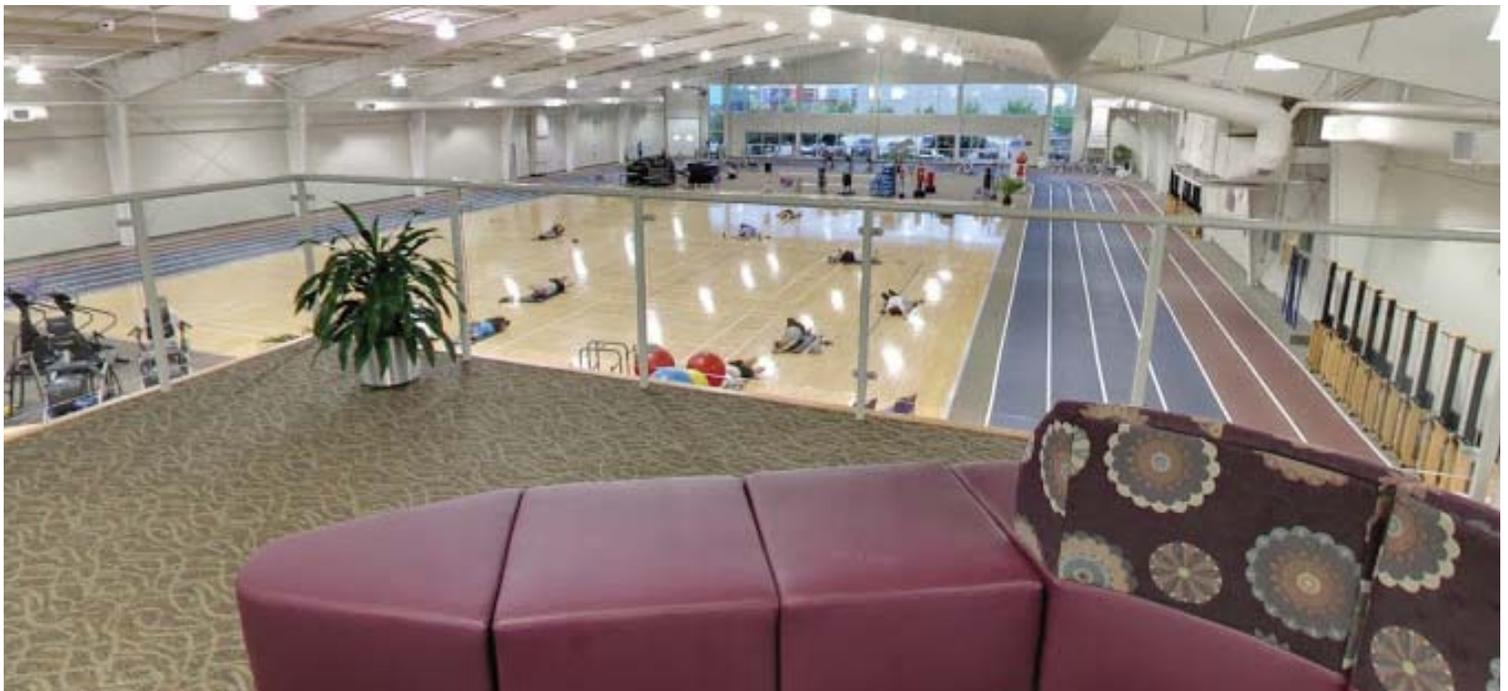




Reh-Fit Centre



CJNU would like to start this year off right by welcoming our new Host Sponsor The Reh-Fit Centre. We are thrilled to have them with us this month. This amazing facility has a 40 year history in our city and having taken a tour recently I can tell you first hand "Amazing" doesn't even come close to describing it fully.

The origins and all the people who participated in the beginning are too numerous for me to go into, but as many of you will remember it did start out a Cardiac Rehabilitation Program that has now morphed into a community-based facility whose mission is to enhance the health and well-being of

its members and the community by providing innovative health and fitness services through assessment, education and exercise in a supportive environment.

Exercise is not new. We all remember the Hula Hoops, Aerobics, Buns of Steel and now Zumba with a bunch of equipment sitting in the basement that you may have hung your laundry on. The fun part of a facility like Reh-Fit is the feeling of companionship and community. Whether you walk the track or run on the treadmill, there is someone beside you doing their best too. It's a friendly feeling, a place of camaraderie.

To the credit of hard work and a commit-

ment to building the health of our community Reh-Fit became Canada's first certified medial fitness facility in 2012. Their collaborative team of experts provide a range of strategies plus a wide variety of programs to promote health and fitness for optimum quality of life.

