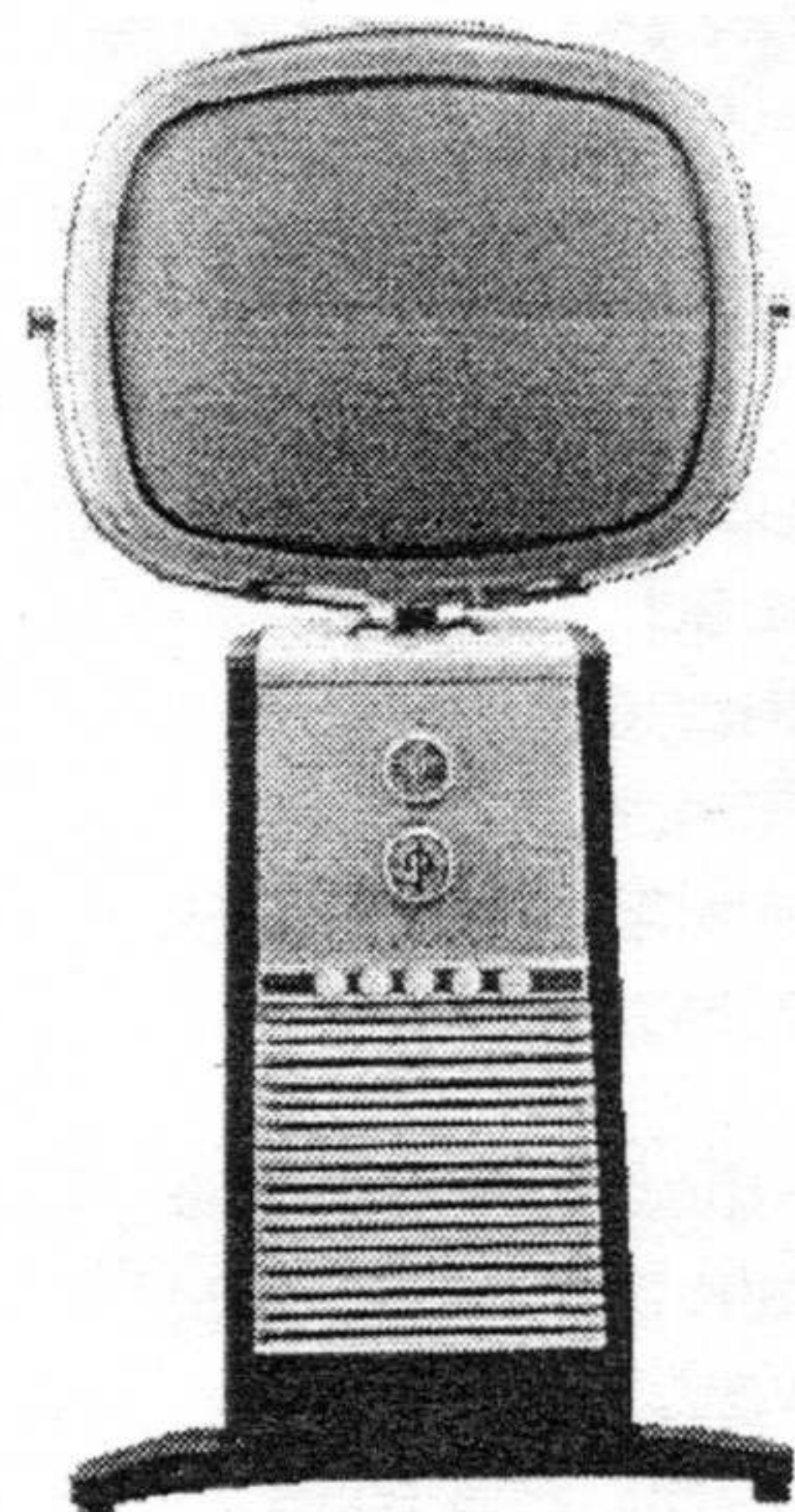


**\*\* SAVE THE TREES: Station Break is now available at Public Folders/All Public Folders/CKCO**



## Broadcast Bits

by Tom Keller

Features continue to be a hit during CKCO News. We've just finished up Janine Grespan's challenging "Starting Out", a three-part series that focused on young men coming of age. Next week Vicki Gough takes us into the world of Pet People, followed by Darryl Konynenbelt's look into the all-pervasive Internet with Cyber Pirates.

