

A note from James MacDonald:

Hello everyone!

One year ago, we were faced with a big decision to make: Should we move to Hong Kong? Ever since we moved here, we have decided that signing the year-long contract at the Delia School of Canada and moving half way across the world was, in fact, one of the best decisions we've ever made!

Last month, we were faced with a second big decision: Do we stay an additional year? Our experience living overseas has been so rewarding that we have indeed decided to live here in Quarry Bay, HK, for ONE additional year.

Despite all our stories about what a fun 8 months this has been, it was actually tough to decide whether to go back home this or next year. We miss you all so much!! But we figure this is the only time in our lives we will be able to travel to places like Vietnam and the Philippines, so we are going to be completing our adventure abroad next year.

In the meantime, we will be flying home to Canada at the beginning of this summer for a visit. Needless to say, we are VERY excited for this trip. We don't know exactly how long each of us is staying, but the important thing is that we are going to be in the same time zone as most of you for at least a few weeks!

If you want to see the latest photos from our recent trip to Japan, take a look at the website:
www.geocities.com/hongkongmacdonald

We look forward to hearing from you soon!

James and Heather



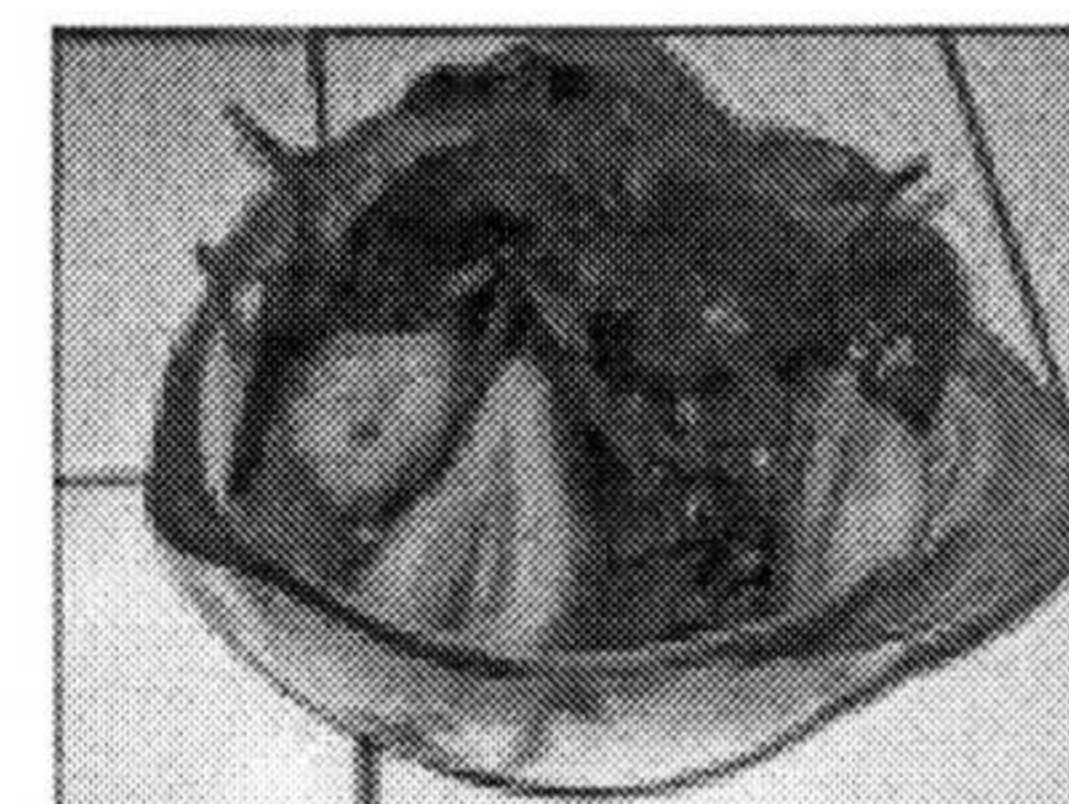
King Street Cooks: Strawberry Spinach Salad

Salad:

- 8 cups baby spinach
- 2 cups strawberries
- 1/2 cup sliced toasted almonds

Dressing:

- 2 tbsp plus 2 tsp olive oil
- 2 tbsp plus 2 tsp balsamic vinegar
- 2 tbsp dark brown sugar
- 2 tbsp raspberry juice concentrate
- 1/2 tsp paprika
- 1/2 tsp worcestershire sauce



King Street Cooks: Raspberry Dressing

- 1/3 cup frozen raspberry concentrate
 - 1 tbsp plus 1 tsp canola oil
 - 1 tbsp lime juice
 - 2 tbsp grainy dijon mustard
 - 2 tbsp coriander (fresh)
 - 2 cups raspberries – divided
- Mash and sieve 1 cup of the berries – use the rest for garnish.

