



# CROWN HEIGHTS CHRONICLE



Latest news and bulletin updates

Thank you to all the members who gave really positive feedback about our past issues of this newsletter. Also thanks to all those who contributed to this issue! We always welcome submissions, humour, member news, recipes and ideas of all kinds!

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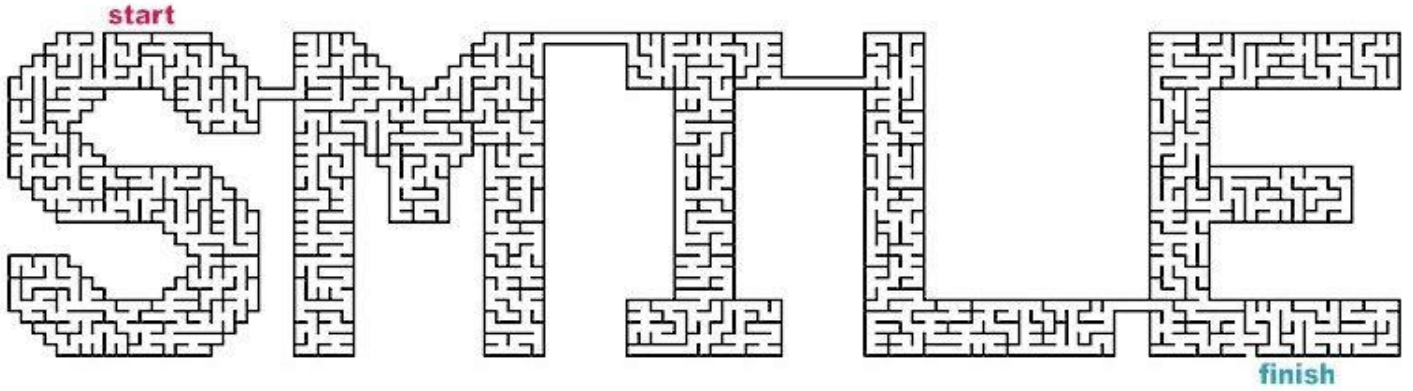
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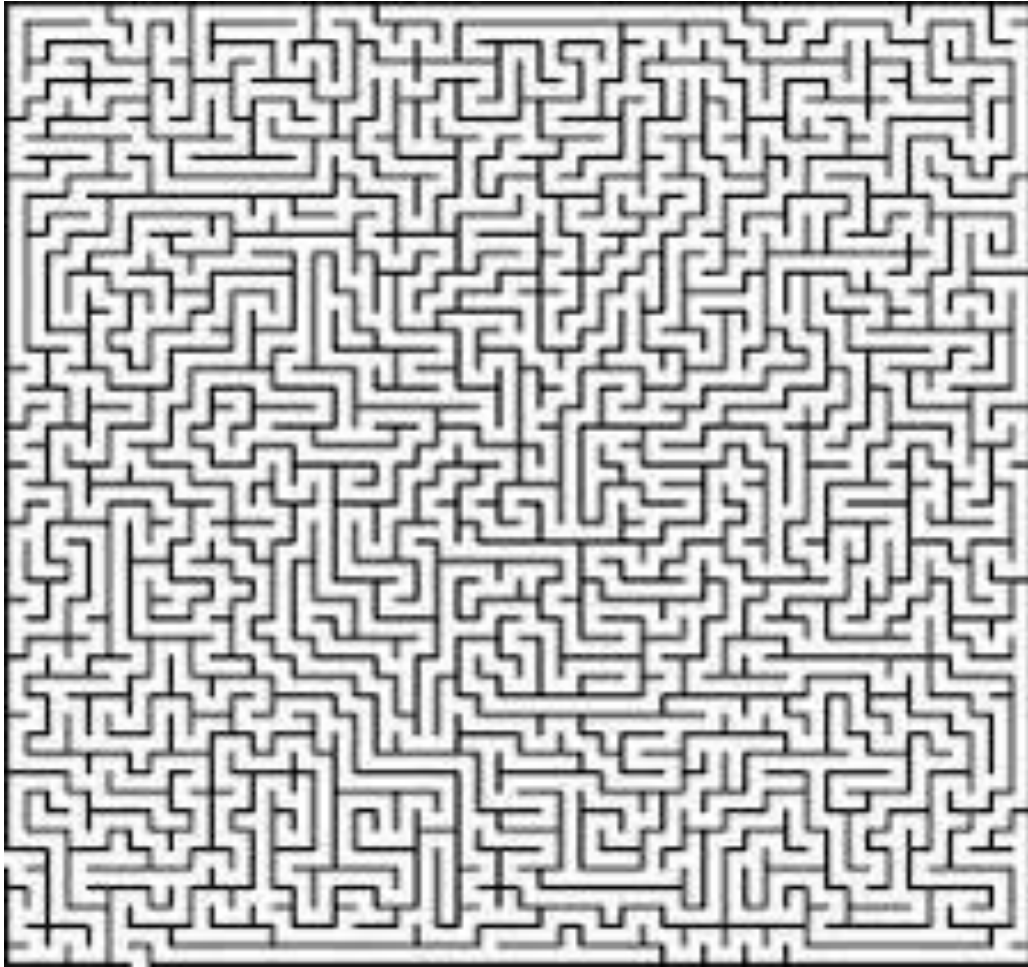
## SUMMER BBQ HIGHLIGHTS

