



# Nostalgia Notes

## CJNU Nostalgia Radio Community Newsletter

March 26 to May 1, 2018 ~ *The Children's Hospital Foundation of Manitoba*

## April Showers

As our remote studio gets a much needed face lift we are in our home studio in the Richardson Building for the month of April. While saws and hammers bang and crash off sight we carry on with our regular programming and are pleased to welcome the Children's Hospital Foundation of Manitoba as our Host Sponsor.

The Children's Hospital has an interesting history that dates back to the early 1900's when a nurse named Annie Bond moved to Winnipeg with her husband, Dr. John Bond and became a force to be reckoned with, setting up the first Children's Hospital on Beaconsfield St. The current building was built in 1958 and has not stopped expanding since.

This month you will hear all about this remarkable Foundation through chats we will have with some of their great folks. Without their tireless fund raising efforts we would not have the stellar health care facility with advanced equipment and knowledgeable people for the children of our province and surrounding areas.

I was lucky enough to take a one year mat leave administrative assistant position for a surgeon at Children's a number of years ago. It was crazy busy, sometimes frustrating and stressful but hands down the best year I've ever worked with the public. When talking about children and this facility one often hears words like angels and miracles. Not wanting to offend anyone I called upon my old friend Google to help me with a couple of definitions. Angel: a person of exemplary conduct and virtue. Miracle: an amazing produce of achievement of an outstanding example of something. I met these people and saw these things "in spades" during my



year. I was asked to stay after my year was up but had already accepted a job in Vancouver. I still have fond memories of those little smiling faces in our clinics.

Fund raising is an integral part of our health care system nowadays. This is my "segue" to "Will Week" with the Winnipeg Foundation later in this month. Nobody gets out alive so for heaven sakes don't leave a mess for your kids or extended family members to clean up. If this sounds a bit harsh, well, life can be at times. Making a will is

painless and quick and takes all the burden off your loved ones at a tough time in their lives. The great thing about our radio station is not only the nostalgia music we play but the information you get about life and community. With our eye looking for May flowers I hope everyone gets out and enjoys spring in Winnipeg. Winter is in our rear view mirror so smile at yourself and your neighbour. Who knows, you might get a smile back. ♪

~ Helen Harper

# Children's Hospital Foundation and Will Week— The Lombard Studio

The Lombard Studio, CJNU Headquarters in the Richardson Building at Portage and Main will serve as our broadcasting site for the month of April while the technical wizards work on improvements to our mobile remote site equipment.

We are using the gap in remote studio use in April to reimagine the studio in the physical and technological sense. The remote studio has undergone organic change as technology and our budget has allowed for some eleven years now.

The system has four computers and what seems like miles of wires, three microphones, plus modems etc. To connect CJNU to the internet.

Work has already begun on new pedestals for the remote that will fit under the tables in place of one set of legs.

- ∞ One pedestal will hold the operator's computers and the modems etc.
- ∞ The second will have the broadcaster computer and uninterrupted power supply
- ∞ A third will fit under the telephone table with file storage and drawers for the office supplies
- ∞ A fourth may hold the turntable and provide secure spaces for equipment during the move

All four pedestals will be on wheels making the move much easier. This system will

also allow much of the wiring for the remote to remain in place as we knock down and set up each month.

## Did You Know?

CJNU has three studios. The Lombard, The Remote and at Assiniboine Links

## Access to the Lombard Studio

The Lombard studio offers some challenges and some advantages.

This is our most central location right at Portage and Main at number one Lombard.

Winnipeg Transit service to Portage and Main is excellent with regular service throughout the day! CJNU has bus tickets for those who require them.

## Parking

For those driving, there are three good parking options:

- ∞ The Grain Exchange Parkade enters off McDermott and has a \$14 daily maximum
- ∞ The Richardson centre parkade enters off either Lombard or Portage avenue east and is also a \$14 daily maximum
- ∞ Some choose the downtown tour and park under the Millennium Library for \$14 and have a great indoor walk through the overhead walkways ♪

## McNally Robinson Featured Artist of the Month—Nana Mouskouri

McNally Robinson Booksellers and Universal Music Canada have chosen Nana Mouskouri as the Artist of the Month for April.

