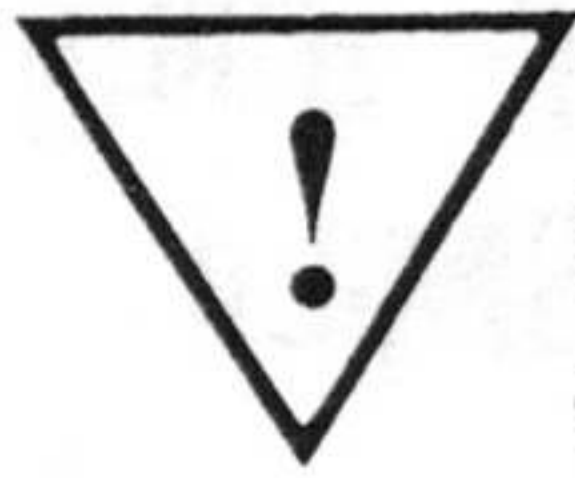


## Station Break



The CKCO-CTV  
Health and Safety  
Committee

The CKCO Health & Safety committee has Launched an emergency awareness campaign to teach employees the proper procedures to follow when faced with building emergencies.

The committee has attempted to use creative and humorous methods to capture the attention of employees and to ensure the procedures are retained.

**The campaign runs from Oct. 18 – Nov. 5 and has included the following topic areas:**



Building Fire Emergency



Building Medical Emergency



Building Intruder



Bomb Threats

Listen and Learn ... for  
safety's sake!



## CKCO REC CLUB

We will be enjoying an old-fashioned Christmas at Heritage Harvest Farms, just outside of Heidelberg.

### A few highlights of the afternoon will be:

- Horse drawn hay rides to the sugar bush. The rides last approx. 45 minutes and leave every hour.
- Sing-a-longs with Santa's Elves
- Pony rides with supervision
- The barn has smaller farm animals, goats, sheep, chickens, pigs etc.
- A supervised campfire with marshmallows and wieners
- Mr. and Mrs. Claus (A schedule will be posted for family gift giving)
- Hot apple cider, hot chocolate and lots of goodies (*for those with allergies- none of the food will contain nuts!!*)

Since this is mainly an outdoor event, please dress warmly (cabins are heated by wood burning stoves for our comfort). Heritage Harvest Farms is truly an old-fashioned experience. They do not have running water. Therefore clean outhouses are provided for our amusement. A hand washing station with soap and water will be brought in for our use. Hand Sanitizer will also be available.

**NEW THIS YEAR--** In keeping with the Christmas Spirit, we encourage your family to help those who are less fortunate. If you'd like to participate please bring a new, unwrapped toy on the day of the party. A box will be provided and these gifts will be given to a charity (not yet decided) in time for Christmas!

If you have any questions about the Christmas Party or any other events, please call Lynda Lynch ext. 280.





# Station Break page 2



If it is  
news to  
you ... it  
is news  
to us!

More changes in the newsroom. As you know Al Gibson is heading to CKGL where he has accepted a job as program director. He's looking forward to the challenge ahead and everyone at CKCO thanks him for his contributions here during difficult times. We know he'll do well in his new post and he's not too far away so he can still look forward to Oktoberfest events!!! An incredibly busy time here for everyone. We're in the midst of ratings and several staffers are working on special projects.. Frank is doing a feature series on the value of a college education vs. a university one, Crista's reports are called "Food, Fat and the Future", Nancy Pine takes a look at aboriginal justice and Vicki has senior's reflections on our youth..it's called "Kids These Days". We congratulate Paul Moser on winning the recent hockey pool.. FINALLY!

That's all for now!!

Stay tuned..next station break we'll know if our former colleagues..Ross MacIntosh and Lisa LaFlamme won a Gemini!

Cheers,

Julie-Marie



Your daily  
SMILE

## TIPS ON LOVE BY KIDS AGE 5-10

### WHAT IS THE PROPER AGE TO GET MARRIED?

- once I'm done with Kindergarten, I'm going to find me a wife (Tom 5)

### WHAT DO MOST PEOPLE DO ON A DATE?

- on the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date. (Mike 9)

### WHEN IS IT OKAY TO KISS SOMEONE?

- you should never kiss a girl unless you have enough bucks to buy her a big ring and her own VCR, cause she'll want to have videos of the wedding. (Jim 10)

### CONCERNING WHY LOVE HAPPENS

-no one is sure why it happens, but I heard it has something to do with how you smell. That's why perfume and deodorant are so important. (Jan, 9)

### ON WHAT FALLING IN LOVE IS LIKE

- Like an avalanche where you have to run for your life (Roger 9)

- If falling in love is anything like learning how to spell I don't want to do it ... It takes too long (Leo 7)

### ON THE ROLE OF GOOD LOOKS IN LOVE

- If you want to be loved by somebody who isn't already in your family, it doesn't hurt to be beautiful (Jeanne, 8)

- It isn't always just how you look. Look at me. I'm handsome like anything and I haven't got anybody to marry me yet. (Gary 7)

- Beauty is skin deep. But how rich you are can last a long time (Christine, 9)

### CONCERNING WHY LOVERS HOLD HANDS

- They want to make sure their rings don't fall off because they paid good money for them (Dave, 8)

### HOW TO MAKE LOVE ENDURE

- Be a good kisser. It might make your wife forget that you never take out the trash.

### WHAT MOST PEOPLE ARE THINKING WHEN THEY SAY "I LOVE YOU"

- The person is thinking, Yeah, I really do love him. But I hope he showers at least once a day (Michelle, 9)

### CONFIDENTIAL OPINIONS ON LOVE

- Love will find you, even if you are trying to hide from it. I have been trying to hide from it since I was five but the girls keep finding me (Bobby, 8)