Our Annual Summer BBQ was a huge success! Thank you to the members of the Social Committee and especially Shirley Benor-Elmakias, who organized the event. She even got Magen Herut to volunteer as security for Crown Heights Co-op. Moshe Kopstick entertained the kids with music, games and prizes. Bali Laffa provided delicious food and Beyond Delicious Catering provided a large cake. Melissa Lantsman, our MP from Thornhill, presented us with a certificate from the government.



# PUZZLES & MAZES





## HUMOUR PAGE

### SENIORS

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.

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- Retirement is like one big sick day without sick pay.
- The older we get, the earlier it gets late.
- With age comes wisdom ... and hair in really weird places.
- Aging gracefully is a nice way of saying you're slowly looking worse.

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## KIDS

-A mother said to her son, "Look at that kid over there; he's not misbehaving." The son replied, "Maybe he has good parents then!"

-A mom texts, "Hi! Son, what does IDK, LY, & TTYL mean?" He texts back, "I Don't Know, Love You, & Talk To You Later." The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."

-A: I have the perfect son. B: Does he smoke? A: No, he doesn't. B: Does he drink whiskey? A: No, he doesn't. B: Does he ever come home late? A: No, he doesn't. B: I guess you really do have the perfect son. How old is he? A: He will be six months old next Wednesday.

-Little Susie, a six-year-old, complained, "Mother, I've got a stomach ache." "That's because your stomach is empty," the mother replied. "You would feel better if you had something in it." That afternoon, her father came complaining that he had a severe headache all day. Susie perked up, "That's because it's empty," she said. "You'd feel better if you had something in it."



Flo and Friends | Jenny Campbell



# WHAT'S COOKING RECIPE PAGE

## HOME MADE GRANOLA – submitted by Shirley Benor-Elmakias

- 2 cups semi-sweet chocolate chips
- 1 cup almonds
- 1 cup pecans
- 1 cup roasted walnuts
- 1 cup cranberries
- 1 cup coconut
- 1 cup sesame seeds
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 4 tablespoons of Silan (date spread)
- 2 teaspoons of honey



Take a cookie pan and place parchment paper on it.

Place in a big bowl and mix all dry ingredients together.

Add 4 table spoons of Silan (Available at No Frills kosher section on Centre St)

Add 2 table spoons of honey. Mix well and spread on cookie sheet - should be flat and sticky.

Bake at 350 for about 20 minutes.

Take out of oven, wait about 15 minutes, and then cut into squares.

## **MORROCAN ROASTED MEAT WITH SWISS CHARD**

– submitted by Shirley Benor-Elmakias

- 3 pkgs Swiss chard
- 2 regular onions
- 1 large red onion
- 1 tomato
- paprika, cumin, salt, pepper, nutmeg, one bay leaf
- 5 celery sticks

Boil roast beef in water with cut up onions for 45 minutes, then strain and cool down.

Slice meat.

Separate chard stems from green leaves, then boil with sea salt. Wash well. Strain out water.

Fry large red onion in a 5 quart pot. Put in one cubed tomato.

Add all the spices.

Now place the boiled cooked meat slices, 2 cups of water, the boiled Swiss chard stems and the 5 celery sticks into the pot.

Bring to a boil and then cook on low heat for an hour. Enjoy!