The 83 year old singer released, on February 2nd, a new album entitled *Forever Young*. She is performing in Winnipeg, as part of her "Forever Young" tour, at the Burton Cummings Theatre on May 12th.

For more information on Nana Mouskouri, here is a link to her Wikipedia entry, [en.wikipedia.org/wiki/Nana\\_Mouskouri](http://en.wikipedia.org/wiki/Nana_Mouskouri). She also has a fan club website based out of France—search for "Nana Mouskouri Fan Club".

### A few examples of tags are:

- ∞ Nana Mouskouri is our McNally Robinson Artist of the Month for April and here she sings *Hallelujah* from her new CD, *Forever Young*.
- ∞ I have selected Nana Mouskouri's song *Turn On the Sun* as my McNally Robinson Artist of the Month selection for today.
- ∞ CJNU is pleased to present the McNally Robinson and Universal Music Canada Artist of the Month, Nana Mouskouri. You'll find her latest CD, *Forever Young* at McNally Robinson.
- ∞ McNally Robinson Booksellers at Grant Park and Universal Music Canada have chosen Nana Mouskouri as the CJNU Artist of the Month for April. Here she sings...
- ∞ Each month McNally Robinson and CJNU collaborate to select an Artist of the Month and this month's artist is Nana Mouskouri. Here she sings *Nickles and Dimes*.
- ∞ Our next selection is by our McNally Robinson Artist of the Month, Nana Mouskouri, who recently released her *Forever Young* CD.

A PDF file and an Excel file of Nana Mouskouri's music will be available for April. Songs found on the *Forever Young* album are highlighted in bold yellow. A folder with MP3 versions of these songs will be added to the Operator PC #2 at both locations so you can listen to the songs before you play them. ♪

## Welcome From Your Editors

Welcome to the April 2018 edition of Nostalgia Notes,  
your monthly connection to the CJNU community!

Numerous nonprofit charitable organizations share their public service announcements (PSAs) and when possible, our volunteers attend and bring back news of these activities.

CJNU is proud to connect YOU, our members, friends and supporters to our vibrant community and provide awareness of multiple opportunities to enhance healthy lifestyles.

As editors of this newsletter, we welcome your feedback, contributions, questions and comments!

Marilyn Regiec and Bev Smith

# Nostalgia radio station sets up home base next to Foundation's offices in the Richardson Building

The Winnipeg Foundation has been a strong supporter of CJNU 93.7 FM since its beginning, and now the partnership of Canada's first community foundation and Winnipeg's community radio station takes another big step with a new office/home studio in the heart of the community: at Winnipeg's iconic Portage and Main.

The station has set up a permanent home base next to the Foundation's office on the 13th floor of the Richardson Building. As a volunteer-run radio co-operative, CJNU shares the Foundation's sense of community spirit and pride.

CJNU broadcasts from a different community host sponsor location each month, and the Foundation has hosted the station annually each April since 2007. CJNU requires a permanent home for its operations and selected broadcasts and this collaboration provides the space in the heart of the city. The Foundation also sponsors CJNU's morning newscast with Roger Currie and the station works closely with Community News Commons, the Foundation's citizen journalism media hub.

"This partnership with CJNU is an extension of our existing collaboration, reflecting

our common values. Working together with Community News Commons, we will reach new audiences and we look forward to sharing the stories of our community," says Rick Frost, The Winnipeg Foundation CEO.

"We are proud to offer a truly independent voice on the radio dial. Having a home base and studio in the very heart of the city is an important step forward. It would not have been possible without our most valuable partnership with The Winnipeg Foundation," says Bill Stewart, CJNU General Manager.

CJNU's inaugural live broadcast from its new studio in the Richardson Building begins today, Nov. 21, when it kicks off its first annual *Pledge Weekend* and *Membership Blitz*. For details: [www.cjnu.ca](http://www.cjnu.ca) or tune in to 93.7 FM.

Owned and operated by Nostalgia Broadcasting Cooperative, CJNU specializes in music and programming aimed at the 50+ generation. The station launched in 2006 and became fully licensed by the CTRC in 2013.

