
Shape into balls.  
Place on greased cookie sheets.  
Bake at 350 degrees for 10 – 12 minutes.  
Enjoy!