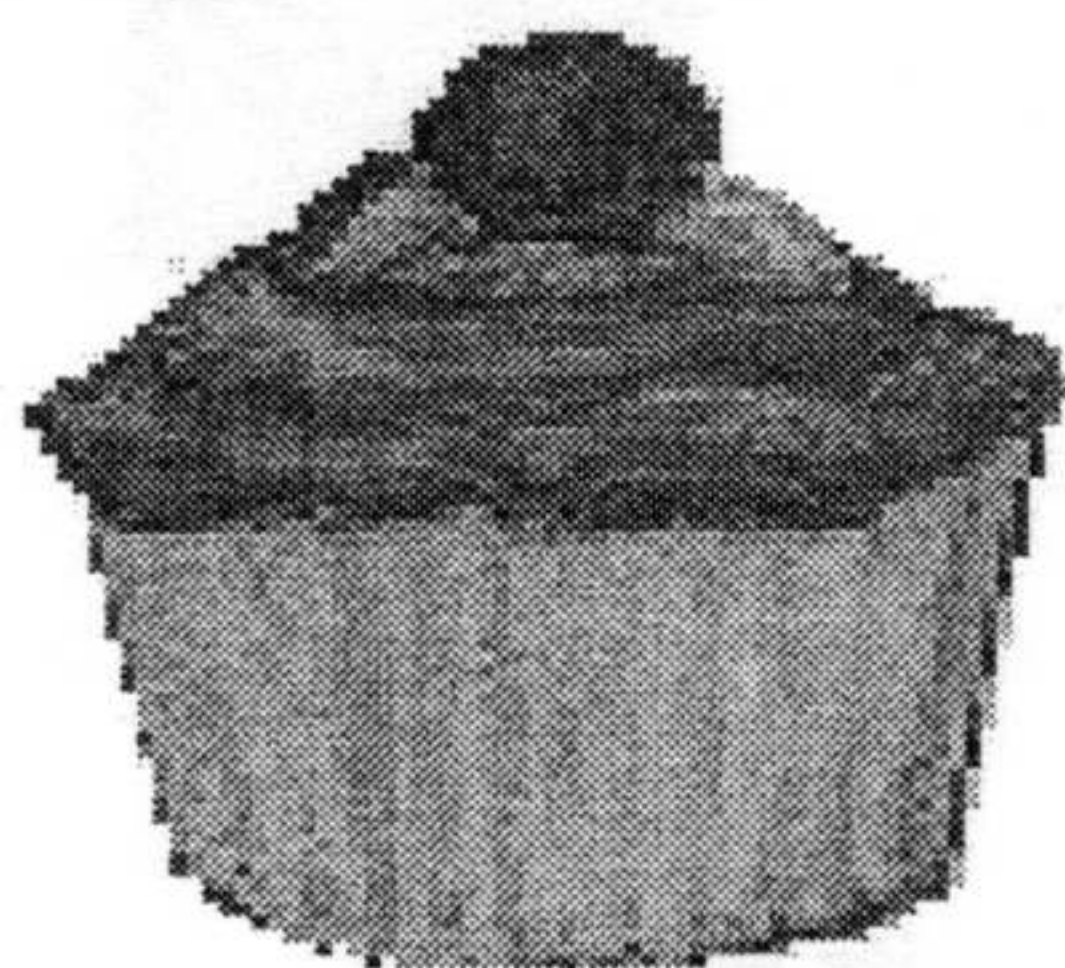


IN THIS ISSUE ...

- ◆ *Your Health & Safety Committee*
- ◆ *King Street Cooks*
- ◆ *Foster Child*

**United Way
Bake Sale**

March 25th to 28th



*Congratulations to
Creative Services, our camera
people, our editors and the art
department.*

Three of our commercials won an Honourable Mention in this year's Canada wide Retail Comp Awards put on by the Television Bureau of Canada.

The commercials were
"Talisman" for the Talisman Mountain Resort, produced by Lynda Lynch
"Phil Hartman" for the Sanderson Centre, produced by Linda Fricker
"Western Fair" for the Western Fair, produced by Linda Fricker

Each of these spots showcases the good work contributed by everyone involved from the writing/producing, the shooting and excellent work from the art department and editors. Please join me in congratulating all of these people.

Cameron

IF IT'S NEWS TO YOU, IT'S NEWS TO US!

Busy time as usual in the newsroom as we approach another important ratings period and Larry, Brent, John and Dave have cooked up some fantastic story ideas.

This week it's Art Baumunk's series "Homegrow Harvest" as he checks out the pot scene and the home grow operations in the region. Daiene and the Provincewide team is hot on the drug trail with a Town Hall special this Sunday night. The show explores solutions to the home grow problems.

James has a three-part series on crimes on the internet called "Getting Burned".

Watch for the Final Round on location at W.L.U. as Brent referees the four Alliance Party leadership candidates. Look out for flying chocolate milk!

Jennifer is doing a series on Diets, Leslie is taking a look at the immigrants in the Waterloo region who have prospered, Frank is on a search for a good cup of coffee in his series, (John calls this the quirky series highlight).