I highly recommend you take advantage of their open house this month. January 13-19th. Their 40th anniversary is in February this year and they truly need to be applauded. Visit their web-site www.reh-fit.com or call them at 204-488-8023 for more information. You will be happy you did. 🎵

~ Helen Harper

Reh-Fit Centre

We are will be broadcasting from our remote studio at the Reh-Fit Centre, at 1390 Taylor Avenue, from Wednesday January 2, 2019 until Sunday, January 27, 2019 inclusive. The studio is being set up on the second floor, just to the east of the cafeteria. There will be signage.

Live programming will be broadcast from the Reh-Fit Centre studio from 9:30 am until 6 pm, Monday to Friday, from 9 am until 6pm on Saturday, and from 12 noon until 3 pm on Sunday. The weekday 7 am – 9:30 am morning show, and live programming from 8 am until noon on Sundays, will originate from the new Lombard studio.

Parking and Building Entrance

Building access will not be a problem. The Reh-Fit Centre opens at 6 am, Monday to Saturday, and at 7 am on Sunday. It closes at

10 pm Monday to Thursday, 9 pm on Friday, and 5 pm on weekends.

There is ample free parking at the Reh-Fit Centre, in the big parking lots off Taylor, to the east and west of the building.

CJNU Announcers, Operators and Phone Volunteers must stop at the front desk at the main entrance, and identify themselves as CJNU staff.

Web Sites for Information

The Reh-Fit Centre website is www.reh-fit.com

February Studio Location

We will do our last broadcast from the Reh-Fit Centre on Sunday, January 27, finishing at 3pm.

Our February Host Sponsor is the Deer Lodge Centre. We will live broadcast from Deer Lodge beginning, Wednesday, January 30, 2019 until Sunday, February 24, 2019. 🎵

CJNU Volunteers and Staff

Our new Studio in the Concourse of the Richardson Building is STUNNING!

What a great 'Window' of Opportunity for CJNU (which once broadcast from an industrial warehouse in Inkster Park!). We are definitely part of the vibrant business culture of downtown Winnipeg

We cannot thank the Winnipeg Foundation enough for this incredible gift and opportunity. With this opportunity comes great responsibility for CJNU and expectations from our benefactor and our landlord, Bentall Kennedy.

~ Absolutely nothing may be attached to the glass surfaces.

~ All outer wear is to be hung on the coat rack in the kitchen area.

~ Smart casual is the expected norm for dress.

~ No food is to be eaten in the studio (health issues excepted). Coffee, tea and water are fine but the area must be cleaned during

and after the shift.

~ Removed all your papers and scrap papers after your shift.

~ Bentall Kennedy runs an extensive recycling program... the Blue Bin in the kitchen area is recycling and includes coffee cups and plastic; the little green bin on the kitchen counter is for compost (banana peels, fruit rinds, etc.).

~ No flyers, promo materials in the front studio area.

Wave, smile, acknowledge passers by. Many downtown people, even in the Richardson Building, do not know we exist although we have been tenants for four years.

Enjoy the experience. No other radio outlet in the City will have the exposure to the public we have. 🎵

Adam Glynn
Station Manager
CJNU 93.7FM

Tom Dercola
President
CJNU 93.7FM

McNally Robinson Featured Artist of the Month—*The Moody Blues*

McNally Robinson Booksellers and Universal Music Canada have chosen The Moody Blues as the Artist of the Month for January. They released, in November 2018, a 50th Anniversary special edition of their *In Search of the Lost Chord* album.

For more information on The Moody Blues, here is the link to their Wikipedia entry, en.wikipedia.org/wiki/The_Moody_Blues and here is a link to their discography, en.wikipedia.org/wiki/The_Moody_Blues_discography.

A few examples of tags are:

~ CJNU is pleased to present the McNally Robinson/Universal Music Canada featured Artist of the Month, The Moody Blues.

~ McNally Robinson Booksellers store at Grant Park have chosen The Moody Blues as the CJNU featured Artist of the Month for January.

~ Each month McNally Robinson and CJNU collaborate to select an Artist of the Month: this month's artist is The Moody Blues.

~ Our next selection is by our McNally Robinson Artist of the Month, The Moody Blues.

~ I have selected The Moody Blues' song, *Driftwood*, from their 1978 album, *Octave*, as my McNally Robinson Artist of the Month selection for today.

Excel and PDF listings of The Moody Blues' music that will be available for the month of January. The selections from their *In Search of the Lost Chord* album are highlighted in Bold with a Yellow background. The folders were installed on the Operator PCs at the Remote Studio and at The Concourse today (Monday, December 17th).

The upcoming artist for February is The Carpenters.



