



CROWN HEIGHTS CHRONICLE



Latest news and bulletin updates

I am happy to report that many members gave really positive feedback about our first issue of this newsletter. Some have even asked to volunteer on this Committee in order to collaborate in creating a newsletter that reflects the interests and concerns of our members. We welcome submissions, humour, member news, recipes and ideas of all kinds!

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AMAZING OPPORTUNITY!!!

Ladies! Are your husbands starting to look flabby around the middle? Have their arm muscles disappeared? Do they complain about being too tired to do chores around the house?

Men! Do you look at yourself in the mirror and wonder why you don't have the stamina or energy you used to have? Do you want to get into shape and feel good about yourselves?



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We have the solution! We need 5 strong men to come to the office every second Monday from 12:30 pm to 1:30 pm to help unload the boxes of food from the food trucks. You will not only be doing a good deed, you will also get into shape!!! Call (905) 731-7718 to register.

CORRECTION

It has been brought to our attention that although Crown Heights Co-operative Homes was incorporated on May 19th, 1983, the first members only moved into their units in November 1984. In retrospect, although conception happened in May of 1983, the co-op was only born in November of 1984. Therefore, it is only fitting that we celebrate this milestone on May 19, 2025.

We will be planning a huge party for that date but in the meantime, we will still be having a "Meet Your Neighbour" event in May of this year. Stay tuned for further information!

SPOTLIGHT ON NEW MEMBERS



Welcome to our new neighbours! Joseph and Simha (Simy) Bitton moved into unit 37 this past summer along with their son. From the get go, Simha volunteered on the Summer BBQ planning committee and her family helped run things on the day of the event.

Simha grew up in the Thornhill area, having many friends who lived in the Co-op. Joseph grew up in a close knit community in Gibraltar.

They are very excited to be a part of the Crown Heights Co-operative and look forward to raising their son among our community.

Spring Plant Care Tips for Houseplants



1. Clean the leaves
2. Repot houseplants that need it
3. Slowly acclimate them to being outside
4. Water more frequently
5. Start fertilizing again
6. Prune any weak or leggy growth
7. Capture rainwater for your plants

8. Give your houseplants some air
9. Move them out of that sunny window

HUMOUR PAGE

The English Plural

We'll begin with a box, and the plural is boxes,
 But the plural of ox becomes oxen, not oxes.
 One fowl is a goose, but two are called geese,
 Yet the plural of moose should never be meese.
 You may find a lone mouse or a nest full of mice,
 Yet the plural of house is houses, not hice.

Let's face it - English is a crazy language.
 There is no egg in eggplant nor ham in hamburger;
 Neither apple nor pine in pineapple.
 English muffins weren't invented in England ..



Little Kids Before Mother's Day



In what other language do people recite at a play and play at a recital?

We ship by truck but send cargo by ship...
 We have noses that run and feet that smell.
 We park in a driveway and drive in a parkway.
 And how can a slim chance and a fat chance be the same,
 While a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language
 In which your house can burn up as it burns down,
 In which you fill in a form by filling it out,
 And in which an alarm goes off by going on.

And in closing.....

If Father is Pop, how come Mother's not Mop?



WHAT'S COOKING RECIPE

MUSHROOM BARLEY SOUP – submitted by Tzivia Wagowsky

- 4 onions chopped
- 1 large package of mushrooms sliced
- 1 whole stalk of celery chopped (the entire bunch)
- 1 package of baby carrots
- 5 peeled potatoes cubed
- 1 cup barley
- 3 tablespoons of chicken soup mix
- 2 tablespoons salt
- 8 shakes of pepper
- Oil for frying

In a large 8 quart pot, sauté chopped onions until brown.
 Add the rest of the vegetables and fill the pot with water until $\frac{3}{4}$ full.
 Add salt, black pepper and chicken soup mix.
 Add barley and mix.
 Bring to a boil and then lower heat to medium for 1 $\frac{1}{2}$ hours until vegetables are tender.
 Stir occasionally to prevent barley from sticking to bottom of pot. Add water as needed.
 Feeds 8 to 10 people.



MAPLE GLAZED SALMON – submitted by Yehudis Cagen

¼ cup maple syrup
2 tablespoons soy sauce
1 clove garlic, minced
¼ teaspoon salt
⅛ teaspoon ground black pepper
1 pound salmon

Mix maple syrup, soy sauce, garlic, salt, and pepper together in a large bowl.

Add salmon (cut into 4 equal sized fillets) into the bowl and toss to coat. Cover the dish and marinate salmon in the refrigerator for 30 minutes.

Preheat the oven to 400 degrees F

Place the salmon into a greased baking dish in the preheated oven (400 degrees F). Bake salmon uncovered until it easily flakes with a fork, about 20 minutes.