Vicki is on the road again with her great "Travellin" Series. She goes to Easy Street in London and then thoroughly investigates a brewery. Another tough assignment! Terra is stirring up some poignant memories with her "Flashback" segments.

Final Round is off to Brantford for a live taping at the Sanderson Centre.

Congratulations to "The Beat" photogs including Tom Farwell and "Beat" editor Mike Lockston. I have been nominated for a K-W Arts award for my work on the "Beat" and for promoting local artists and community events. A lot of people are responsible for the nomination and I thank them for their hard work and kind wishes.

Speaking of wishes...lets all wish Dave Carswell a bon voyage as he takes a much earned holiday in April. Could he be taking "the wife" to a "hot spot"?

Here's to Spring!
Cheers,

Julie-Marie

Sales Promotion Update

Tracy Jasmins

CKCO is the *Vacation Destination Station*....awarding our viewers with vacation getaways, from the Nippy North to the Sunny South.

We have awarded 2-night winter getaways to Talisman Mountain Resort, The Inn at Christie's Mill, Pow Wow Point Lodge and the Oakwood Inn Resort. We also teamed up with Delta Resorts, the OFSC and the Ontario Tourism Marketing Partnership, sending lucky viewers on weekend getaways to the Pinestone Resort, Rocky Crest Resort, Sherwood Inn, and Grandview Inn. One viewer from Kitchener won a one-week trip for two to Orlando, Florida courtesy of Florida Travel. We even sent one lucky couple on a romantic journey with our Valentine's Day promotion, with a Sundance Balloon ride for 2, dinner at Golf's Steakhouse and a gold necklace from Hatashita Jewellers.

All of this travel made us hungry....so we teamed up with Knechtel Foodland for our Spring Ratings promotion "*Double Action Bingo*" which runs until April 12th. The entries are already pouring in...with 6 more weeks to go!

Watch for some exciting promotions in March and April, where we'll be "*Shooting to Win*" a brand new Volvo, from BK Volvo and the CIS University Men's Hockey. And in April CKCO pairs up with the "*Stars on Ice*" skating show at the Aud and will be giving away tickets.

Other than that, we are looking ahead to a busy and exciting summer on CKCO....stay tuned for details....



King Street Cooks! *(favorite recipes of CKCO employees)*

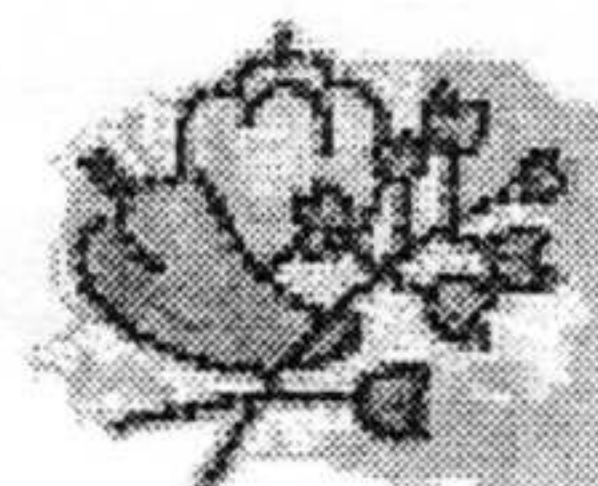
CITRUS SHRIMP AND SCALLOPS

This months recipe compliments of Ray Irwin.....

Serves 4 – increase seafood and vegetables to number being served. The trick is timing and you will need a partner. Marinate the seafood. Prepare the vegetables.

Marinate shrimps and scallops in rest of ingredients about 30 – 60 minutes.

- ½ lb. Scallops
- ½ lb to ¾ lb Shrimp – about 15 (Med. To Lrg., 25 count per lb)
- 2 Tbsp soy sauce
- ½ cup orange juice or chunks of one orange
- grated zest of one orange (optional)
- 1 to 2 tsp. Sliced ginger root
- 1 to 2 cloves garlic, thinly sliced
- 1 dried red chili pepper or 1 small fresh hot pepper, broken in 3 pieces.
- 1 Tbsp oil



Vegetables:

Depending upon number of guests – prepare the following:

- Snow peas, sliced thinly
- Carrots julienne
- Red & green pepper in thin slices
- Zucchini in thin slices
- Sweet onion sliced thinly
- Spears of asparagus or green beans sliced in half along the length.



Blanch the vegetables about 2 minutes in boiling water. Then drain, run under cold water & set aside. Colour should be intense.

While one person barbecues the seafood, the other person prepares the noodles and quickly refreshes the vegetables in boiling water about 1 minute until warmed through. Heat up the barbeque until quite hot (we use a bar-b-q wok, but seafood can be skewered). The seafood should only take a few minutes until shrimp are pink and scallops are just cooked.