Host Sponsors in 2019

January 2019: Reh-Fit Centre
February: Deer Lodge
March: Kildonan Place
April: Lombard Place
May: TBC
June-July-August: CityPlace
September: Victoria Hospital
October: TBD
November: Riverview
December: Winnipeg Harvest

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. 🎵

Calendar of Events:

DATE	EVENT	LOCATION
Dec 31	Forever Young New Year's Eve Dance	Shrine Temple (Wilkes)
Dec 31	New Year's Eve Gala (Frank Stecky Emcee)	RBC Convention
2019		
Jan 2-31	CJNU Promotion Period: <i>New Year! New Beginnings! New You!</i>	
Jan 11- 13	Winnipeg Renovation Show	RBC Convention
Jan 13	WSO: How the Gimquat Found Her Song 2 pm	Centennial Concert Hall
Jan 19	Winnipeg Classical Guitar Society: Thomas Volteau 8 pm	Precious Blood Church
Jan 23	Centre on Aging Workshops (pre reg required) NC	Holiday Inn South
Jan 23-Feb 10	Prairie Theatre Exchange: New Magic Valley Fun Town	PTE
Jan 26	MCO: Vinyl Vault Sale	Power Building
Jan 27	The Inclines: Patsy Cline Tribute	Club Regent
Jan 30	MCO: Tafel Baroque Orchestra 7:30	Westminster United Church
Jan 30	Goldeyes & CJNU Inside Pitch 7-9 pm	CJNU Studio
Jan 31	CJNU Comedy Night	Rumours Comedy Club
Feb 1-Mar 31	CJNU Promotion Period: <i>We Do Winters Better</i>	
Feb 3 / 4	MRDA Flea Market	Assiniboia Downs
Feb 7	Deer Lodge Foundation: Bella Notte 6 pm	De Luca's Banquet Centre 950 Portage



CJNU's Artist of the Month for January

This English rock band that formed in Birmingham England in 1964 was not well known by myself. Yes, I remember some of their early hits, "Go Now", "Nights in White Satin" and "Tuesday Afternoon" but their history and movement through the musical world was a fascinating read.

Like many bands during these years the actual band members morphed and changed. Starting with Denny Laine, Mike Pinder, Ray Thomas, Rodney Clark, Clint Warwick and Patrick to today's members Graeme Edge, Justin Hayward and John Lodge.

They had a rich symphonic sound and helped make synthesizers and philosophy part of the rock mainstream. Despite much critical disapproval the best of the Moody



Blues music from 1967 and 1970 possessed grace and beauty. Like the Beatles they understood how pop songs worked as ensemble pieces.

During their induction into the Rock and Roll Hall of Fame in 2018 Justin Hayward said "If you don't know already, well we're

just a bunch of British guys, but of course to us and to all British musicians this is the home of our heroes."

I look forward to hearing some of that early rhythm and blues and fusion of rock with classical music they were famous for. 🎵

~ Helen Harper

CJNU Personality Corner

The year I turned 70 I made a decision to go forward and try new things. After forty years in the ladies fashion business as a buyer and a merchandise manager I needed to try out new things and move in a new direction. Several years ago I joined the Beer and Skits troupe and met Brett Buckingham there. For years Brett and I appeared in many various shows together. At one of the those rehearsals Brett suggested to me to give radio a chance and he invited me on his show and I was hooked.

I loved CJNU... the concept, the music, the nostalgia and all of it fit together like a Rubik's cube. My love of music and melody was always a part of my life whether singing, performing or collecting music. Growing up my Mother's collection of Glenn Miller, Benny Goodman and Tommy Dorsey were staples in our home every weekend as she went about her duties. Strains of "In the Mood", "Tangerine", "Tuxedo Junction" and many others filled the home with joy and this music was the music that I was raised with.

Brett's intuition was correct and Ernie Nairn took a great hand in helping me to understand how to use the microphone properly and keep the interest of the listener as your paramount aim. What was evident to me was that the people at CJNU all cared for one thing... the listener. So I went forward and developed "A CLASS ACT with JIM PAPPAS" as my signature for my weekly show on Mondays. I began to explore themes in music and to make the journey vivid for the people at home. Discovering long forgotten recordings of various artists is so exciting and brings texture to the show.

When I began this journey at CJNU I soon discovered such an amazing wonderful group of volunteers who all love the station and work tirelessly for its success. It has brought me a wealth of new friendships and acquaintances and that is a bonus in every way. At this stage of my life to have such a wonderful thing to be part of is energizing and makes every day more exciting. 🎵

~ Jim Pappas



Our Pet Juliette



From the mid 1950s to latter 60s no Canadian celebrity shone brighter than “Our pet Juliette.” The Winnipeg-born singer and CBC television star, known by her first name only, remains dear to Canadians. “It was kind of nice to be known by the one name,” she stated from her home in Vancouver. “I still get recognized today. Older people get tears in their eyes meeting me because of the memories for them.” Anne Murray once said of Juliette, “She was the epitome of a star.”