The Winnipeg Foundation, founded in 1921, is Canada's first community foundation. Thanks to our generous donors, our grants support the work of charitable agencies in all areas of the city *For Good. Forever.*

(Article dated November 21, 2014)

## Richardson Building

The Richardson Building is a 34-storey office tower at the intersection of Portage and Main in Winnipeg, Manitoba, Canada.

The current Richardson building is the second attempt at building a headquarters for James Richardson & Sons, Limited at Portage and Main. The original building was planned to stand 17 storeys tall and cost \$3 million. Demolition had just begun when the 1929 stockmarket crash hit. Plans for the building were postponed and the lot was unused for nearly forty years.

On 23 February 1967, James Richardson and Sons re-announced that they would build a headquarters at Portage and Main. Designed by Smith Carter Searle and Associates, with Skidmore, Owings and Merrill as consulting architects, it was completed in 1969 and still serves as the headquarters of James Richardson & Sons, Limited. The thirty-four storey building stands one hundred twenty-four metres tall (407 ft), making it the second tallest building in Winnipeg. It is dressed in granite chip pre-cast concrete and solar bronze double-glazed glass.

The building forms the anchor of the Lombard Place development, and is connected to Winnipeg Square shopping mall via the Portage and Main Concourse.

Through 2010 and 2011, the shopping concourse below the building was renovated as

part of a larger \$10-million project that included work the former Bank of Canada Building at 161 Portage Ave and the Lombard Avenue parkade. The renovation included new granite flooring, new wall and ceiling coverings and a new conference centre. The renovation came approximately two years after a \$3-million renovation of Winnipeg Square, an adjoining underground shopping centre.

In 2011, the CBC moved its digital television transmitters for CBWT-DT and CBWFT-DT to the Richardson Building, on a new antenna that raised the pinnacle of the building to 151.8 metres (498 ft), once again making it the tallest structure in Winnipeg. ♪



## Will Week

We all have will power!

Having a valid, up-to-date Will, Health Care Directive and Power of Attorney ensures that your wishes will be met after your death. It also provides a great opportunity to make a charitable gift to a cause that's important to you.

*Will Week*, which takes place annually, is a series of free public presentations on the importance of Wills and estate planning. Sessions are presented, by professionals on a volunteer basis, as a public service and are for information purposes only.

*Will Week* usually occurs during the last full week of April. Please check back at the beginning of April for information about Will Week 2018.

*Will Week* is a collaboration between The Winnipeg Foundation, The Manitoba Bar Association and the Public Guardian and Trustee of Manitoba. ♪



# Concordia Foundation at Kildonan Place was a huge success in March!

Over 25 folks stopped by the remote studio and purchased memberships in our CJNU cooperative. We enthusiastically welcome all our new members and thank them for their support. For only \$25, memberships are available at any time. Call 204 942 2568 and we'll sign you up to enjoy the many benefits of being part of the CJNU family!



## Katie Cares

“At age 13 I was diagnosed with cancer, I spent 7 weeks in the hospital. Being in hospital opened my eyes to the amount of children fighting cancer without family. I wanted to do all I could to make it better for the other children which gave me the idea to start this charity.”

~ Katie Reimer 1997-2012



**K**atie Cares was founded by the late Kaitlyn Reimer. Kaitlyn, diagnosed with cancer at age 13 year, saw a need and wanted to help other children.

Kaitlyn dreamed and envisioned her own charity. One of the most important programs that Katie Cares runs is the Katie Cares Bags. These bags are given to children who are admitted into a rural hospital. Each bag contains items that provide a distraction for the child, but the key component in each bag is a Teddy Bear. The Teddy Bear provides comfort, something for children to snuggle and hold on to. The bags have become extremely important for medical staff too.

The Winnipeg Goldeyes Field of Dreams Foundation has provided funds to purchase items for the bags. Thank you for your support tremendous support to our charity. To learn more visit [katiecares.ca](http://katiecares.ca) 🎵

# Host Sponsors in 2018

**May:** *The Promise of Spring* – Our location for May is the Good Neighbours Active Living Centre situated at Bronx Park Community Centre, 720 Henderson Highway from Wednesday May 2 to Saturday May 26. In addition there will be a special broadcast from the Teddy Bears Picnic on Sunday May 27 at Assiniboine Park. We will be at Lombard Studio Monday May 28 and Tuesday May 29 on behalf of the Winnipeg Foundation.