Noodles:

1 pkg. 375 gm fresh thick chinese pasta, spaghettini, or if dried boiled until al dente. Bring to a boil in salted water. If using chinese noodles cook about 1 minute, drain then stir fry in a little oil. They will lightly crisp – touch up with some soy sauce or teriyaki sauce.

Presentation:

Noodles and vegetables covering 2/3 of the plate, seafood on the other 3rd on top of a bed of mesclun with asparagus last an accent.

If you have a recipe you'd like to share, please email lrqcliffe@ctv.ca

HAPPY BIRTHDAY

Rick Bon	Mar 1
Greg Ross	Mar 3
Gwen Brenner	Mar 3
Daryl Konynenbelt	Mar 6
Joan Mueller	Mar 6
Janine Sharp	Mar 6
Joe Ulmer	Mar 8
Brent Hanson	Mar 13
Gary O'Neil	Mar 14
Mike Lorentz	Mar 18
Steve Lowe	Mar 20
Gary Cain	Mar 22

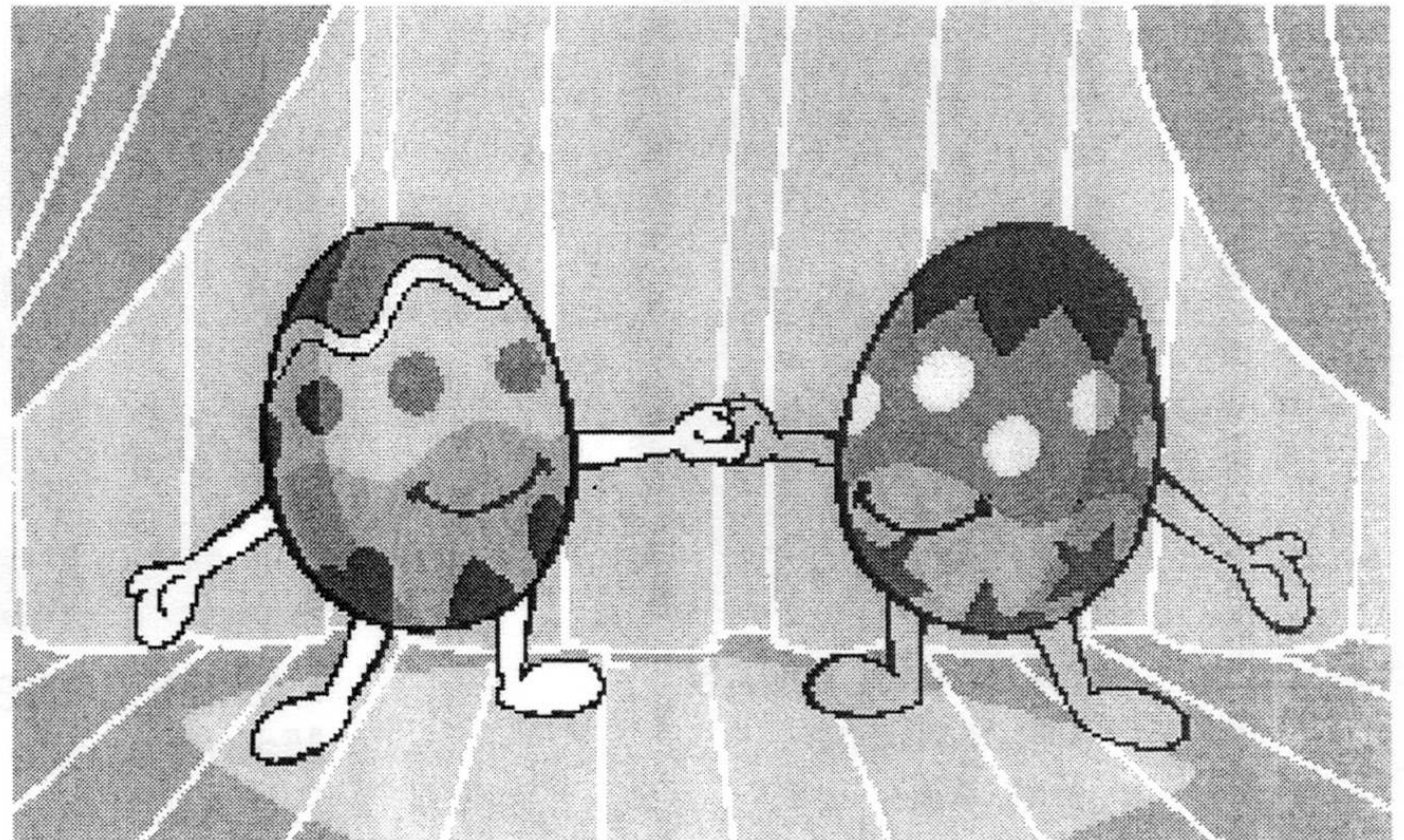
HAPPY ANNIVERSARY

Bob Pronyk	Mar 5 (1 yr)
Tom Knowlton	Mar 11 (2 yrs)
Lynch Lynch	Mar 12 (6 yrs)
Jim Alexander	Mar 23 (21 yrs)
Art Baumunk	Mar 25 (24 yrs)
Linda Radcliffe	Mar 26 (18 yrs)

As of Wednesday, March 6, 2002, the Art Department has a new Part-time employee, Rob Osburn. Rob comes to us as a first-year Broadcasting student at Conestoga College. You will most often find him behind the Chyron keyboard in Production Control, or in the Art Department. If you see him in the halls, stop and say "Hi!"