### TRIVIA STUFF!

And now for something a little different! The rules to *Connection Challenge* are simple. Each question is comprised of the names of two movies. The correct answer is the name of any movie in which a performer from the first movie and a performer from the second movie both appear. For example, if the question were:

*Raiders of the Lost Ark + Top Gun*

The answer would be *Witness* because Harrison Ford from *Raiders* and Kelly McGillis from *Top Gun* both appeared in the movie *Witness*. **This week's Connection Challenge: Batman Forever + Top Gun**

First answer to Tracy (ext 200) wins something from the "CKCO Closet".

### STATION BREAK SILLIES!

What do you say to a football player in an Armani suit? *Will the defendant please rise.*

### STRANGE BUT TRUE!

85% of all men who die of heart attacks while having sex are doing what? *Cheating on their wives!*

### RIDDLE ME THIS!

I have a tongue, but I can't talk. And my "soul" is often hard and tough.  
What am I? *A shoe.*

## Promotions Update

by Tracy Jasmins



Dave & Tom successfully got Spring Ratings rolling February 26<sup>th</sup> with the "Roll Into Spring" campaign for **Knechtels**...it's that time again. **Knechtels** is giving away four Year 2000 Ford Focus Sedans and lots of other prizes (over \$350,000 in prizing). The postcards have been pouring in....and to think only 10 more weeks!!!

Our **Trillium Air** promotion (February) wrapped up this past Sunday as winners took to the sunny skies for a one-hour sightseeing tour to Niagara Falls. The lucky station winner was Ray Irwin!! The grand prize winner of the Winterlude Weekend sent a nice letter thanking CKCO - it is posted on the staff bulletin board with some photographs.

Now it's on to Summer Promotion campaigns ... it's July in my world ... so don't be surprised if I show up to work in shorts and sandals someday soon....

### IN THIS ISSUE ...

*Does the drinking water at CKCO really lead to pregnancy? More announcements...*

*Station Break now available in MS Outlook*

*Free Computer Training*

*Rec Club ~ Upcoming Events*

*CEP Union Information*

*Gas Price Increases Lead to Pop Increases*



## IF IT'S NEWS TO YOU....



## IT'S NEWS TO US!

Is there something in the water downstairs? That's the question being joked about in the news and editing areas. The latest addition to the list of expectant parents is our very own Crista who is due with baby number one in July. Congratulations!

What would you pay to spend a working day with John Matlock? At a recent fundraiser for the R.O.O.F. organization, someone paid \$210.00 for the privilege. R.O.O.F. raises money for the homeless.

Oh yes...and I knew there was something else pertinent to tell you. Art "rolled up the rim" and won! He will be picking up his new....BICYCLE in the spring.

Cheers,  
Julie-Marie



## POP FRIDGE \$\$ INCREASE

In order to keep pace with the recent and ongoing price increases for gasoline, as of March 15<sup>th</sup> 2000 pop and juice will become \$ 0.75. In the last 14 months prices have increased 50% and it is now necessary to pass this on.

## ANNOUNCING:

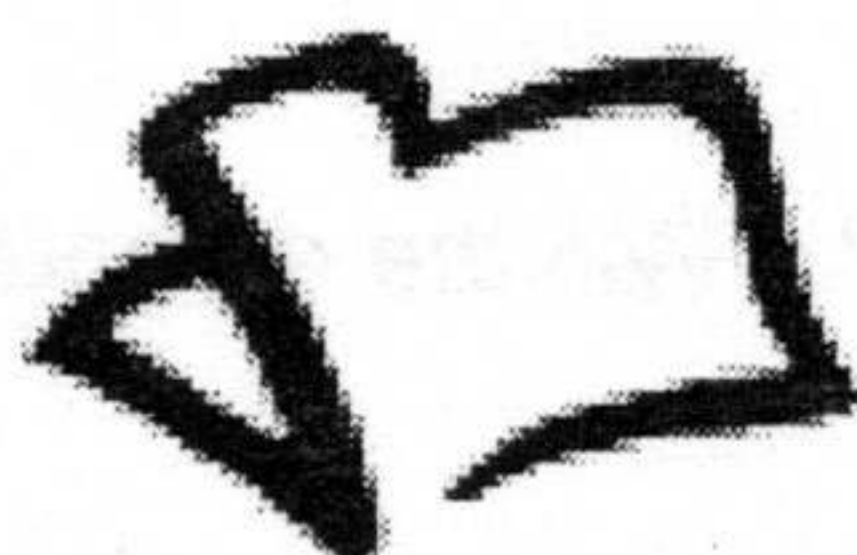
A new column where  
"The Spotlight" is on You!



