Welcome to summer! This issue will include topics that pertain to summer activities, recent accomplishments within our company, as well as upcoming events you will want to know about. Thanks to all those who have taken an active interest in the Del-A-Gram by supplying the editor with “tasty” and newsworthy facts. We offer more prizes in this issue for different contests that we hope you will enjoy. Response to the contests in the first issue was over-whelming. We received many International Recipes, which will be included over several future Del-A-Gram issues. Read on....and enjoy!!!

Delmar International was proud to present the Long Term (10 and 15 years) Service Awards on Friday, June 13, 2003.

Honorees in Cote de Liesse:
- Jennifer Jarvis
- Beverly Whyte
- Barbara Picard
- Marisa Pavan
- Phyllis Bonhomme
- Colleen Burton
- Neil Holtzberg
- Maria Debellis
- Adelina Guillermo

Honorees in Toronto were:
- Elaine Bermingham
- Jenna Francois
- Monique Boucher
- Brian Harbour
- Alain Bourcier
- Jean-Pierre Caron
- Pietro Chimienti
- Carmen Viau
- Bob Longpre
- Stephen Guidolin
- Debbie Seibold
- Maria Viveiros
- Monique Dupuis
- Bonnie Mullin

Congratulations once again to all of you for your team commitment and continuous efforts to reach for higher goals. You have contributed to making Delmar a leader in our industry.
Move over Montreal Expos and Toronto Blue Jays

The Delmar Diamondbacks baseball team (Toronto) have played their first five baseball games of the year and are currently 3-2. Coming off a disappointing season last year, they've beaten Expeditors Forwarders 14-6, Kuehne & Nagel 11-9, and more recently Tower Group 18-10. Coach Alisa Calabria is very proud of the whole team!! Referring to their most recent win, she is quoted as saying, "We were able to go straight through our batting order in one inning for the first time ever!!!! Everyone played amazing!!!!!!"

Apparently, the ladies have improved drastically since last year. Special mention goes to Steve Ward, Fran Rosati and Sean Kirby, who doesn't miss a ball! Rochelle's boyfriend Robbie, however, is recovering from fractured ribs. Now that's enthusiasm!! Congratulations to the Diamondbacks for a great season opening. Plaaaaaaaay Ball!!!

Johnny Mucciarone - Kickboxing Coach

Growing up in Villeray, Johnny Mucciarone’s Dad figured it might be wise for his young son to develop skills enabling him to become confident and self-sufficient. At the age of 14, Johnny began practicing Tae Kwon Do and earned his black belt seven years later. With Olympic aspirations in mind, he trained for many hours growing up, giving up many of the "normal" things kids like to do. Simultaneously, Johnny earned himself a level three certification for Amateur Boxing. In the boxing ring one day, he sustained an injury to his eye. His Olympic dream came to an end. He needed an outlet to fulfill his love of boxing so he made the transition to coaching. He has coached kids who needed guidance and self-confidence, but mostly he coaches adults. Professionals, businessmen and executives who are looking for a different way to be fit. These are non-professional boxers who book Johnny in the evenings and weekends in his home studio.

Four months ago, Johnny was approached by Jean Yves Theriault, a retired world class kickboxing champion, to coach a Pro Kick Boxer by the name of Raoul Doucet, a full time Police officer from Hawksbury, Ontario. At 36 years of age, Raoul is #1 in the world rankings, making him the current North American Champion. He is married and has two children. Johnny is married and has a small son of his own, so they manage to commute most weekends in order to train.

At this time, Raoul's record is 6 - 1 for his pro fights over the last 4 years. His last win was April 25 against 32 year old Mike Sheppard from Glenville, West Virginia. Johnny and Raoul are training for the rematch coming up this Fall, which will determine The World Champion. They will spend the next three months working on the psychological aspects of kick boxing as well as the physical - sprints, jogging, weight training and generally building Raoul's stamina. It will eventually include over 110 rounds of sparring.

Prior to hooking up with Johnny, Raoul never had a personal coach. Psychologically, it must have helped - in his last fight he told Johnny that knowing he was "in his corner" helped get him through the fight and on to the win.

We certainly are proud to have Johnny Mucciarone in our corner too - at Delmar, Cote de Liesse. Congratulations to you and Raoul on becoming #1 in North America. Good luck going for The World Title!!!
- **Toronto's Golf Tournament**

  Toronto's Golf Tournament was held at Angus Glen Golf Course. The weather was amazing and everyone had a wonderful time. The winning foursome was Frank Waterschoot, Frank Haydar, Elliott Matsuura, David Leetham, Partners Graphic and Keith Mowling, Keith Mowling and Associates.