HAPPY EASTER!



Please mark Saturday May 4th on your calendar. The 4th Annual Hardy Hearts Healthwalk will take place at 10am in Waterloo Park. The walk will be followed by a barbeque and a silent auction. This year we are attempting to raise \$30,000. In order to meet our high objective we need more walkers. Pledge sheets will be available shortly. Promos will begin later this month on CKCO. Any questions just ask.

Thanks.
Bob Coleman.



Congratulations to **Dan & Maria Foster** on the birth of their new son - Evan Maxwell. He arrived on February 18th just after Dan finished painting "Max's" room. He weighed in at 6lbs., 3.5 oz - everyone is doing well!

An Irish Blessing

May you always have...

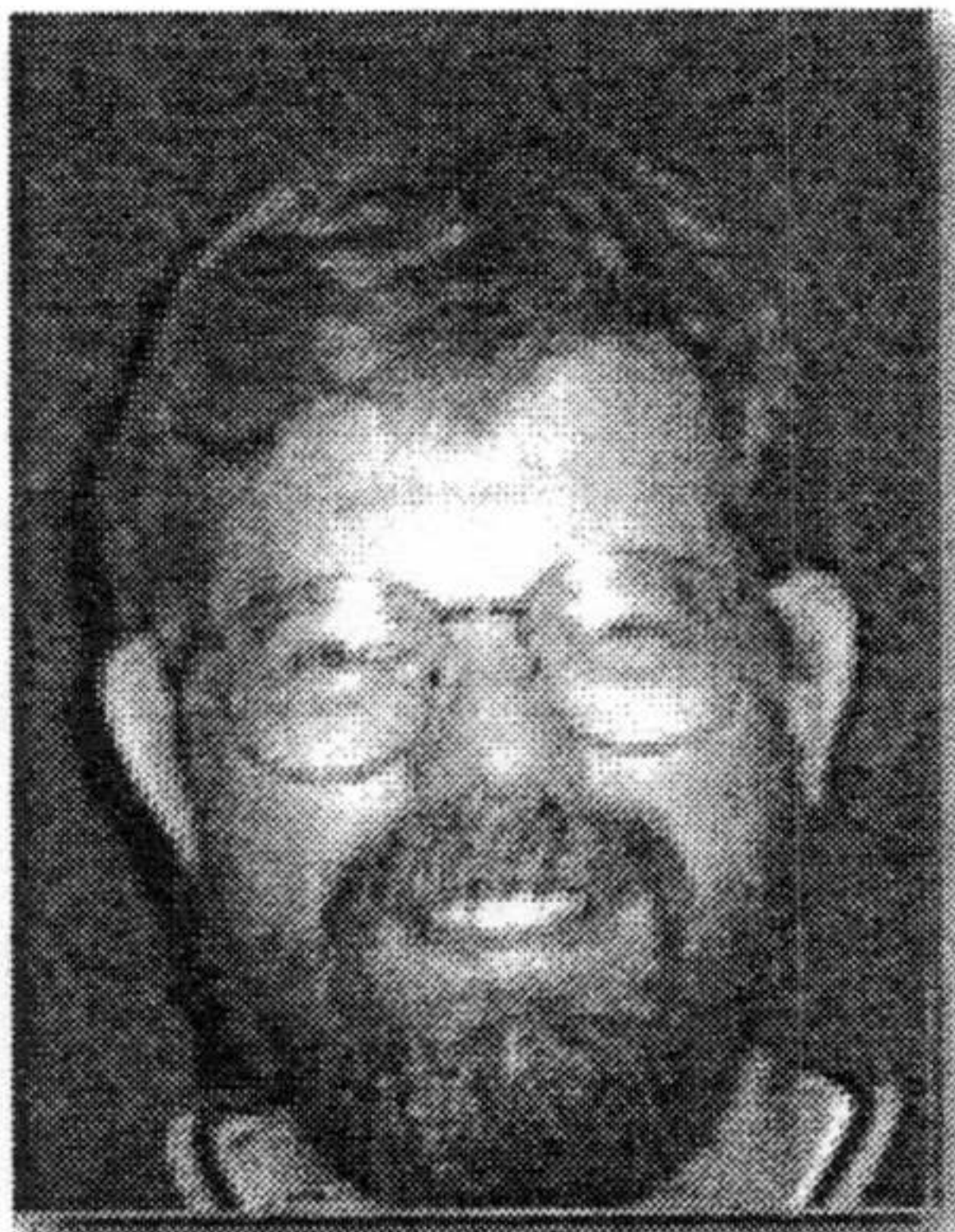
A sunbeam to warm you. Good luck to charm you. A sheltering angel so nothing can harm you. Laughter to cheer you. Faithful friends near you. And whenever you pray...Heaven to hear you.