Hardy Hearts will be holding our 7th Annual Health Walk on Saturday May 7th. Rain or shine, it takes place at Waterloo Park--enter off Westmount--follow the signs. Registration begins at 9 am with the walk at 10 am. Our giant silent auction will be from 9 to 12:30 with over 100 items up for sale--from tires to restaurant gift certificates to autographed hockey sticks. Dave MacDonald is hosting our event again this year. Our organization would welcome anybody who would like to join the day. What we really need is volunteers who would be willing and able to be there for all or part of our event. You get a free turkey burger bar-be-que at 11:30. Just let me know. I will also be bugging everyone to pledge their support for me--like always.



Thanks,
Bob Coleman



THANK YOU!



Our desperate plea for new committee members worked!

The following people have committed to making your Rec Club more exciting by offering fresh ideas and creative input into this year's events.

A huge **THANK YOU** for joining goes to:

**Jeff Soltysiak
Terra Crowley
Dan Lauckner
Kyle Christie
Melissa Durrell**

Thank you to our ongoing committee as well:

**Ingrid Schiller
Linda Fricker
Linda Radcliffe
Lynda Lynch**

**A Special Thank You to Peter Kent for his many years of service to the
CAP/CKCO Recreation Club!**

Another announcement from the Rec Club is the change to the executive.

Lynda Lynch takes the position of President from Linda Fricker and Linda Radcliffe takes the position of Treasurer from Peter Kent.

Oh Wait...One More Thing About 2004...

We're already at the end of the first quarter of 2005 but there's one last piece of unfinished business that needs to be announced concerning 2004! Each year in the Sales Group we like to recognize two important achievements: the account manager who generates the most new business during a year and the account manager who finishes with the high percentage of their budget. For 2004:

- Kate Ingram was our top overall account manager finishing with sales at 117% of her budget.
- Ray Irwin was tops in new business development generating just over \$254,000 in new business.

These are both great achievements especially in what has been a softer local advertising market. Please join me congratulating both of them.

--Cameron

Tech Phrases from the Past!

If you worked in master control in the 80's, you may have heard this said at midnight.

"Reel 1 on 1-1, reel 2 on 1-2, reel 3 on 2-1, and reel 4 on 2-2."

What the heck does that mean? Ask someone who switched LATE DATE MOVIES, and they will tell you that it was the sequence of telecine chains and film projectors. The first reel was loaded on telecine #1 on projector #1, reel #2 was via telecine #1 from projector #2, reel #3 was on telecine chain #2 on it's projector #1, and reel #4 was coming from telecine #2 and it's #2 projector. There were two telecine chains and each of them had two film projectors as well as slide carousels. The sources were selected by different mirrors which were selected at the video deck.

Still confused? Stop by table #2 in the cafeteria at 9am, and Earl will draw a diagram for you.

--Phil

Happy Birthday!

Ric Bon	March 1st
Joan Mueller	March 6th
Janine Sharp	March 6th
Joe Ulmer	March 8th
Brent Hanson	March 13th
Gary O'Neil	March 14th
Mike Lorentz	March 18th
Steve Lowe	March 20th
Jennifer Fergusson	March 28th
Darren Stevenson	April 4th
Kyle Bowden	April 4th
Art Baumunk	April 6th
Bob Pronyk	April 8th
Ashley Cross	April 9th
Carla Francescutti	April 11th
Frank Parsons	April 14th
Rick Smith	April 16th
Tom Keller	April 23rd
Pam Sahli	April 24th

Congratulations to Melanie Hnetka and Brian Legge as they entered into Wedded Bliss on March 26th!



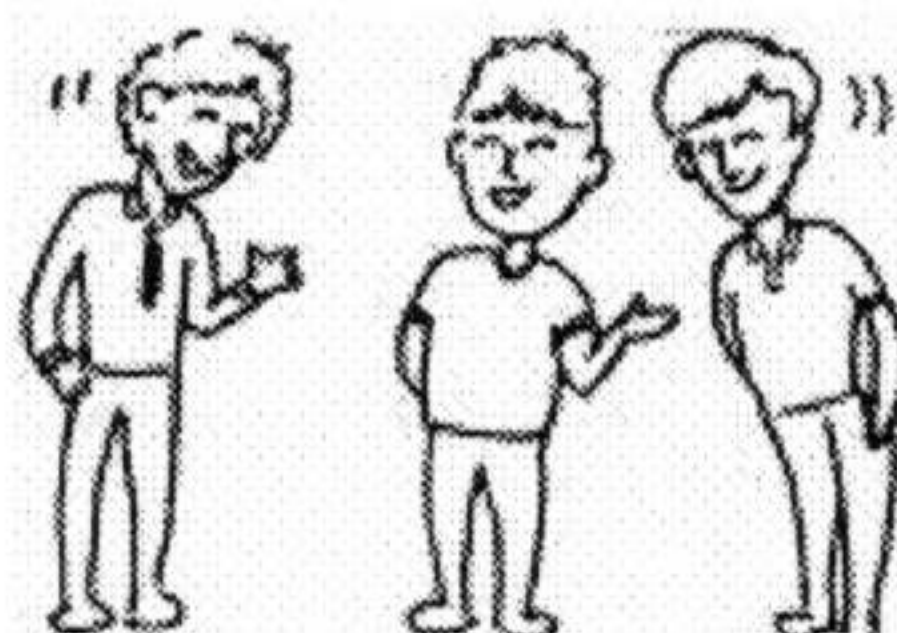
Happy Anniversary!