  *Other winners included:*

  Straightest Drive: Robert Diamond, President of SWS Automotive
  Longest Drive: David Leetham, President of Partners Graphic
  Closest To The Hole: Scott McEwen, GM of Centura London

  **CONGRATULATIONS TO ALL THE WINNERS!!!**

- **Montreal's Golf Tournament**

  Montreal's Golf Tournament took place at Le Fontainebleau where the sun was shining all day!

  The winning foursome was Michael Wagen, David Gurberg, Ron Gurberg and Joseph Balinsky.

  *Other winners included:*
  Straightest drive - hole 14 - Dan Leahy of Ergolea Furniture
  Closest to the hole - hole 4 - Saul Weber of Via Chem
  Longest drive - hole 9 - Ron Gurberg of 3300625 Canada Inc.

  Door prizes were won by:
  Barry Segal of Tyfoon - 3rd place - Dinner for 2 at 40 West
  Irwin Taiger of Décor Chantilly - 2nd place - Foursome at Le Fontainebleau

  Brian Schenker of Jam Industries - 1st place - Weekend away at Tremblant's Fairmount Hotel
It certainly is nice to be appreciated. Following the Toronto Golf Tournament, Stewart and Frank received this email from a very happy client:

Stewart and Frank,

I would just like to thank you both for your wonderful Golf Tournament. First Class course, First Class meal, First Class gifts - but most of all First Class people. The Delmar staff made me feel very welcome. Mr. Cutler, whom I had the pleasure of playing with (along with Jim and Bob), was a treat. It is easy to see why Delmar is the best in the business with a Classy Chairman of the Board like Harrison, who is very funny. Had a great time! I like to Think Kennametal is a Class operation, and is "up there". Delmar certainly fits this category as well. Once again, Gentlemen, Thank you for a great day.

Gordon Kennedy,
Regional Operation Manager.

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TASTEFULLY INTERNATIONAL

Thanks for all the International recipes ...we will be including all your submissions over the next 3 Del-a-gram Issues, and we welcome more. Tell us your favourite family recipe from your part of the world.

**Gaspe Salmon Cakes**

- 1 small Onion, diced 1/2 tsp thyme
- 1 can salmon 1/2 cup bread crumbs
- 1 tsp parsley Salt and pepper to taste

Mix together and make patties. Heat enough oil in fry pan to lightly brown patties on both sides. Roll patties into flower and place in hot oil to brown.

**Gaspe Baked Cod Fish Fillets**

- 1/2 lb Cod fish fillets 1/2 cup milk
- 4 tbsp butter, melted 1/4 tsp pepper
- 1 onion or more 1 tsp salt

Put fillets in egg and flour. Place them in a greased baking dish. Mix butter, onions, salt, pepper, and milk. Pour over fish. Bake, basting occasionally. Bake 40 minutes until fish is tender.

*Lisa Bond*

**Tarator**

*Bulgarian Cucumber Soup*

Cold and sharp, a superb first course for the summer that refreshes while it stimulates the palate. Low calorie and easy to prepare. Serves 4-6.

- 2 cucumbers, peeled and chopped
- 1 garlic clove, minced
- 4 cups plain yoghurt
- 1/2 cup water
- 1/4 teaspoon salt
- 2 Tablespoons dill, chopped
- 1 Tablespoon olive oil

Garnish: chopped walnuts or almond slices

Mix the yogurt and water well. Add the remaining ingredients. Refrigerate at least 2 hours. When ready to serve, ladle into bowls and sprinkle with walnuts or almonds.

"Dobar apetit" (Good appetite)

*Penko*
Authentic Jewish Potato Latkes

- 6 potatoes, pared
- 1 small onion, grated
- 3 eggs
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup flour
- 1 tbsp. oil
- 2 tsp. baking powder
- oil for frying

Grate potatoes and drain well. Blend in remaining ingredients. Drop from a spoon into hot oil and brown on both sides, turning only once. Yield: about 2 dozen.