The CKCO-CTV

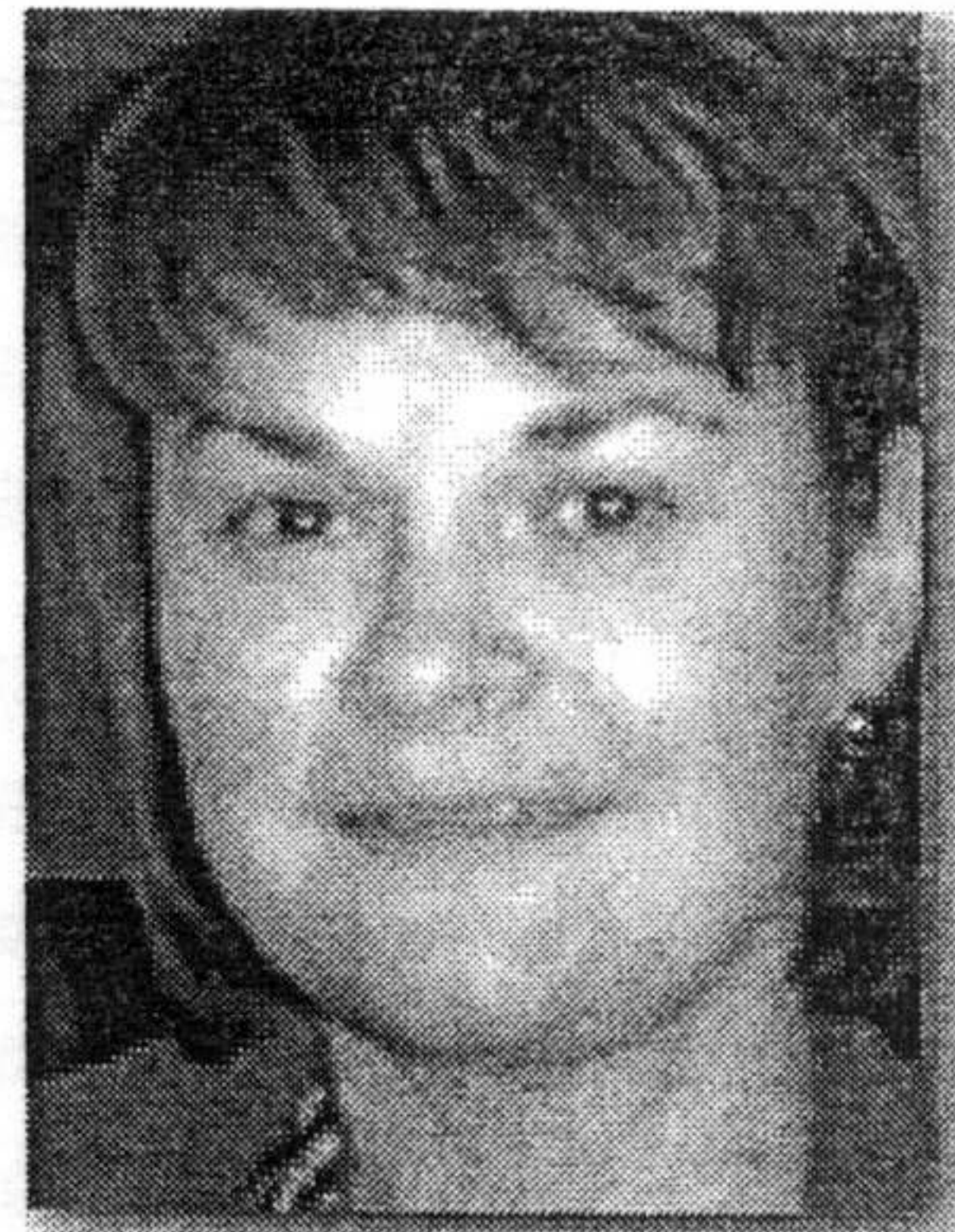
Health and Safety Committee



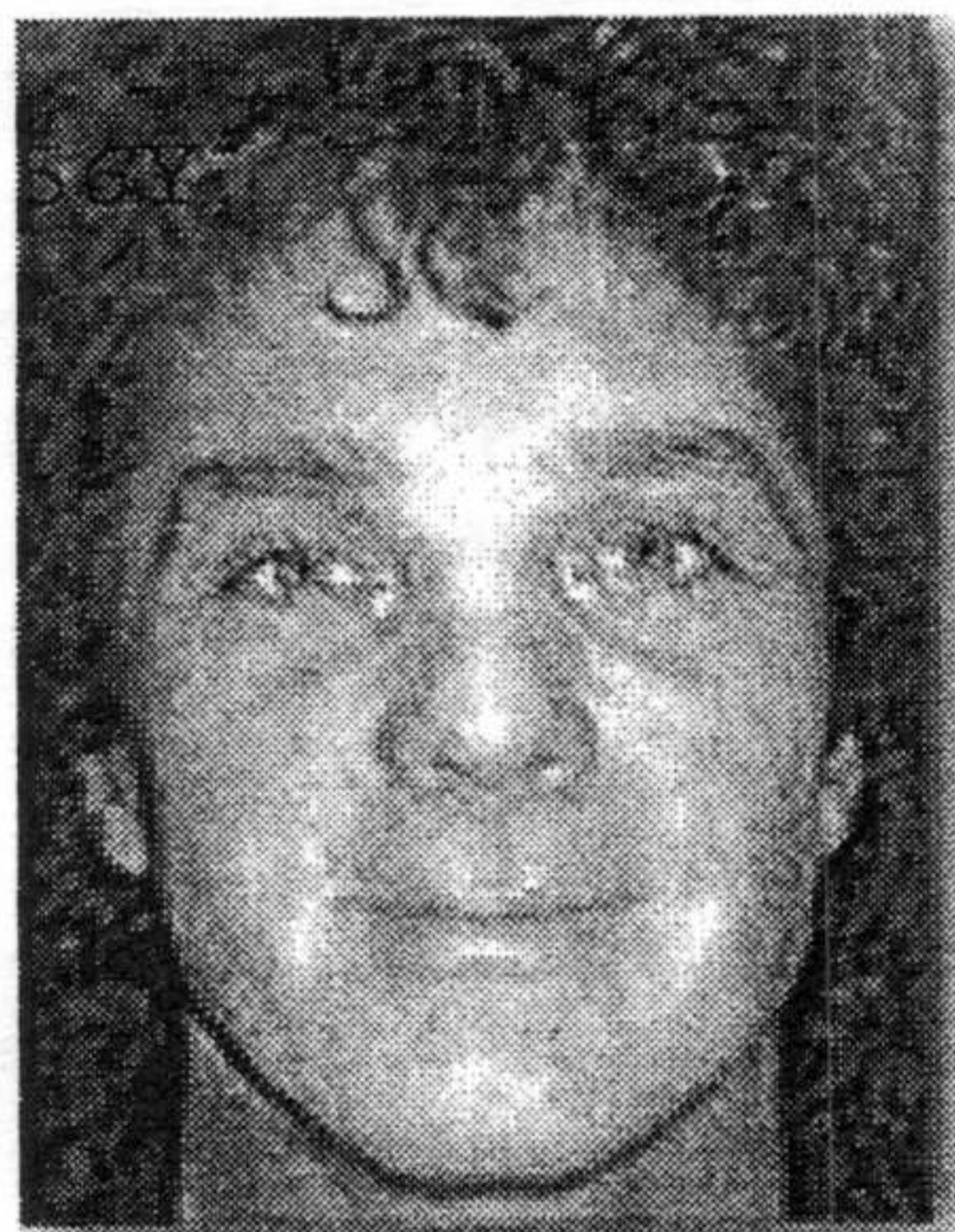
BOB COLEMAN
Operations