Born in St. Vital to immigrant parents in 1926, Juliette Augustina Sysak was raised to age 10 on Aberdeen Avenue in the North End. Her father was a cook on the CNR. “I remember the big ditches, the horse-drawn carts and the women running behind the horses collecting the manure for their gardens or for the fire.” Her singing career also got its start here. “I sang at the Ukrainian Hall and at amateur shows and won them. I was just a little girl then.” But her professional career took off once the family moved to Vancouver. At age 13 she was singing at the Hotel Vancouver. “I was making more money than my father. At 14 I had a fur coat.”

In 1941, Juliette made the move to CBC radio. “I had a couple of offers to go to the States. One was with Harry James’s band.” Instead she headed for Toronto and never looked back. Married to manager Tony

Cavazzi, in 1956 she was given her own national television show, *Juliette*, which ran for 10 seasons as one of CBC’s most popular TV shows (only *Hockey Night In Canada* and the *National* news topped her in ratings) making her among Canada’s most recognized stars. “The CBC created a great show with beautiful sets, gorgeous costumes and music. We were able to turn out a classy show week af-



ter week.” Among her favourite guests were Tony Bennett and Jack Jones.

It was the golden era of live television and because her show followed *Hockey Night In Canada*, she never knew until the game ended how much time she’d have. “We’d all be watching the game and if it ran longer we’d say, ‘Okay, we’re cutting the second number’. Because it was live, everyone—the band, backup singers and guests—all had to be ready in case we had to extend the show or cut it shorter. It really kept us on our toes. I loved it.”

She later hosted *After Noon* (1969-71) and *Juliette and Friends* (1973-75) for CBC TV.

Juliette passed away at her home on October 26, 2017 at the age of 91. “The last time I performed in Winnipeg was for a variety show and I had a wonderful time,” she noted. “I wanted to see my old house in the North End. It was still there and pretty much the same, as if time stood still. I had a good cry.” 🎵

~ John Einarson

CJNU Far and Wide



Did you know that CJNU 93.7 FM can be tuned into your vehicle radio (in most modern cars) even after the signal fades away when you are out of range?

This is all you need to do...

CJNU.ca is available on the World Wide Web so as long as you have internet data available on your smart phone, you can go to our site and click on “listen live”. (Pull over to the shoulder of the road first!)

Then plug in your charging cord to your vehicle’s USB port, or in some vehicles, the auxiliary input of your radio and you will receive CJNU radio through your speakers.

There! And as long as you have an internet connection, you will always have CJNU on your highway travels!

Happy motoring! 🎵

Fifth Annual Pledge Drive

CJNU Nostalgia Broadcasting Inc. is thrilled to announce the successful conclusion to its *Fifth Annual Pledge Drive* held from October 25-28.

Listeners responded with an outpouring of support by pledging more than \$57,000. CJNU, known for its nostalgia music format and informative messaging about our City, provided over 50 hours of live programming. CJNU announcers and operators were joined by dozens of community champions from the, arts, business and charitable communities.

Dozens of local businesses and arts organizations provide both incentive level prizes, more than 25 program shift prizes, early bird and grand prizes. James A Richardson and Sons, Ltd matched the first \$5,000 of pledges. Salisbury House Family Restaurants provided a \$10.00 gift card for each \$60 Pledge. The Winnipeg Symphony Orchestra and True North Entertainment provided concert tickets for outstanding concert events at the \$240 level.

Early Sunday afternoon, Winnipeg Gold-eyes play by play commentator, Steve Schuster and CJNU president, Tom Dercola, announced to the strains of "Take Me Out To The Ball Game" that both parties have extended their radio partnership on 93.7 FM CJNU for the next two years, through the 2020 season.

Larry and Shelley MacIntosh and Peak of the Market pledged fifty pounds of fresh vegetables to Winnipeg Harvest for each pledge of \$25.00 or more. By mid Sunday afternoon, more than 400 pledges at that level meant ten tons of food would help to feed

4000 families.

At 9:15 Sunday night, there were loud cheers and the sound of kazoos as the \$50,000 level was reached.

Co Chaired by Volunteer Coordinator, Susan Earl and Creative & Production Coordinator, Christie Donaldson, with Board members James Pappas and Wayne Rogers, President Tom Dercola, Chris Stevens, Community Engagement and Partnership Development and Station Manager, Adam Glynn, the Pledge Committee, along with more than 75 CJNU volunteers put in hundreds of hours in planning, execution and follow up.

Next year's Pledge Drive has been scheduled for October 24-27. 🎵

CJNU's Pledge Drive, this year, in addition to incentives at various pledge levels and shift draws, offered special prizes to listeners who sent in their pledges prior to the kick off date.