Israeli Vegetable Salad

- 1 cucumber, peeled
- 8 Ripe plum tomatoes, or 4 medium size tomatoes, diced
- 2 Green onions, chopped
- 3 - 4 tablespoons chopped Italian parsley
- 1 - 2 tablespoons extra virgin olive oil
- 1 - 2 teaspoons strained fresh lemon juice

Peel cucumber if desired and dice, no larger than 1/2 inch. Mix together diced tomatoes, cucumber, green onions and parsley. Add oil, lemon juice and salt and pepper to taste. Serve at cool room temperature.

PER SERVING: 65 calories, 2 g protein, 8 g carbohydrate, 4 g fat (1 g saturated), 0 mg cholesterol, 13 mg sodium, 3 g fiber, 4 servings

Paprikatopf

This is our version of the Hungarian Goulasch from my Grandma

- 1000 grams (1 kilo) of Beef and Pork stew meat
- 125 grams of Bacon
- 250 grams of onions
- 1 tablespoon of uncooked rice
- 1000 grams (1 kilo) of green Bell pepper
- 500 grams of Tomatoes
- 1/2 teaspoon of sugar
- salt to taste
- 1/4 Litre (or more) of Chicken broth
- 1 Tablespoon of sweet Hungarian Paprika
- 1 Tablespoon of hot Hungarian Paprika (I recommend Szeged if you can locate it)

To begin, brown meat in a skillet with some oil on all sides. Add bacon. When nicely browned, add onions until they become slightly carmelized. Add bell pepper, tomatoes and rice.

Cook for one hour at a simmer then add the paprika. Simmer for another hour or ninety minutes until the meat becomes very tender and melts in your mouth.

Kirsten Jaeger

Chinese Dumplings

Mix together some mashed vegetables, such as celery or Chinese cabbage with either pork, chicken or beef hash. Add salt, soy sauce, white pepper and a dash of sugar. Using dumpling wrap found in a Chinese grocery store, stuff the wraps. Not too full or it will leak.

Ladle the dumplings into a pot of boiling water. When the water boils again, add some cold water, and boil it up for a third time.

Enjoy your first home-made dumplings!

Joyce Wu
The staff and management of Delmar would like to offer condolences to Kathie Hammet (Delmar New Jersey) on the passing of her sister, SHARON WEBER, on June 17, 2003 and to Carmen Viau (Delmar Montreal) on the passing of her son, Mathieu. Our deepest heartfelt sympathies to you and your families.
"MAY YOU BE SPARED FURTHER SORROW"

AU REVOIR
The staff and management of Delmar would like to wish Elaine Bermingham a happy retirement. Elaine received her Long Term Service Award on June 13 for contributing to the growth and high standards that has become associated with Delmar International. Elaine has been at Delmar since 1993. We all hope she enjoys many wonderful hours in her recording studio. Good Luck!! Bonne Chance!!

The staff and management of Delmar would like to congratulate Tova Goldenberg (Delmar Toronto), on her upcoming wedding and subsequent marriage to Steve Reiser of New York. The wedding will take place in Montreal on August 10, 2003. A hearty Mazel Tov and very best wishes to the couple!!!

With summer upon us, we sometimes forget about the risks that this season brings. Check out what Health Canada suggests we think about and tips to follow to enjoy a happy and healthy summer.

Delmar Dorval and Lacolle
Time for a Good Laugh

Delmar Dorval and Lacolle - Time for a Good Laugh On Friday, July 11th and Saturday, July 12th - 43 Delmar-ites and a guest of their choice attended two midnight performances of THE NASTY SHOW, part of the JUST FOR LAUGHS FESTIVAL. Delmar sponsored 75% of the event, allowing everyone to buy tickets at an amazing price. Eighty-Nine people had a great time !!

Congratulations to Tina Jones and her husband Mike on the birth of their baby girl, Mackenzie. She was born on May 29 in Montreal. Best wishes to the whole family.

If we missed someone or something we apologize, but we can’t report what we don’t know about. Please send info to the editor at editor@delmar.ca Thanks!!
By now many of you have noticed that Delmar has adopted the BlackBerry - our choice for wireless connectivity. All Delmar sales personnel and many of Delmar's senior executives use BlackBerry's on a daily basis to stay in touch with the office via wireless e-mail. BlackBerry is a Canadian product, produced by RIM (Research In Motion) - an Ontario based company. <www.rim.com>. Our experience has been fabulous. Delmar sales people and executives are in constant contact, and have become that much more productive. The relatively low cost of the units and the monthly service fees have reduced the need to carry around heavy laptops. Additionally, the use of the BlackBerry has reduced the usage of the more costly cellular telephone.