Ext. 432



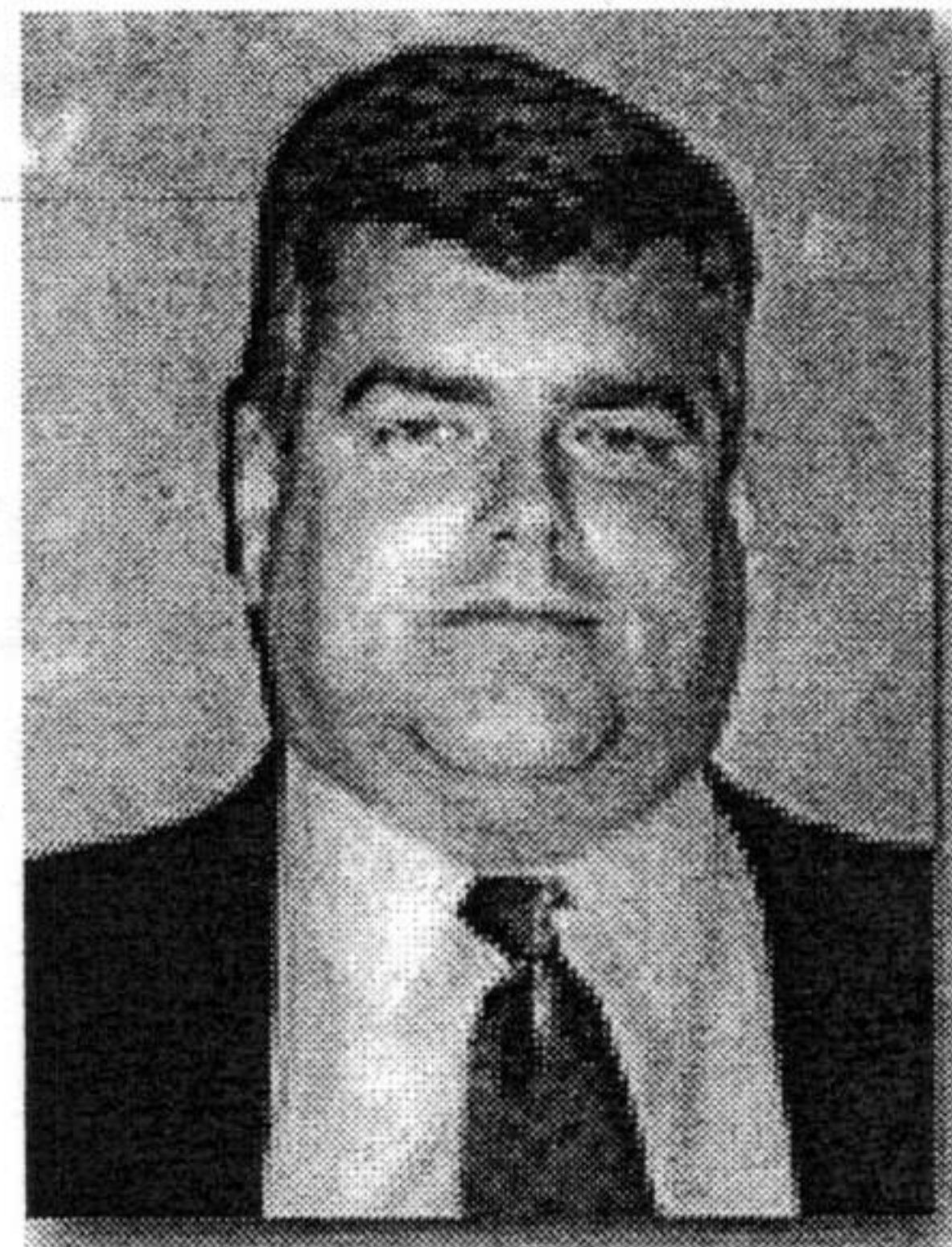
LARRY ERNEWEIN
Maintenance
Ext. 437



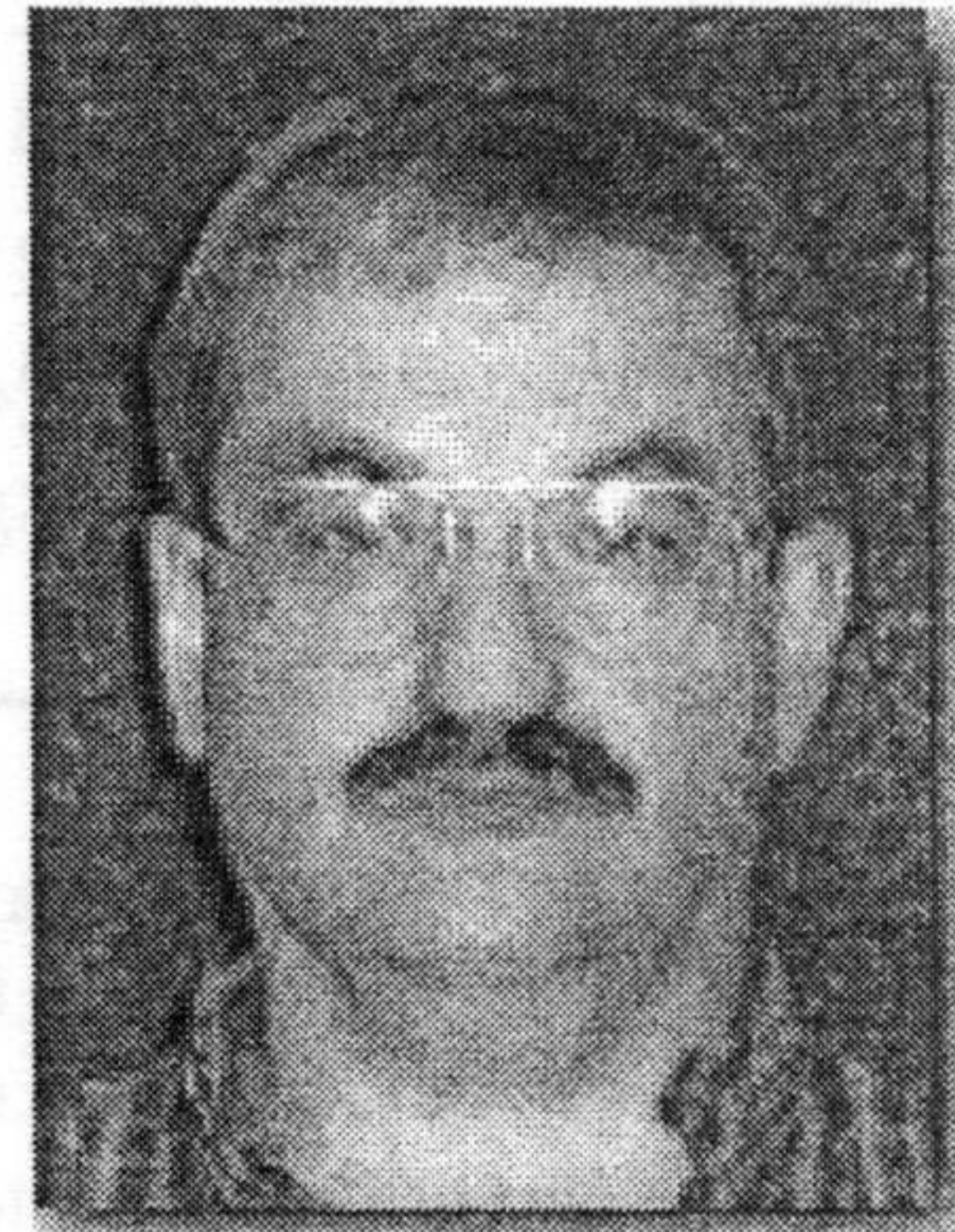
ANNE KIRCOS
