

CJ & Associates, Inc.



Newsletter

Up Coming Events

Wisconsin State Fair August 6-16

CJ Kick-Off Meeting August 12

CJ Customer Appreciation Picnic August 22

2009 Heart Walk October 18

August 2009

CJ Has Gone Green!

CJ has gone **green** and we would like you to join us!

Over the last few months we have been working on ways to save during these hard economic times and we have come up with a few things that will help save a few dollars here and there.

CJ & Associates, Inc. now offers convenient electronic invoicing, statements, and order confirmations.

If you don't already receive these items by e-mail now's your chance.

All you have to do is inform us that you wish to receive your regularly mailed documents via your e-mail address.



For us it is a few simple steps to enter your e-mail address and then you will notified by

e-mail on our next billing cycle.

If you would like to sign up for a trial, you are welcome to do that. If you decide that it is inconvenient, we will switch you back to receiving a hard copy.

Please join us in saving a few trees along with a few dollars.

GO GREEN & SIGN UP TODAY!

The American Heart Association's **Start! Walk** Continues...

Again in April, CJ started it's journey walking our imaginary line across the country to reach and hopefully exceed our set goal of walking a total of 3368 miles.

We are walking from New Berlin, WI to Walker ID. Stopping along the way at different cities named Walker.

So far we have walked a total of 1659 miles and have passed our first destination of Walker, Iowa, our second destinations of Walker, Minnesota, and now our third destination of Walker, South Dakota. We are now on our way to Walker, Colorado.

Again, this year the Heart Walk will be located at the

Summerfest Grounds on October 18, 2009 where we will walk along the lakefront.

CJ will keep you updated as we continue our trek to Walker, Idaho.





National Immunization Awareness Month



August is the National Immunization Awareness Month, The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly. August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare work-

ers are preparing for the upcoming flu season.

Immunization is one of the most significant public health achievements of the 20th century and offers safe and effective protection from infectious diseases. Getting immunized is a lifelong, life-protecting community effort regardless of age, sex, race, ethnic background or country of origin.



Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunization are recommended throughout life.

If you would like to learn more about NIAM or the immunization schedule please visit the Center for Disease Control and Prevention website:

www.cdc.gov/vaccines.



Pesky Little Bug...Mosquitoes

Mosquitoes and other pests may be small, but they can pack an itchy and irritating punch during the summer fun. Stay bite-free this season with these helpful tips.

Vitamin B2—Take vitamin B2 about one hour before heading outdoors. This vitamin gives off an odor that is unappealing to insects, but undetectable to humans. You can find vitamin B2 in nuts, cheese, eggs, milk and lean meat, green leafy vegetables, fish, legumes, whole grains, and yogurt.



Stay Inside—during dawn and when mosquitoes are out at full force. If you are planning on being out during these times wear loose light colored clothing. Avoid using floral scented lotions or perfumes, they taste good to bugs.

DEET—Insect repellents that contain deet are the most effective. If you are leery about putting deet on your skin, spray it on your clothing instead. If you want to go with the more natural approach, look for soybean oil on the labels. Don't forget to check your local Whole Food Markets.



In Memoriam of Cliff Schneiderwendt

It is with a heavy heart that we announce the passing of one of our colleagues, Cliff Schneiderwendt. Cliff passed away on July 30, 2009; he was born on March 6, 1956.

Cliff is survived by his wife Pam, daughter Melissa and 3 granddaughters, Molly Jean, Elizabeth Helen, and Catherine Danielle. Cliff was a loyal and dedicated employee of CJ & Associates, Inc. for 13 years. He was a unique and interesting man who would have done anything for anyone who asked. Cliff was a committed, reliable and trustworthy person who was always willing to do what ever was necessary to get the job done and didn't complain. Cliff began his career at CJ as a warehouse supervisor and later was instrumental in running TNL, a subsidiary of CJ that manufactured laminate tops and cabinetry. He then moved into the role of Construction Project Manager. Cliff touched many lives of his colleagues at CJ and will be greatly missed.

A Memorial Gathering for Cliff will be held Friday, August 7, from 4:00-7:00pm at Becker Ritter Funeral Homes.

Test Your Heart Health



Think you know what's best for your heart? Test your Heart I.Q. with one of the American Heart Association's [Healthy Heart Quizzes](#) including physical activity, high blood pressure, cholesterol, and taking medication.

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WE'RE ON THE WEB COME VISIT US AT

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This Month's Tasty Recipes

Peach Crisp

Ingredients:

- 2 1/2 lbs fresh peaches, pitted & peeled
- 1 cup flour
- 1 cup sugar
- 1/4 tsp. salt
- 1/2 tsp, sugar
- 1/2 cup butter, softened

Step One: Slice the peaches into a greased 8 inch square baking dish

Step Two: In a medium bowl, combine flour, sugar, salt, and cinnamon.

Step Three: Use a pastry cutter to blend butter into flour mixture until it resembles coarse meal.

Step Four: Sprinkle the flour mixture over the peaches as evenly as possible.

Step Five: Bake at 375 degrees for 45—50 minutes or until topping is golden brown.

Step Six: Serve warm with whipped cream or ice cream.



Tortellini Corn Toss

Ingredients:

- 1 package of cheese tortellini
- 2TB butter
- 1/4 cup chopped red onion
- 1 minced garlic clove
- 2 cups corn
- 1/4 cup chopped fresh basil
- 12 cherry/grape tomatoes, halved
- 4 TB Parmigiano cheese

Cook pasta according to package directions

Drain and reserve 1/2 cup of the pasta water

Melt Butter in a large skillet over medium high heat.

Add onion and garlic, sauté about 5 minutes or until onions are translucent

Add corn, cook for about 5 minutes or until heated

Add basil, pasta and reserved pasta water to skillet

Cook until thoroughly heated

Top with tomato halves and Parmigiano cheese.



Corn Tomato Edamame Salad

Ingredients:

- 2 tablespoons oil
- 2 teaspoons garlic, chopped
- 2 slices fresh ginger
- 1 teaspoon salt
- 3 cups frozen corn kernels
- 1 cup frozen edamame
- 3 tablespoons water
- 1/2 cup cherry tomatoes, halved
- 1/2 teaspoon sugar
- 1 teaspoon sesame oil
- 2 tablespoons fresh cilantro, chopped
- 1/2 teaspoon dried chili pepper flakes (optional)
- 3 green onions, chopped (optional)
- 1/4 cup red bell pepper, chopped (optional)



Heat oil in wok or large skillet. Add garlic, ginger, and salt and toss well. Add red chili flakes, if using.

Add corn and toss to mix with the oil. Add edamame beans, and toss to combine. Add onions and bell peppers if using.

Add water and cook, tossing often, until the corn and edamame beans are hot and tender.

Add the cherry tomatoes and sugar, and stir gently to mix them in evenly and heat them just a little. Add sesame oil and cilantro, toss well, and transfer to serving bowl. Serve hot or warm.