



CROWN HEIGHTS CHRONICLE

Latest news and bulletin updates

OUR NEWSLETTER

The purpose of the newsletter is to:

- promote internal communication,
- empower members to voice their perspectives and interests,
- cultivate our co-operative culture,

This will rely on a team consisting of an editor, production team - writers, photographers and proof-readers, and needs members and committees to contribute content. We will also need people to help print and deliver the newsletters door to door. We hope members will want to be part of this exciting project and join us.

The CHC Newsletter will be published 6 times per year.

We welcome submissions, humour, member news, recipes and ideas of all kinds!

Ruth Cohen, Editor

MEMBER USE OF THE PARTY ROOM

We are looking for ideas for member activities for our Party Room. The room would be available on those evenings when it is not being used for Board or Committee meetings or AGMs.

Some suggestions have included Knitting or Crocheting Club, Book Club, Chess Club, etc. The room must be used for members only and no fees are allowed to be charged.

If you have any good ideas and are interested in volunteering to lead a group activity, on a weekly basis, monthly, or even one time only, please contact Ruth Cohen at ruthc613@gmail.com



HOW TO PARTICIPATE & VOLUNTEER

PARTICIPATION

- Obey the Coop by-laws
- Pay your housing charges on time
- Attend members meetings and vote
- Take care of your unit
- Act consciously to reduce energy costs
- Be a good neighbor

COMMUNITY BUILDING

- Volunteer on the board or committees
- Help organize or put together social events
- Clean up a mess even if you didn't make it
- Help out with our landscaping/gardening
- Be a positive, contributing member
- Take initiative and create positive change



FREE STUFF MARKETPLACE

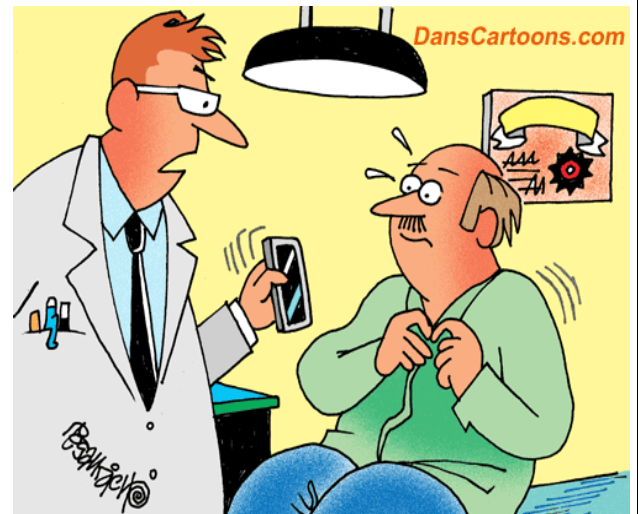
Do you have “stuff” lying around that you want to get rid of? Is your basement or garage cluttered with furniture, books, games, kitchen stuff you no longer use but don’t want to throw away. If you are not interested in dragging all of your stuff outside for our annual Garage Sale Day in the summer, maybe you would like to give it away! Remember, someone’s stuff may be another one’s treasure. Your children have outgrown their toddler bed? Do you have books that you bought years ago and read sitting in boxes? Game your children no longer play with? Redecorated your living room and have end tables and lamps you no longer want or need? This is where we will be listing items you may want to give away. Here are a few rules:



- Items should be in reasonable condition.
- Items are for personal use only, not for resale.
- Items will be picked up by the person needing the item.

Sample ad – “Children’s dresser – 4 drawers, brown – Call Rita, Unit 27 (include phone #) or write “item will be on front porch for pickup” To place an ad, contact Ruth Cohen at ruthc613@gmail.com

HUMOUR PAGE



"You want a second opinion? Ask Siri!"

Great confusions still unresolved:

- At a movie theatre, which armrest is yours?
- Why is there a 'D' in fridge, but not in refrigerator?
- Who knew what time it was when the first clock was made?

Vagaries of English Language!

- Wonder why the word funeral starts with FUN?
- Why isn't a fireman called a water-man?
- How come lipstick doesn't do what it says?
- If money doesn't grow on trees, how come banks have branches?
- If a Vegetarian eats vegetables, what does a Humanitarian eat?
- How do you get off a non-stop flight?
- Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?
- Why do we put cups in the dishwasher and the dishes in the cupboard?
- Why do doctors 'practice' medicine? Are they having practice at the cost of the patients?
- Why is it called 'Rush Hour' when traffic moves at its slowest then?



- How come noses run and feet smell?
- Why do they call it a TV 'set' when there is only one?
- What are you vacating when you go on a vacation?

We can never find the answers, can we?

So just enjoy the pun and fun of the English language!

WHAT'S COOKING RECIPE PAGE

HOMEMADE GRANOLA – submitted by Shirley Benor-Elmakias

- 1 cup almonds
- 1 cup walnuts
- 1 cup roasted walnuts
- 1 cup cranberries
- 1 cup coconut
- 1 cup sesame seeds
- 1 cup sunflower seeds
- 1 cup pumpkin seeds

Place in a big bowl and mix all ingredients together.

Take a cookie pan and place parchment paper.

Once mixed in the bowl, put 4 table spoons of Silan (no frills kosher section on center has nice jar size)

And 2 table spoons of honey mix so all is very flat and sticky and place 350 bake, for about 20 minutes .

Take out of oven, wait about 15 minutes than start to cut.



EGGLESS CHOCOLATE CHIP BANANA MUFFINS –

submitted by Tzivia Wagowsky

- 4 ripe bananas
- 2 ½ cup sugars
- 1 ½ cup water
- 2 tsp. baking soda
- 2 tsp. baking powder
- 3 cups flour
- ½ cup margarine or butter
- ¾ bag of chocolate chips

Mash 4 bananas and set aside.



In large bowl, cream margarine and sugar together.

Add 1 cup of water and mix well.

Dissolve 2 tsp. of baking soda into ½ cup water and add to batter. Mix well.

Add mashed bananas and blend in.

Add 3 cups of flour plus 2 tsp. baking powder. Mix just until blended.

Add chocolate chips and gently blend in. Do not over mix.

Pour batter into paper lined muffin trays.

Bake at 375 for 25 minutes Makes 24 muffins

(You can also make a 9x13 cake – spray cake pan with oil – bake at 350 for 45-55 minutes

Check at 50 minutes with toothpick)



OUR CO-OP IS TURNING 40 YEARS OLD ON MAY 19, 2023!!!

Crown Heights Co-operative Homes was incorporated on May 19th, 1983. It's time to celebrate! We will be having a “meet your neighbor” event in May and need volunteers to help plan and facilitate this exciting event. Please let the office know if you would like to help. Stay tuned for more information as we get closer to May!

CHFT – CENTURIANS

CHFT would like to recognize and celebrate members who's current age plus the number of years they've lived at Crown

Heights Co-op totals at least **100 years or more in 2023.**

For example: if you are 64 years young and have lived at the co-op for 36 years, $(64 + 36 = 100)$ you qualify.

For example: if you are 50 years young and have lived here 37 years, $(50 + 37 = 87)$ you don't qualify.

If you would like to be recognized, please send an email to info@crowheights.ca.