Human Resources
Ext. 402



WARREN LETSON
Art Department
Ext. 343



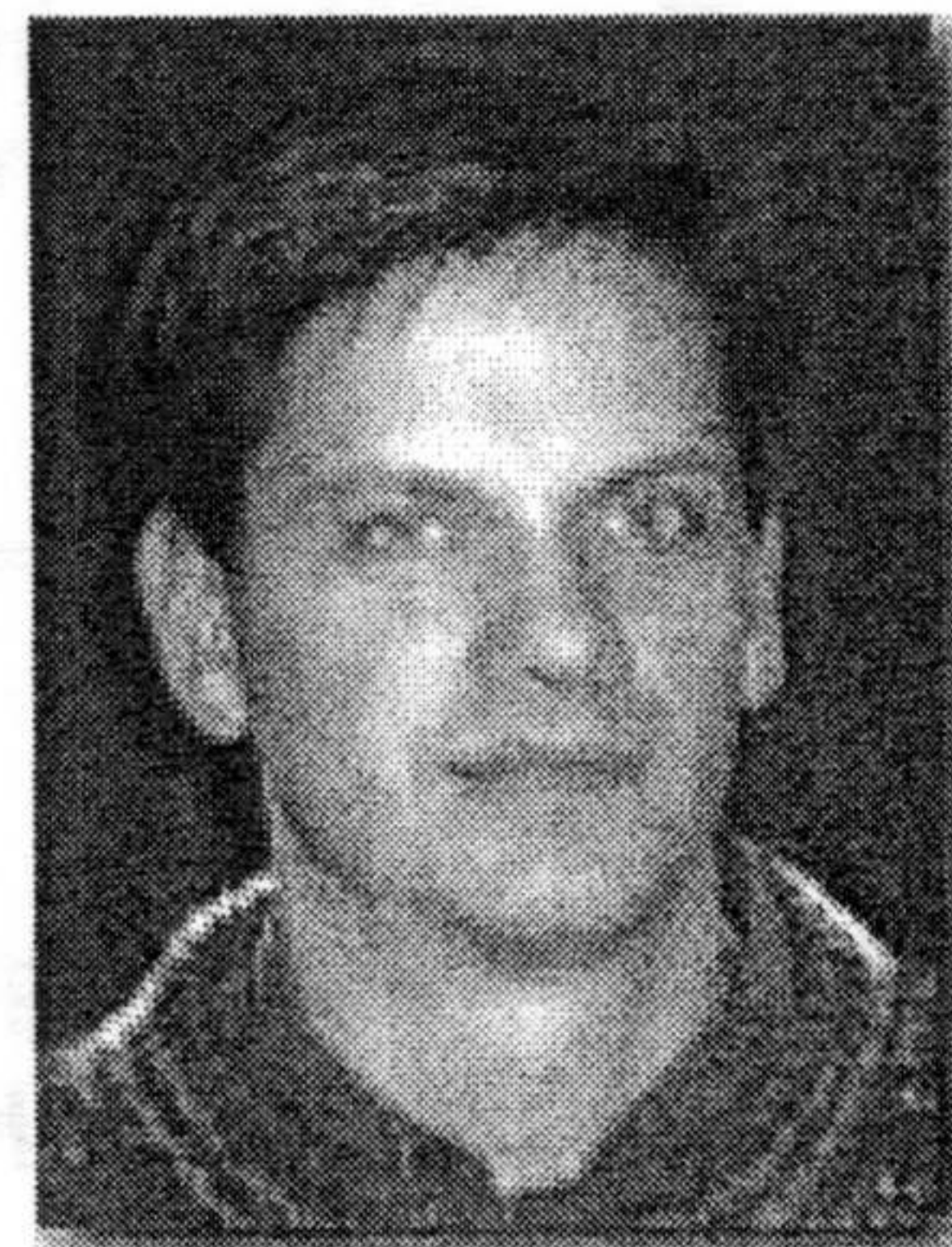
DAVE MACNEIL
Operations Mgr.
Ext. 414



DAVE MELSE
Engineering
Ext. 347



LINDA RADCLIFFE
Human Resources
Ext. 283



JIM TROYAK
News
Ext. 468



MICHELE URBAN
Administration
Ext. 413