



3rd Annual Producers Meeting

Many of the improvements you will see and hear about in the coming months are in part the result of an annual meeting with several members of our news team (Paul Francescutti, Brent Hanson, Janine Grepsan, Kyle Christie, Dave Carswell, Terra Crowley, Jeff Soltysiak and Andy LeBlanc). A very busy 3rd Annual Producer Group meeting was held at Bingeman's on September 5th.

Dozens of topics on the agenda ranged from the Focus Group findings, to the roll-out of the Canada AM ticker and improvements to the web site, including plans to run video of our top stories, and change the name of our web site to www.swo.ctv.ca next month. The meeting also dealt with numerous on-air and line-up issues, like upcoming changes to the 6pm news opener format, and changes to news update format coming Sept 17th. The producer group also previewed a fresh graphics package for Province Wide to be launched September 24th, thanks to the creative work of Ryan Snider.

This Fall will be exciting as we aim to bring our viewers more investigative special assignments, and face covering a provincial election night on the same week as Oktoberfest.

HEALTH AND DENTAL CLAIM FORMS

Manulife forms can be accessed without leaving your desk! Here's how:

- double click on "My" Computer on your desktop
- double click on the "S" drive
- double click on "Employee Forms and Policies"
- double click on the form you require

OR

- go to your Outlook program
- click on "Public Folders"
- click on "All Public Folders"
- click on "CKCO"
- double click on "Employee Forms"
- double click on the form you require

Hidden Ways to Help Your Heart

The good news about heart disease is that a healthy heart is within everyone's reach. You know some of the rules; eat less fat; eat more fruits and vegetables; and keep blood pressure and blood cholesterol levels in check.

BUT there ARE more ways to boost heart health:

DON'T SKIP BREAKFAST. Most heart attacks occur between 7am and noon – possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky...and less likely to clump together and block a vital artery.

LIGHTEN UP. People who overreact to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones most likely to have reduced blood flow to the heart.

MEET THE "A's." You may have heard about the antioxidants – vitamins A, C and E, and beta-carotene – that appear to slow plaque formation in the arteries.

KICK TOBACCO IF YOU ARE USING IT.

Smoking affects more than your lungs. Fact is, within a few years of quitting, you'll cut your risk of heart attack by at least half, similar to those who never smoked.

GET OFF THE COUCH. Sedentary living, not high cholesterol, is one of the greatest risk factors in heart attack deaths. Tip: Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly. Take the stairs. Play actively with kids. Live Longer!

Source: Top Health – The Health Promotion and Wellness Newsletter.

Happy Birthday!

Steve Woodford	Sep 1
Michael Raletic	Sep 5
Stephen Welch	Sep 5
Nicole Lampa	Sep 7
Buck Dunseith	Sep 11
Wolf Urschel	Sep 15
Nancy Richards	Sep 16
Paul Nyhout	Sep 18
Tom Knowlton	Sep 23
Jeff Soltysiak	Sep 24
Alan Fraser	Sep 26
Ron Molland	Sep 27
Derek Ens	Sep 30



Happy Anniversary!

Rick Howe	Sep 20 - 31 yrs.
Joe Ulmer	Sep 11 - 29 yrs.
Rick Smith	Sep 4 - 28 yrs.
Ute Neugebauer	Sep 28 - 26 yrs.
Frank Lynn	Sep 16 - 22 yrs.
Daiene Vernile	Sep 12 - 19 yrs.
Vicki Gough	Sep 1 - 17 yrs.
Cameron Crassweller	Sep 4 - 17 yrs.
Gary O'Neil	Sep 6 - 13 yrs.
Kate Ingram	Sep 26 - 13 yrs.
Anne Kircos	Sep 8 - 9 yrs.
Bruce Fricker	Sep 1 - 8 yrs.
Janet Taylor	Sep 14 - 7 yrs.
Jeff Pagett	Sep 20 - 3 yrs.
Chuck Summers	Sep 21 - 2 yrs.
Stephanie Kelly	Sep 11 - 1 yr.

Rec Club Happenings...

MOVIE NIGHT



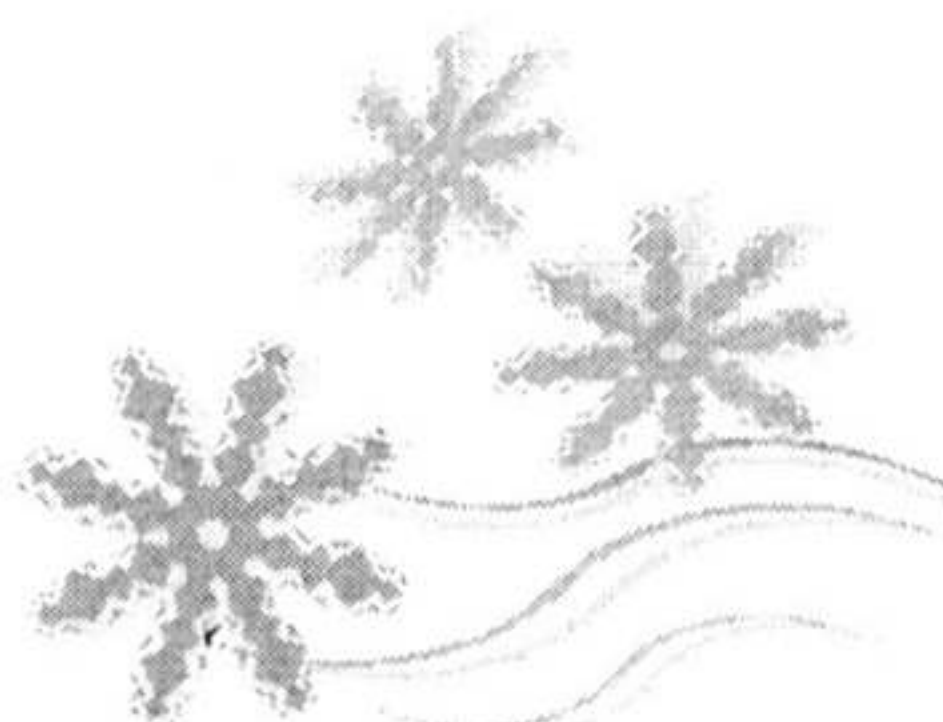
Join us at the Princess Theatre on Oct 17TH at 8:30 pm. We have the theatre all to ourselves! (movie TBA) **Get ready for some great prize draws as well!** Watch for additional details and the sign-up poster in the cafeteria.

CHILDREN'S CHRISTMAS PARTY



KIDZONE has been booked for the children's Christmas party – be sure to mark December 15th on your calendar. Festivities begin at 10am. Of course Santa will be looking for gift suggestions soon, so get your thinking cap on!

WINTER GALA



Be sure to leave January 26, 2008 open for the Winter Gala. We'll be returning to the Waterloo Inn for a fabulous party!