Early Bird Winners:

Sheps Shell
Edmund Jag
Charles and Susan Smith

CJNU is pleased to announce the Grand Prize Winners in our *Fifth Annual Pledge Drive*

Grand Prize Winners:

Joyce Allen
Ross and Laurie Lamb
Margaret Gaundroue
Jim Reimer
Michelle Ferland

CJNU would like to thank the following companies and organizations for their generous support of our Fifth Annual Pledge Drive

Partners

James Richardson & Sons, Limited
Peak of the Market
Salisbury House
Winnipeg Symphony Orchestra

Supporters

Banville and Jones Wine Co.
Barbara Lange "Moonlight Special"
Bellamy's Restaurant & Bar
Bellissimo Restaurant & Lounge
Bentall Kennedy
Boston Pizza (PoloPark)
Carlos & Murphy's
Celebrations Dinner Theatre
Chris Golden
Clay Oven
Corrientes Argentine Pizzeria
Fairfield Inn & Suites by Marriott
Gunn's Bakery
Hermanos Restaurant & Wine Bar
Homewood Suites by Hilton
Hotel Fort Garry
Kildonan Place
Landmark Cinemas 8 Grant Park
La Pampa empanadas gourmet
Manitoba Chamber Orchestra
Manitoba Museum
Manitoba Opera
McNally Robinson Booksellers
Mona Lisa Ristorante Italiano
Nathan Detroit's Sandwich Pad
Pegasus Publications
Prairie's Edge
Prairie Theatre Exchange
RBC Convention Centre
Rainbow Stage
Red River Exhibition Park
Richard Rosin Funeral Director Ltd.
Riverwood Square
Rocklands Talent & Management
Peterborough)
Rosemarie Todaschuk
Sigurdson Financial Group
Silver Heights Restaurant
Sugar Beach
Viscount Gort Hotel
Whole Touch Natural Wellness Centre
Winnipeg Golden Chordsmen
Winnipeg Goldeyes Baseball Club
Winnipeg Jazz Orchestra
Winnipeg Studio Theatre
Wow Hospitality Concepts



Our studio 'thermometer'

Fifth Annual Pledge Drive



Rick Frost, Executive Director of the Winnipeg Foundation, kicks off Thursday morning with Larry Updike and Paul Richl.



Alex and Scott and John prepping for their on air shift



Trudy Schroeder, Executive Director of the Winnipeg Symphony Orchestra, was one of the many Community Champions who co hosted



Agnes inputting the pledges



We coaxed veteran broadcaster Glen Miller to announce a shift!



It was 9:15. We did it!

We Care Walk

What a wonderful effort and a beautiful day in every sense of the word! We are inspired by the many generous donations, the 12 packing volunteers December 6 at Stonewall Anglican Church of the Ascension and our walkers the next day, including CJNU volunteers, over 16. From start to finish it was a blessed experience!

Do you know that by the time we all went our separate ways, Ross was left at the vehi-

cle with 6 bags for him to walkabout? When he turned around there were 6-8 people behind waiting. (See attached). The word sure got around and he was OUT of bags! So, like a field marshal he found and directed the troops who still had bags and already were heading to the streets, to go back to locations where there were more recipients gathered.

After 4 years, whoever thought not only would we would exceed our ideal goal of having 100 bags to distribute and but also

that they all would be so well appreciated? As one recipient said to us all, and we pass it to you, "Meegwitch!", from Anicinabe, Thank you!"

Thanks everyone, you have made several Christmases including Churches, businesses, individuals and at CJNU where we gave back on the streets of Winnipeg. 🎵

~ Ross Thompson



Trivia

Match the artists to the "New"
by Tom Dercola

- | | |
|-------------------------------|-------|
| 1. New World Coming | _____ |
| 2. Brand New Key | _____ |
| 3. Papa's Got a Brand New Bag | _____ |
| 4. City of New Orleans | _____ |
| 5. A New Day Has Come | _____ |
| 6. What's New | _____ |
| 7. You Make Me Feel Brand New | _____ |
| 8. New Kid In Town | _____ |
| 9. New York, New York | _____ |
| 10. New York State of Mind | _____ |
| 11. Boy From New York City | _____ |
| A. Billy Joel | |
| B. Manhattan Transfer | |
| C. Frank Sinatra. | |
| D. Eagles | |
| E. Mama Cass | |
| F. Willie Nelson | |
| G. Melanie | |
| H. Celine Dion | |
| I. The Stylistics | |
| J. James Brown | |
| K. Linda Ronstadt | |



Answers CJNU Music Trivia
1.E 2.G 3.J 4.F 5.H 6.K 7.I
8.D 9.C 10.A 11.B

A Fresh Start in the New Year



January is here and that means the opportunity for a fresh start!

Are you happy with your health? are you spending enough time with your grandchildren? Do you do enough to give back to your community?