Delmar has now decided to step it up a notch and replace all our existing BlackBerry's with the brand new 1X Dual Voice/Data BlackBerry 6700 model. These new units are both cellular telephones and wireless e-mail capable, but they offer another extremely lucrative function which Delmar intends to take advantage of in the months and years ahead. They are able to connect to our internal networks (Dataflex, Informix and Oracle)! Yes that's right - even to DelNet! Credit approvals, interaction with our in-house sales and pricing systems, and much much more... BlackBerry is an award-winning, integrated wireless platform designed specifically to meet the needs of mobile professionals. With BlackBerry, mobile professionals get effortless access to their important information and communications while on the road, and IT departments get extensibility and centralized administration in a secure solution.

Blackberry continues to distinguish itself as the leading wireless platform for corporate customers. Specifically designed to meet the needs of both end users and IT departments, Blackberry incorporates the industry's best hardware, software and services to provide a seamless, end-to-end solution. The BlackBerry 6750 is the newest addition to the multifaceted Blackberry solution and leverages RIM's advanced technologies and infrastructure together with Java 2 Micro Edition (J2ME) and leading CDMA2000 1X wireless networks to provide a compelling and seemingly effortless experience.

Welcome New Staff

In the time since our first Del-a-Gram made the stands, we have welcomed the following individuals onto the Delmar team:

L.A.: Christopher Sanderson
Winnipeg: Jennifer Esguerra
Winnipeg: Matthew Earish
Toronto: Samir Pahwa
Toronto: Amanda Hughes
Toronto: Sandi Keith

Lacolle: Andree-Anne Leduc
New York: Marnie Gordon (Milagros)
Montreal: Shelly Carpenter
Montreal: Monika Zanacan
Montreal: Heide Meier
Montreal: Tyler Brushett

INTRODUCING BLACKBERRY 6750 WIRELESS HANDHELD

Handheld Design: The BlackBerry 6750 offers always-on data operation with an integrated phone. With a palm-sized form, the BlackBerry 6750 is sleek (approximately 4.75 x 3.00 x 0.70 inches) and lightweight (approximately 5.00 oz) with an embedded RIM wireless modem and internal high performance antenna. The handheld features an easy-to-use "thumb-typing" keyboard (based on RIM's popular keyboard design), navigation track wheel, rechargeable and removable lithium battery, large screen, intuitive interface, integrated speaker/microphone and headset jack. Both the screen and keyboard are backlit for easy reading and typing during day or night.

Email: RIM's advanced approach to wireless email is popular and proven with enterprise customers. BlackBerry 6750 users can enjoy a secure, wireless extension to their existing enterprise mailbox. There is no need to worry about retrieving or "pulling" email since BlackBerry's "push" architecture enables email to be automatically delivered. Users can read, compose, forward, reply, file or delete messages at their convenience and synchronize their inbox and folders between their BlackBerry handheld and PC. Delmar is once again the first kid on the block to successfully use Blackberry's in the logistics industry this way. Being first isn't our goal of course - but we're kinda getting used to it!
IF YOU WERE RUNNING A RACE, AND YOU PASSED THE PERSON IN 2ND PLACE, WHAT PLACE WOULD YOU BE IN NOW?

THE FIRST 10 CORRECT ANSWERS WIN DELMAR T SHIRTS

Humour.....from a kid's perspective.........

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted it on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture. "Just think how nice it will be to look at it when you are all grownup and say, 'There's Jennifer; she's a lawyer,' or 'That's Michael, he's a doctor.'" A small voice at the back of the room rang out, "And there's the teacher. She's dead."

Translation Contest

Whether or not you supplied us with an International Recipe for this issue, the notice itself might come in handy for you now. If you recall, we said HELLO and THANK YOU in many languages - 16 to be precise!! How many languages can you identify?? You must connect the HELLO with the THANK YOU - and identify the language!!! Everybody who completes this, gets a beautiful Delmar T-Shirt. If there are no winners, the most correct answers will win - there is no time limit!! (Click on Recipe Notice)

Thought of the Day

If you love something...set it free. If it comes back...it will always be yours. If it doesn't come back, it was never yours to begin with. But, if it just sits in your living room, messes up your stuff, eats your food, uses your telephone, takes your money, and doesn't appear to realize that you had set it free....... You either married it or gave birth to it.

*All contests are subject to Delmar’s rules and regulations as outlined in Policies and Procedures.

www.delmar-group.com

Please send your comments and contributions to the editor

editor@delmar.ca