- Engagements
- Weddings
- Birth Announcements
- Achievements

Send your photo or announcement to **Anne Tyczynski** in Human Resources and "The Spotlight" will shine on you in Station Break.

(all photos will be returned)



## The "CEP" Files

It has been brought to my attention that recent mailings from Ottawa have been sent to slightly incorrect addresses. Please let me know if this has happened to you so the problem can be corrected immediately.

Anyone needing a copy of the current collective agreement contact any executive member. I was distributing them when I ended up in hospital so I might have missed someone.

Apparently some members who have applied for Union Membership have still not received their cards. If this applies to you, please let me know.

Bob Coleman  
Secretary, CEP – Local 712 M

## A "WISE GUY" ONCE SAID:

"Do not walk behind me,  
for I may not lead.  
Do not walk ahead of me,  
for I may not follow.  
Do not walk beside me, either.  
Just leave me alone."

"Before you criticize someone  
you should walk a mile in their  
shoes. That way, when you  
criticize them, you're a mile  
away and you have their  
shoes."

"Give a man a fish,  
And he will eat for a day.  
Teach him how to fish,  
And he will sit in a boat and  
drink beer all day."

"If at first you don't succeed,  
skydiving is not for you."

"Duct tape is like The Force ~ it  
has a light side, it has a dark  
side and it holds the universe  
together."

"Always remember you are  
unique .... just like everyone  
else."

"A closed mouth gathers no  
foot."

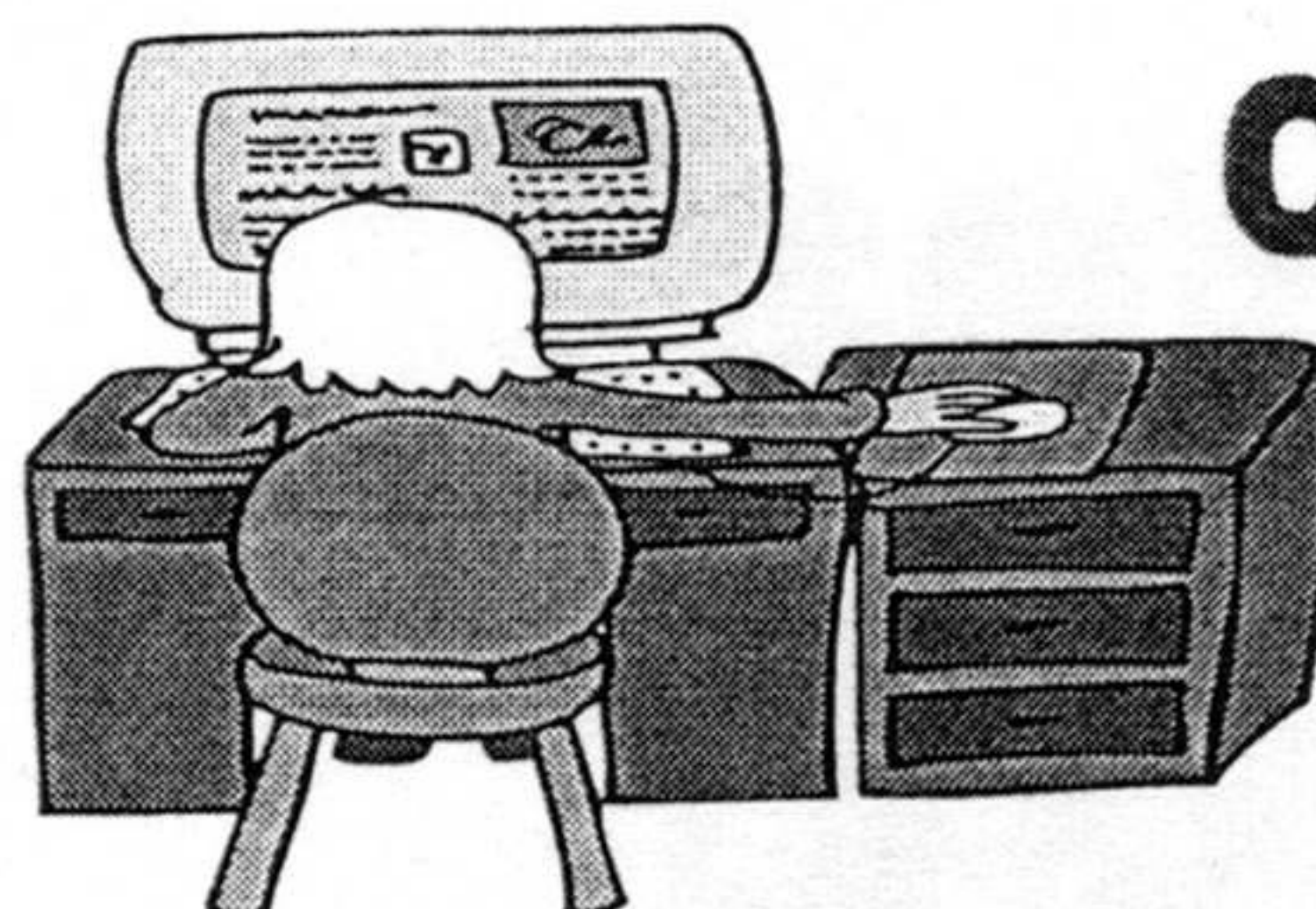
"The quickest way to double  
your money is to fold it in half  
and put it back in your pocket."