In 2019, set a goal that focuses on bettering your overall health, both mentally and physically. It's easy to let a resolution get brushed under the rug but it'll be a priority if it's something you're truly passionate about changing.

Here are a few New Years resolutions to consider:

Exercise for 10 Minutes Every Day

Staying physically active is key to healthy aging. That doesn't mean you have to spend all of your free time exercising, but you should certainly dedicate a portion of your day to fitness.

Committing 10 minutes of your day to exercise with a gradual increase as it becomes a habit and eventually you should be able to dedicate the recommended amount of 150 minutes of aerobic activity per week

Explore New Volunteer Opportunities

Volunteering is a great way to give back to the community but it also benefits your own health.

It provides a sense of accomplishment, increases self-confidence and brings fulfillment to life. It also connects you with like minded individuals which is great for your mental well-being.

This year find an organization to get involved with to help your neighborhood and reap the health benefits

Revive an Old Friendship

Its not always easy remaining close to friends who don't live right down the street but there are dozens of resources you can use to rekindle old friendships.

Make a telephone call, send an email or reach out to one of your childhood buddies via Facebook or another social media platform. Make it your goal to keep in touch and possibly schedule a get together in the near future.

Spend More Time with the Grandkids

Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. Staying connected with your grandkids on a regular basis will strengthen the bond between you and keep the entire family closer together. This year consider gathering with your loved ones every other week to catch up.

Make Healthier Dessert Decisions

Its easy to reach for that sugary treat after dinner but consuming those not so healthy choices every night may eventually lead to weight gain, high blood pressure and other chronic issues. Make 2019 your year to fall off the path that leads to unhealthy desserts and jump on one that drives you to make smarter choices. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving

Challenge Your Brain Regularly

You know that physical activity is important but giving your brain a workout is just as crucial. We can all help our brains change in a more positive way by engaging in new learning that requires some additional effort. Challenging your brain regularly keeps your cognitive skills sharp and reduces your chances of experiencing memory loss. This year make time to play games that will force your mind to work in overdrive.

If you are accustomed to doing crossword puzzles to keep your brain active, be sure to increase the level of difficulty to challenge your brain to work even harder which will promote plasticity or consider learning a new language as that is a great way to improve brain plasticity.

Be Conscious About Your Overall Health

Your body is always changing so make it a priority to keep up with your health. Visit the doctor annually, if not more, to be proactive about your overall well-being and take the advice and guidance he or she gives during your visit.

Those tips will help you have a happy and healthy year. 🎵



CJNU's New Studio

CJNU inaugural broadcast live from our new location took place Friday December 14.

Greg Gardner and Music from the North Shore had the distinction of producing the first show here.

The elegant, customized storefront location in the Richardson Concourse will showcase CJNU community radio to an even wider audience in this heart of downtown venue.

Many thanks go out to our move team of Jean Loiselle, Lance Burdett, Scott Balneaves, Aengus Kane, Alex Regiec, Grant Patterson, Adam Glynn and the good folks at Quick Transfer!

Gratitude also to the Winnipeg Foundation for their ongoing support of Nostalgia Radio. 🙏



CJNU 93.7FM Hoots, Boots & BBQ Tour Update

Come Join Us For The Tour of a Lifetime!

HOOTS, BOOTS & BARBECUES 2019

93.7 CJNU NOSTALGIA RADIO

The Amazing CJNU 93.7 FM

Hoots, Boots & BBQ Tour
in Nashville, Memphis, and Branson
May 1-11, 2019

Country Music
Rock N' Roll & Blues!

Tour Info & presentation Night! 3

Join us for our presentation:	Tuesday, January 8th 2019	CAA Manitoba Kildonan Place 7:00pm	RSVP To: lisaro@caamanitoba.com
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Tap your toes through Nashville, Memphis and Branson this May 2019 on the CJNU 93.7FM Hoots, Boots & BBQ Tour. Join your hosts **Trish Bennett** and **Rick Roschuk** from **Saturday Morning Potpourri** on this magical musical journey to the **Grand Ole Opry, Graceland, BB Kings Blues Club** and more... 11 days of music history and fun!

Tour Site: www.wingswheelstours.ca



Travel

Phone: 204.262.6000
www.caamanitoba.com

Membership has its perks!

Our Coach Adventure to Nashville, Memphis and Branson is into its fourth month. Though interest has been outstanding, the reality is we're less than half full and need 35 seats minimum to make this happen. We are continuously receiving inquiries from people right across the spectrum, but alas, waiting on final commitments. We're hearing folks are waiting for our favorite holiday season to be over and then will show their love... Here's hoping!

