

2004 Corporate Challenge

CKCO will be participating in the upcoming Corporate Challenge. The day of the event is Saturday, September 11th. Each team has been asked to bring non-perishable food donations on game day for the Waterloo Region and Cambridge food banks. Last year participants contributed more than 3000 lbs of food! The organizing committee for this year is hoping to surpass this.

Each team is asked to take part and the CKCO Team is asking each of you to bring a non-perishable food donation that can be dropped off in the bin at the back door. If we donate 40 or more non-perishable food items - we **win 40 seconds off** our overall team time! So, you will not only be helping the community food banks....you will be helping out your CKCO Team.

Members this year are:

Nicole Lampa, Lynda Lynch, Lia Rosekat, Janine Grespan, Jennifer Cipriano, Steve Langan, Warren Letson, Jeff Pagett, Shane Roberts and myself.

Thanks everyone in advance for dropping off an item or two!!!

For those of you who new Marv Stroh...

There was a funeral service conducted for Marvin Stroh Monday, July 26, 2004. It was at the Torrance Zion Presbyterian church just south of Bala. Torrance is about a ten minute drive from their cottage. Marvin was a long-term member there. Their children mentioned going to Sunday school there every summer. His wife Thelma is & has been the organist for many years. She is much appreciated by the congregation, other neighbourhood churches and as we found out, Marv much enjoyed her playing and singing. All the songs played & sang this day were his favourites.

The small church was crowded (held about 80 people) with relatives and friends. The minister knew him well and spoke of his communications abilities. His two daughters & grand-daughter took us through the special times & meaningful relationship that Marv had in their life as a father and grandfather. It was very clear that there was special relationship with Marv & his family. So much so, his grand-daughter and her fiancé drove up Friday morning to tell him about their recent engagement. There were a lot memories shared of the times he spent with the kids when they were younger. His 33 years of service at CKCO was his passion. Many times this was mentioned throughout the service and after at the reception. They told of the many times he took to share his enjoyment of working behind the scenes at CKCO. I guess it was enough so that his son Dan tried a career in radio Operations (when radio was in the same building). Dan is 44 now.

There were many stories we heard about the man I knew little about outside of work. His love of his family, his work, his cottage, his Ham radio & car hobbies were what made him the person they all knew. The whole afternoon seemed like a family reunion that I wished we had been invited to a few years earlier.