**June, July and August:** *Joys of Summer* – Our location will be City Place with live broadcasting from Wednesday May 30 to Tuesday August 28 and back to home studio from Wednesday August 29 to Thursday August 30. We will be featuring information about summer activities including Goldeyes baseball games and as always great nostalgia music.

**September:** *Fabulous Fall* – Travel the Pembina Highway to the Victoria Hospital Foundation. Friday August 31 to Tuesday September 25 and home studio from September 26 to September 27.

The foundation at Victoria wishes to feature their *Contemplative Garden* as part

of our month. We welcome ideas from our members, friends and the community on featuring their garden as part of our programming.

**October:** *Fabulous Fall* – We have still to determine our October remote location. Live broadcasts will start September 28 and end October 24.

**October Pledge Drive:** *The U in CJNU* – Our annual Pledge Drive to raise funds to assist in supporting CJNU operations will take place Thursday October 25 to Sunday October 28 from Lombard studio and Monday October 29 and 30 also from Lombard and the Winnipeg Foundation.

**November:** *CJNU Remembers* – Broadcasting live from Riverview Foundation Wednesday October 31 to Sunday November 25 and then from Lombard studio on November 26 and 27.

**December:** *Season of Giving Back* – Winnipeg Harvest has been a warm place for us to be in the seasonal sense for some time. We continue to make Harvest the focus of the Season of Giving Back.

Broadcasting from Wednesday November 28 to Friday December 21.

December 22 to Wednesday January 2, 2019 at Lombard studio

## Host Sponsorship, as an Operating Model

From time to time everyone associated with CJNU asks why we move so often. The answer is buried in the history of CJNU, or rather CKVN. Bruce Down designed the Host Sponsor system, essentially as a response to the need for the station to find space to work from, and to offer our presence on site as a boost to the feature sponsor for the month.

In a broad sense for the last 3.5 years we have sought a partner that was of sufficient size and sophistication to sustain developing the messaging and providing the guests that a host sponsorship offers. Hospital Foundations, major charitable foundations such as the Winnipeg Foundation and those in the tourist industry have been wonderful partners.

CJNU charges each host sponsor for our presence and their messaging on air twice per hour. We have been very fortunate to have a constant stream of agencies and foundations that enjoy our presence. ♪

# Winnipeg Goldeyes at Kildonan Place

The Winnipeg Goldeyes Street Team and the team's two mascots, Goldie and Goldette, were on hand on Saturday, March 17 at Kildonan Place. There were lots of selfies, young and old, with the two mascots and the American Association Trophy.



# Jewish National Fund Negev Gala

Adam interviews Retired IDF Major General Doron Almog, Israeli Prize Laureate for Lifetime Achievements to Society and State. Almog was keynote speaker at the JNF (Jewish National Fund) Negev Gala kickoff event on March 18.

This year's Gala takes place May 29 at the centennial concert hall honouring Alpha Omega Dental Fraternity Manitoba Chapter in support of the construction of a dental clinic for ALEH CARES, Israel's largest network of care for children with severe multiple disabilities.

More information to follow in our May Nostalgia Notes.



## ALPHA OMEGA DENTAL FRATERNITY MANITOBA CHAPTER & DR. GERALD NIZNICK

IN SUPPORT OF THE CONSTRUCTION OF A NEW DENTAL CLINIC FOR ALEH C.A.R.E.S., ISRAEL'S LARGEST NETWORK OF CARE FOR CHILDREN WITH SEVERE MULTIPLE DISABILITIES