Folks, we cannot stress enough how important this trip is to so many people. First off to those of you who have never been, CJNU 93.7FM your home of Nostalgia seized on an opportunity to provide a high-level Music Adventure for its Members and Listeners. The Grand Ole Opry, Graceland and BB King's Blues Bar are legendary homes of some of the greatest music ever. This is NOT your average Coach Tour, but a true Pilgrimage to connect the dots to the music and times in our life.

Secondly, if we fill this coach, one lucky member will win a pair of seats. If you've already purchased yours and YOU are the lucky winner, there are many great scenarios to look after you including a refund of course.

Lastly, once we've completed this trip, we'll have logged over 300 volunteer hours to make this happen. Set up meetings, sponsor meetings, advertising meetings and creation time. Web site design and contest management, all volunteer hours as well. Why you ask? We love our community, our little radio station, the passion so many of us feel for the music we play, we grew up with and still cherish. But most of all for YOU! YOU, get it. You Love it and all the memories, good and well, not so good. This music makes us feel alive and young again...

If you have questions, concerns, please contact us directly. Our Dearest Friend and Supporter from CAA Manitoba, Lisa Robertson is fantastic to deal with. 204-262-6000 is her number or e-mail her at lisaro@caamanitoba.com. You can contact me directly at 204-421-0413 and leave a message or you can e-mail me at redroadmusic@shaw.ca. Either of us can answer your questions and walk you through the processes.

Thank you again, our 3rd and last Hoots, Boots & BBQ Tour Presentation Night is Tuesday, January 8th, 7:00pm at CAA Manitoba Kildonan Place. For you to register please contact Lisa or myself. More information and loads of details and links to be found on the Tour web site at www.wingswheelstours.ca

~ Rick Roschuk / CJNU's Saturday Morning Potpourri Co-Host

Our HB BBQ Tour Itinerary

Daily Itinerary

B Breakfast **D** Dinner

- Day 1 **Wednesday, May 1/19 - Winnipeg to Eau Claire, WI**
Early evening Arrive - Baymont Inn & Suites
-
- Day 2 **Thursday, May 2/19 - Eau Claire to Champaign, IL**
B Early pm Arrive - Drury Inn and Suites
-
- Day 3 **Friday, May 3/19 - Champaign to Nashville, TN**
B D Early pm Arrive - Opryland Hotel
Group dinner at the Wildhorse Saloon
-
- Day 4 **Saturday, May 4/19 - Nashville, TN**
Free day includes:
Nashville Attraction Pass Includes:
Tour of the Country Music Hall of Fame
Tour of Historic RCA Studio B
Ryman Auditorium Tour (self-guided)
Johnny Cash Museum
\$15.00 food or beverage voucher for either Hard Rock Café or BB Kings Blues Club
Opry Mills Coupon Book
-
- Day 5 **Sunday, May 5/19 - Nashville, TN**
Free day for optional tours/attractions
Evening Tickets to The Grand Ole Opry
-
- Day 6 **Monday, May 6/19 - Nashville to Memphis, TN**
Early am Depart hotel
Graceland VIP Tour & Airplanes - includes:
 - Audio guided tour of Graceland Mansion w/Orientation film
 - Access to Elvis Presley's Memphis
 - Elvis Two Custom Airplanes
 - Elvis: The Entertainment Career Showcase Museum
 - Elvis Discovery Exhibits
 - Exclusive VIP Exhibit and Lounge
 - Front-of-the-line Mansion Access
 - Keepsake Backstage Pass
 Arrive p.m. at Hampton Inn & Suites Beale Street
-
- Day 7 **Tuesday, May 7/19 - Memphis, TN**
B D Free day for optional tours/attractions
Evening Dinner included at BB Kings Blues Club
-
- Day 8 **Wednesday, May 8/19 - Memphis to Branson, MO**
B D Early pm Arrive Radisson Hotel Branson
Dinner Included at the hotel
Evening Tickets to The Million Dollar Quartet Show
-
- Day 9 **Thursday, May 9/19 - Branson, MO**
B D Mid am Tickets to Down Home Country Morning Show at the Grand Country Music Hall
Afternoon Tram Tour of Dogwood Canyon Nature Reserve & BBQ Dinner
Evening Tickets to The Presley's Country Jubilee Show
-
- Day 10 **Friday, May 10/19 - Branson to Sioux Falls, SD**
B Mid evening Arrive Grand Falls Casino Resort
-
- Day 11 **Saturday, May 11/19 - Sioux Falls to Winnipeg**
B Late pm Arrive Winnipeg

Package Includes:

- All coach transportation as outlined
- 7 breakfasts and 4 dinners
- All accommodation (double occupancy)
- Sightseeing and Attractions as outlined
- All taxes
- Driver gratuity



RATES ARE PER PERSON IN CAD

Double \$3,369
Single \$4,389

Non-members please add \$46 to tour prices.