Ingrid Schiller	March 1st - 1 yr.
Bob Pronyk	March 5th - 4 yrs.
Rob Osburn	March 6th - 3 yrs.
Tom Knowlton	March 11th - 5 yrs.
Jim Alexander	March 23rd - 24 yrs.
Art Baumunk	March 25th - 27 yrs.
Linda Radcliffe	March 26th - 21 yrs.
Joel Jantzi	March 31st - 2 yrs.
Carla Fitzsimmons	April 12th - 3 yrs.
Wolf Urschel	April 19th - 23 yrs.
Tom Keller	April 23rd - 26 yrs.
Kendra Roberts	April 23rd - 4 yrs.
Elaine Kuntz	April 25th - 39 yrs.
Nicole Konarski	April 27th - 1 yr.
Darren Stevenson	April 30th - 2 yrs.



Getting to Know You....

(by Phil Molto)



David Imrie

It was 1977, and I had just graduated from the University of Guelph. I was home on my fathers' farm, when I heard about a job opening. CKCO, CFCA and CKKW were looking for a Farm News Director. I had just turned 23 and was ready!

I was already a five month live radio veteran and was writing the farm report for TV. Dean Robinson was reading the farm show for me on television (right after the Flinstones)! One day in February of 1978, Dean was away. News Director Peter Ferguson called me in my top floor office (with the FM Sales Team) and asked if the farm show was written and ready to go. If it was, he wanted me to check in with him right away at his office in the basement. I arrived and was handed a red jacket and a CKCO tie. He told me to put them on and get to the studio. It was five minutes to air and I found out then that Dean was away. I took my seat and did the show (no prompter back in those days). That was my introduction to live TV. No warning and no time to get any butterflies. Peter must have decided it was okay because he told me then to be ready for the next day at noon. That was the beginning of a long run of farm shows at noon which lead to the birth of first a half hour noon news show and then an hour long show.

Day one was a quick introduction to the biz. Day three I was reading the farm show on radio while the person I was replacing turned the mike on and off. Clips were recorded on bulky carts for radio, there was the clatter of typewriters, smoky offices, a crowded building, the nails on the wall for the wire copy, and a parking lot where you double or triple parked your car and left the keys in the ignition so the person you blocked in could get out. We didn't have a live eye, we didn't have video tape, and we didn't have computers. When I started in 1977 at CKCO, we were still shooting stories on film. Turnaround from the field to air was hours and for the bureaus it was next day news. We actually used "A" reel for the SOT and "B" reel for the video. Voicers were recorded on cart in the downstairs radio booth. The audio person had to hit the carts on cue! The first tape machines for use in the field were a great technological stride. We could actually shoot something on the two piece, heavy and cumbersome 3/4 units, take the tape in house and actually edit a story for air! What a step forward. We used over the shoulder slides for graphics. The art department built sets and did art work. Fast forward into today and you'll agree we've left the horse and buggy age behind.

Wendy and I have two children; Chris who is 15 and Heather who is 10. They are active in music and Heather dances. One past time is driving them to and from practices, performances and competitions. Both love to spend time working at my father-in law's farm. It's a dairy farm alongside the 401 in Cambridge. Wendy and I have our own purebred Holsteins which are housed there. We raise cattle under the prefix "Wendale" and have sold cattle to buyers in the U.S., South America and in Canada. As a result, I spend a lot of my spare time working at the farm and lately that includes most mornings from 5:30 to 7:30 before work! Summers are obviously a busy time on the farm and I also help my brother-in-law on his farm near Woodstock (we have a few cattle there too). I also serve as a board member for a Suzuki summer music institute at Wilfred Laurier and also sit on a committee at our church. Each summer we like to get away for a week or so and usually travel to a favourite spot in Vermont.

Kyle Christie:

(What got Kyle interested in TV?) It makes me sound like a news Geek but when my family got a VCR, I would tape the news coverage of big events. I thought it would be a good keep sake to show my kids one day. I was intrigued by the "live via satellite reporting" back then it was rare and very delayed.

(Kyle's first TV moment?) I drove the get-a-way car for a crimestoppers video when I was 16. It was on CHCH. Live television was a change for me. Prior to starting at the station I worked as a talent agent casting Film and Television series in Toronto. The days were long because the tiniest mistake meant a re-shoot. Since I started reporting and anchoring, the moments past and live television means "get it right the first time".

(Does the TV News world differ from what you expected in your schooling days?) It doesn't really, it's just as challenging and exciting as I had hoped and expected. I look forward to the future of news. With the emergence of technology, I think that the industry will change so much.

When not on duty, I enjoy hanging out with friends, being outside, playing foosball, watching movies and of course reading. I love to learn.