TUESDAY, MAY 29, 2018 / CENTENNIAL CONCERT HALL



### FEATURING WORLD RENOWNED SINGER DAVID D'OR

WITH HIS QUINTET AND VIOLIN SOLOIST  
ALEXANDER (SANYA) KROITOR

FOR SPONSORSHIP OPPORTUNITIES, TICKETS, AND MORE INFORMATION:  
204.947.0207 WPG.ASSIST@JNF.CA JNFWINNIPEG.CA

## Calendar of Events:

May 3 - Sept	Joys of Summer
May 6	Goldeyes Open House
May 6	Hike for Hospice (Palliative Care Manitoba)
May 6	Winnipeg Jazz Orchestra "Broadway and Beyond"
May 8	A + O Housing Expo 10AM - 5 PM
May 8 & 9	Goldeyes Exhibition Games 6 PM
May 9	Stars On Ice
May 12	Nana Mouskouri
May 12-27	Cavalia Odysseo
May 18-23	Goldeye regular season begins on the road
May 21	Victoria Day
May 24	CJNU Wine Pairings Fundraiser
May 24	Winnipeg Jazz Orchestra St. James Infirmary Blues
May 25	Goldeyes Home Opener & CJNU 50 50 Night
May 25-May 31	Goldeyes Home Stand
May 27	Teddy Bears Picnic (32nd Annual)

CJNU Promotion period  
Shaw Park  
Shaw Park  
WAG  
Victoria Inn  
Shaw Park  
Bell MTS  
The Burt  
Kenaston & Sterling Lyon Field

Riverwood Square  
Neil Bardal Funeral Centre  
Shaw Park  
Shaw Park  
Assiniboine Park

# Bowl for Kids



Big brothers and sisters Bowl for Kids fundraiser at Rossmere Lanes on February 24. Hosted by our own Rick and Trish!

# Leo Visits Scott



Young Leo, aspiring broadcaster, drops in at the Kildonan Place remote with his dad to chat with Scott

# We'll Meet Again



The St. Andrews River Heights United Church choir presented "We'll Meet Again". It was a nostalgia evening of World War 1 and 2 music with plenty of opportunity for audience participation.

The venue was ready, The audience was willing, The choir was more than able.

# Vocal Ascent



Vocal Ascent concert at St. Andrew's Woodhaven on March 18th was a very successful fundraiser, with 2 wonderful choirs. The program of music was quite diverse, ranging from Musical theatre to some light rock. The Riel Gentlemen, although few in number, sang some interesting environmentally-focused songs.

# Together We Can



"Together We Can" with PAL (Pembina Active Living) services for mature adults in south Winnipeg. March 8 at Riverwood Square.



# Good Neighbours Afternoon Dance



Close to 100 members and guests attended the afternoon dance at Good Neighbours Active Living Centre on March 16 and celebrated St. Patrick's Day and spring around the corner! Great old time music by the Highway 6 Band!



# Deer Lodge Trivia Olympics



CJNU's trivia team attended DeerLodge Foundation Trivia Olympics event at St. James Legion #4 on February 24



# Winnipeg Singers



CJNU was proud to promote and attend The Russian Requiem performance by the Winnipeg Singers at Crescent Fort Rouge United Church on March 4



# CJNU at Montrose School



Grant Patterson was at the Montrose school in the grade 5 and 6 classroom to do a presentation about our radio station. He made two connections to the curriculum—it was black history month and he did a visual musical lesson on Jazz music and the impact of black musicians on reducing the racial barriers in society. He also discussed interview skills with the students. It is hoped that the students will have an opportunity to visit the remote location at a later date.

# Leprechaun at Kildonan Place



# Fast Pitch



CJNU (Chris, Grant and Tom) were on hand Wednesday March 16 for the Winnipeg Foundation's Fast Pitch where ten charitable finalists made their final pitch for \$10,000. For those that did not win, it was a great opportunity to create awareness.

**Membership has its perks!**

more information at: [trishslittlecloset.ca](http://trishslittlecloset.ca)

## trish's little closet

*"A place for Giving, Getting and Loving!"*

### "RINGS OF HOPE" SPRING 50's & 60's SOCKHOP

Tickets: \$10.00 each / CJNU Members \$5.00 each  
ANAVETS Members \$5.00 each!

Tickets available at our office, broadcast locations, by Phone 204.942.2568 / 204.421.0413

500 / \$1000 Gift Cards  
100 Lanyards / 100 Homeless & Needy  
**100 "Rings of Hope"!**  
Tim Hortons, Subway, Shoppers Drug Mart, Dollarama, Giant Tiger

Auction Prizes Door Prizes  
50/50 Draw  
and much more!

**Saturday, April 21st**  
**ANAVETS Unit 283 Hall**  
**3584 Portage Ave.**  
**7:00pm - 11:30pm**  
hosted by CJNU 93.7FM's  
**Trish & Rick**  
**Saturday Morning Potpourri**