"Good judgement comes from  
experience, and a lot of that  
comes from bad judgement."

"Some days you are the bug,  
some days you are the  
windshield."

"There are two theories to  
arguing with women ~ neither  
one works."



**CKCO  
INFORMATION  
EXCHANGE****Computer Training  
for Employees**

In Outlook under Public Folders - All Public Folders there is a folder called CKCO. This **Local Information Exchange** will include Employee Forms, Internal Phone Directory, Special Events, For Sale Posting Board, Station Break and other similar items.

If you would like anything posted in this folder e-mail **Chris Uhrig** a copy. Chris will be the only person at this time to post to this folder. There will be a two-week limit on certain posted items (i.e. for sale items).

The folder is ready for access.

We have received many requests for additional training and upgrading of computer skills on the various office applications that we use at CKCO.

As a result of the interest, Chris Uhrig has put together a one-on-one training program for those employees who are interested in upgrading their knowledge or learning new skills with respect to WORD, EXCEL, OUTLOOK or an Introduction to Windows NT.

If you are interested in arranging a training session, the sign up sheets are located on Chris Uhrig's office door. Chris will supply you with a brief course outline that will have you identify areas or specific skills you wish to learn. The session will then be customized to focus on teaching you only the skills you have identified to avoid covering material you already know.

If you wish to access any course outlines they have been posted on Outlook under "Public Folders / All Public Folders / CKCO / Training."

## From the Sales Dept.

*Submitted By Glenn Toner*

This may not have anything to do with sales, and then again it might, but whatever it is, it's timely.

My mother and father are 87 and 88 years old respectively, and although they have had some physical set-backs, they just keep going. Last summer, my dad had a "silent" heart attack. Complicated by the fact that he has only one lung, he developed pneumonia. Needless to say, he spent a good part of the summer in hospital. With the cut-backs in health-care, he needed 24 hour monitoring for a number of weeks. I have three sisters, all married, and all of us spent parts of the summer doing shifts at father's bedside.

During one of my stays, and after he seemed to stabilize, we became concerned about my mother's ability to care for him, should he come home. They live in a two story house and because my mother had destroyed her knee in a fall two years ago, we made some changes. Eventually, they would move downstairs, with a completely new bathroom, that my mother never uses. She continues to go to the basement to use the shower my father installed himself in the 50's.