Earl



King Street Cooks: Kendra's Jalapeno Poppers

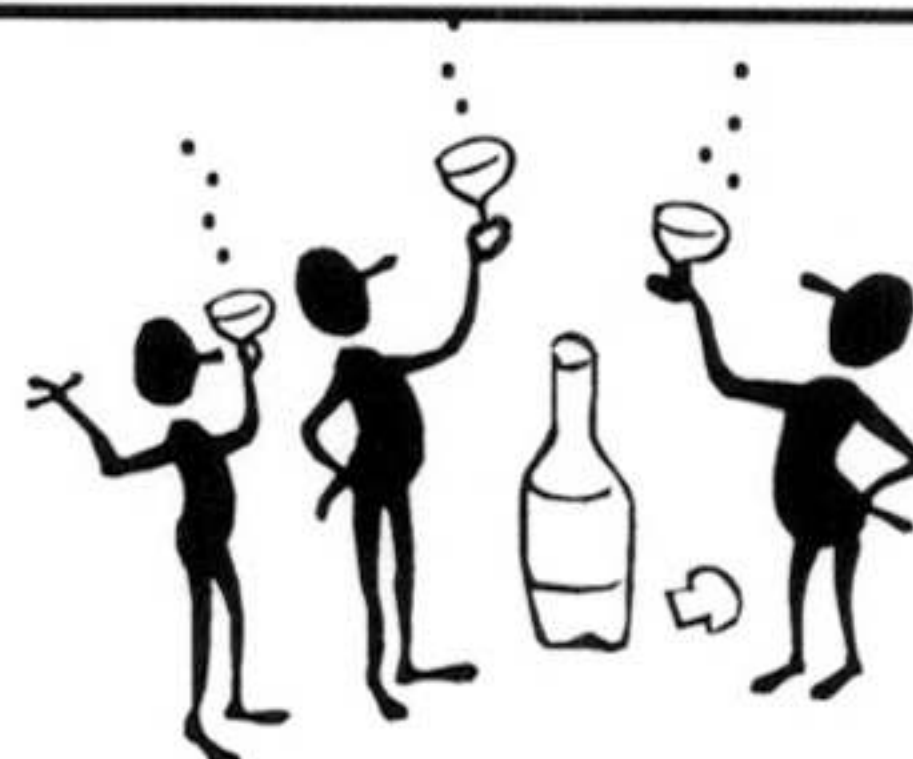
10 Jalapenos $\frac{1}{4}$ cup light cream cheese $\frac{1}{4}$ cup salsa (I like to use hot or medium) $\frac{1}{2}$ cup shredded cheddar cheese (I use extra old cheese)	$\frac{3}{4}$ cup breadcrumbs 2 tbsp chopped parsley (I use parsley flakes) 2 tbsp butter, melted
Directions:	
1. Preheat oven at 375 degrees F 2. Wearing rubber gloves, cut peppers in half lengthwise 3. With a small knife, scrape out seeds and membranes, leaving stem intact. (Sometimes I keep a couple of seeds in the jalapeno) 4. In a bowl, combine cheddar cheese, cream cheese and salsa; blend in $\frac{1}{4}$ cup breadcrumbs.	5. Spoon the mixture into each pepper half. 6. In a small bowl, toss together remaining breadcrumbs, parsley and melted butter. 7. Top each jalapeno with the breadcrumb mixture. (You can make these a day ahead, just cover and refrigerate for up to 24 hours) 8. Bake in oven for 20 minutes or until topping is golden and crisp.
**Sometimes I like to sprinkle more cheese over the poppers, just before they are finished in the oven. Also, I now make the mixture that goes in the poppers to taste, I prefer more salsa.	



The Flu Shot clinic is coming!!! CKCO's annual Flu Shot Clinic will be held this Fall for all interested Employees. Stayed tuned for details...

Happy Birthday!

Steve Woodford	Sept. 1st
Christina Marshall	Sept. 4th
Michael Raletic	Sept. 5th
Stephen Welch	Sept. 5th
Elaine Kuntz	Sept. 8th
Rebecca Morley	Sept. 10th
Buck Dunseith	Sept. 11th
Wolf Urschel	Sept. 15th
Nancy Richards	Sept. 16th
Paul Nyhout	Sept. 18th
Ray Irwin	Sept. 19th
Tom Knowlton	Sept. 23rd
Jordan Schinkel	Sept. 23rd
Jeff Soltysiak	Sep. 24th
Alan Fraser	Sept. 26th
Mike Stratulat	Sept. 26th
Ron Molland	Sept. 27th
Emanuel Zalevich	Sept. 28th



Happy Anniversary!

Rick Howe	Sept. 20th - 28 yrs.
Joe Ulmer	Sept. 11th - 26 yrs.
Rick Smith	Sept. 4th - 25 yrs.
Ute Neugebauer	Sept. 28th - 23 yrs.
Frank Lynn	Sept. 16th - 19 yrs.
Daiene Vernile	Sept. 12th - 16 yrs.
Vicki Gough	Sept. 1st - 14 yrs.
Cameron Crassweller	Sept. 4th - 14 yrs.
Gary O'Neil	Sept. 6th - 10 yrs.
Kate Ingram	Sept. 26th - 10 yrs.
Anne Kircos	Sept. 8th - 6 yrs.
Bruce Fricker	Sept. 1st - 5 yrs.
Janet Taylor	Sept. 14th - 4 yrs.