DEPOSIT AND PAYMENT SCHEDULE

\$500 CAD per person non-refundable deposit is due at time of booking. Travel insurance will be quoted and purchased at this time if needed.

Final Payment date is February 1, 2019.

Rates are subject to change, until booking is confirmed.

DOCUMENTATION

A valid Canadian Passport (through May 11, 2019).

Please inquire with CAA Travel agent for up to date details or for other requirements. Clients are responsible to ensure that they are permitted to travel to the USA and return to Canada.

Contact a CAA Travel Consultant



Winnipeg 204 262.6000

Toll free 1 800 222.4357

caamanitoba.com

Tour Website: wingswheelstour.ca



CAA Member Benefit:

- 10%[^] savings on CAA Travel Insurance*

*Prices are in Canadian dollars and include taxes. Prices are subject to change without prior notice, and are correct at press time and apply to new bookings only, based on availability at time of booking. Other conditions may apply. -CAA Travel Insurance is underwritten by Orion Travel Insurance Company, a CAA Company. Certain exclusions, limitations and restrictions apply. Subject to change without notice. ^Applies to CAA Members in good standing (membership dues paid in full by expiry date). *Ten percent (10%) discount applies to the total premium excluding applicable taxes. Minimum premium applies. Subject to change without notice. © 2018 CAA Club Group (o/a CAA Travel and CAA Manitoba). ©CAA trademarks owned by, and use is authorized by, the Canadian Automobile Association. Logos and trademarks are the property of their respective owners.

www.wingswheelstours.ca

Around Our CJNU Community

CJNU radio works closely with community groups to provide public service announcements (PSAs) throughout the broadcast day. In May we helped promote numerous events at non-

profit and charitable organizations, in addition to providing personal CJNU representation time permitting. Here's just a sample of these activities. 🎵



Winnipeg Steel Orchestra Diversity Concert (December 9)



Retired Teachers Christmas Luncheon (December 13)



CJNU Christmas Party (December 6)



**LIKE US ON
FACEBOOK**

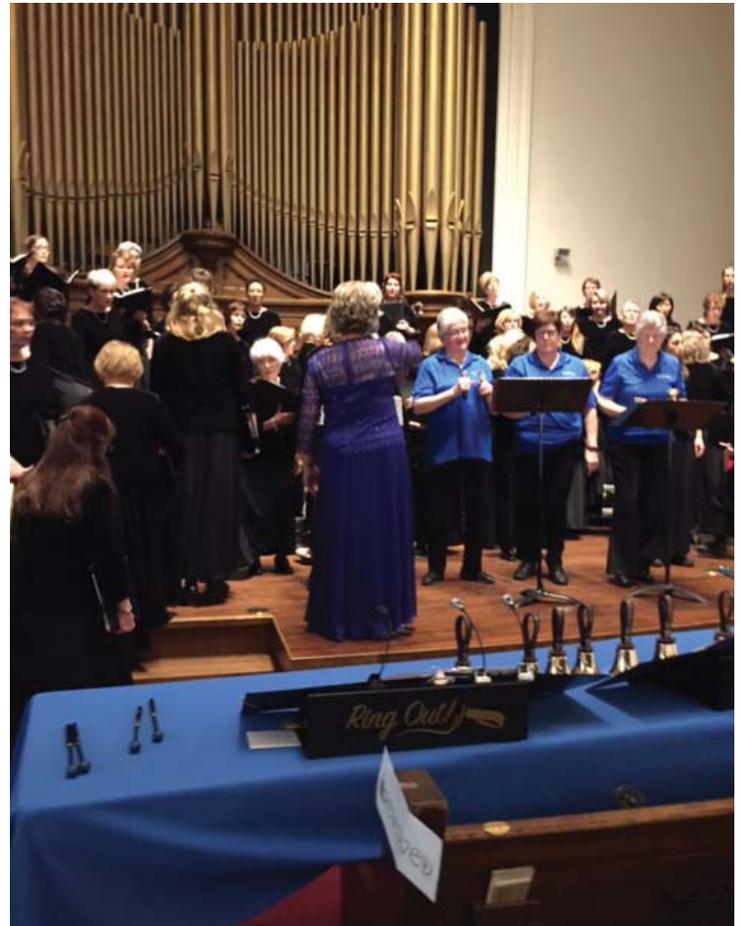
Around Our CJNU Community



St. Francis Anglican Church Christmas Tea (December 1)



St Andrews Anglican Church Christmas Sale (December 8)



Westminster United Church Women of Note (December 2)

Around Our CJNU Community



A Luncheon and Travel Session How to travel wisely as an older person (December 19)

Christmas Express Broadcasting Live (December 20)

Visiting Sugar and Spice Day Care and Murdoch McKay Collegiate and collecting food donations for Winnipeg Harvest.