The phone was another problem. It was the original and only phone they had; it was a black wall-mounted phone with a huge black ringer on the baseboard and a cord that led up the wall to the phone. The phone itself was a small rectangular box with the rotary dial sitting on top like a crown and the hand-set hooked on the side. The unit probably weighs 10 pounds. We thought it was time for a change and that a cordless would be perfect. We made the decision, with mother's approval and called Bell to make arrangements to install a new phone. During our conversation, I told the service representative that I wanted to keep the phone because it was so unique. I was told that would be \$49.00 with tax to buy the phone. Yes, they had been renting the phone for 50 years and never thought or been told, they could own it.

Although it is the most expensive phone in history, they never had to put up with the "Telephone Solicitation" phenomenon, but all that has changed with the new phone, which they took back because it had too many gadgets. Secretly, I don't think my mother trusted a phone without a cord.



## NOTICE

To All Rec Club Members,

It has come to the attention of the Rec Club Executive that some members of the Rec Club are disappointed about certain limitations placed on recent events.

Although the Executive would prefer to be able to keep functions open to all that wish to attend, we have found it difficult to do so for various reasons.

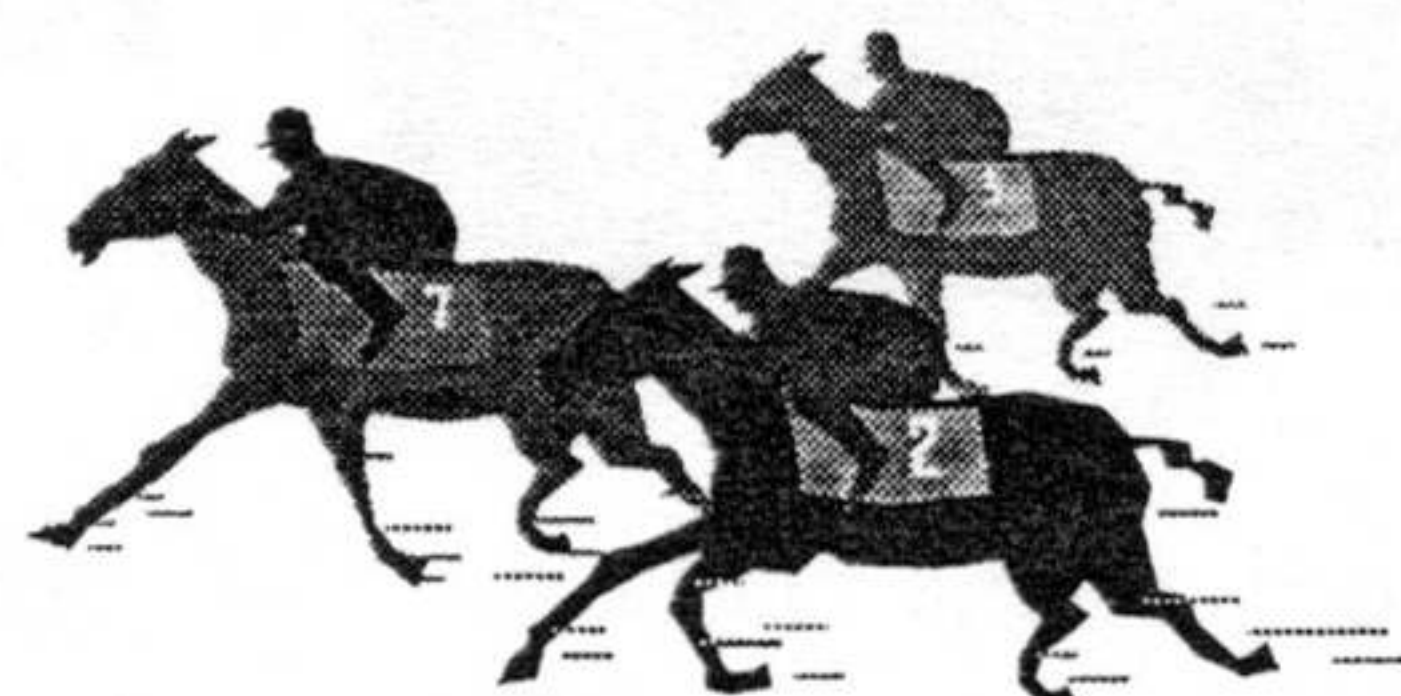
The Rec Club Executive is dealing with increased costs and a decreased budget. We have found that limiting the number of attendees enables us to offer a better variety of events.

Increasing Rec Club Dues by a nominal amount may enable more members to attend special events such as Race Night. The Rec Club Executive will explore this possibility and report findings in an upcoming Station Break. If deemed appropriate, all Rec Club Members will be required to vote on the matter.

As always, we appreciate your input and comments. If you would like information on joining the Committee, please see me, Linda Radcliffe or Peter Kent.

Regards,  
Lynda Lynch

## They're off!



**The first Rec Club Event of 2000  
is sure to be a winning one \$\$**

*An evening at the Mohawk Raceway,  
Friday March 31<sup>st</sup>!*

The bus will leave the CKCO parking lot at 5:30pm. A buffet dinner will be provided from 6:30 – 9:00pm in the Raceway's Dining Room.

The first race begins at 7:20pm!

The bus will leave Mohawk at the stroke of midnight!

***We'll see you at the races!!***



## HARDY HARTS

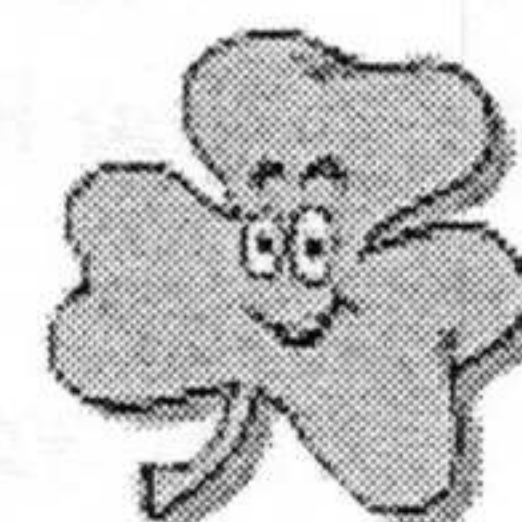
by Bob Coleman



*Following my recent heart attack, I have become involved with a support group at Grand River Hospital. This programme starts with a series of information sessions called "Heart Tack" and then progresses to an educational and exercise group called "Hardy Harts". This programme is not funded by the hospital or any Government level, but strictly by the participants themselves. This spring a fundraiser will be held. I will be bugging people to sponsor me when I get more information. Thanks.*

## HAPPY BIRTHDAY

Rick Bon	March 1
Gwen Brenner	March 3
Greg Ross	March 3
Janet Davies	March 4
Darryl Konynenbelt	March 6
Joan Mueller	March 6
Janine Grespan	March 6
Joe Ulmer	March 8
Brent Hanson	March 13
Gary O'Neil	March 14
Vaughn Boegel	March 15
Paul Moser	March 18
Tom Otto	March 19
Steve Lowe	March 20
Jenn Haeger	March 22



Don't forget ~  
March 17<sup>th</sup> is  
St. Patrick's Day

## HAPPY ANNIVERSARY

Tammy Boegel	Mar 1, 1999	1 yr
Cindy Csordas	Mar 4, 1998	2 yrs
Olaf Heinzel	Mar 6, 1989	11 yrs
Su McKillop	Mar 8, 1982	18 yrs
Lynda Lynch	Mar 12, 1996	4 yrs
Jim Alexander	Mar 23, 1981	19 yrs
Art Baumunk	Mar 25, 1978	22 yrs
Linda Radcliffe	Mar 26, 1984	16 yrs
Janet Davies	Mar 29, 1999	1 yr
Neil Griffett	Mar 30, 1998	2 yrs

## REMINDER TO F/T EMPLOYEES:

Please complete and return your **Liberty Health** Enrollment form to Human Resources no later than **Wednesday, March 15<sup>th</sup>, 2000**. Do not forget this deadline as it may cause problems with benefit coverage in the future.