



Deer Lodge Centre



We are pleased to have our remote studio invited back to Deer Lodge this February. We enjoy their smiles and toe tapping that our music brings to this centre.

Although Deer Lodge has been around since 1916 there is always something new and innovative happening with the long term residents as well as those coming through for a short stay of convalescents.

Besides all the inpatients/outpatients programs they offer, there are a couple of things that really caught my eye this year. First was their yearly calendar, "Dogs of the Lodge". Being a dog lover this project talked to me, well barked, I guess you could say. Besides the adorable pictures of many of the dogs

who visit the centre there is the thrill of winning 365 days. What better way to start off a new year.

There is a research collaboration between Deer Lodge Centre and the University of Manitoba with the aim to give therapists better tools for assessing falls risk. As I age, I'm aware of just how easy it is to lose my balance.

Recently Chris Bissett from the recreational services department did an art class with tiles, glue, water and some acrylic paints that produced some beautiful tiles and beautiful smiles.

Deer Lodge Centre Foundation's major fund raising event this year is "Bella Notte". This is a wonderful dinner for a great cause. They will bring renowned flavors and

warmth of Italy's Emilia-Romagna region for this year's signature event. This will be held at De Luca's Banquet Centre – 950 Portage Ave February 7th. The description of the dinner has my mouth watering. For information you can contact Deer Lodge Foundation or go on line to events@deerlodge-foundation.ca

The interesting part of CJNU's visit to the Deer Lodge is that we get to chat with many of the Foundation folks and find out first hand what's happening and what's planned for the future. Please stay tuned and listen to the upcoming interviews with our radio guys and gals. All I can say is that you will learn something and hear some more great music. 🎵

~ Helen Harper

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
Feb 1-Mar 31	CJNU Promotion Period: We Do Winters Better	
Feb	I Love To Read Month; Heart and Stroke Month	
Feb 1	DMG Band	South Osborne Legion
Feb 3-4	MRDA Flea Market	Assiniboia Downs
Feb 4	Neil Young and Crazy Horse	Centennial Concert Hall
Feb 7	Deer Lodge Foundation: Bella Notte 6 pm	De Luca's Banquet Centre 950 Portage
Feb 9	Stroke Recovery Association: Annual Valentine's Tea 11am-2 pm	Immanuel United Church
Feb 9	An Evening with Johnny Cash (Tribute show) 7:30 pm	Shrine Centre (Wilkes)
Feb 9	Valentine's Dinner and Dance 6:30	Charleswood Legion
Feb 10	Winnipeg Jazz Orchestra: The Music of Stevie Wonder 2:30 & 7:30 pm	WAG
Feb 15-24	Festival du Voyageur	Various Locations
Feb 15-17	Health and Wellness Expo	RBC Convention Centre
Feb 15	Valentine's Dance	St. James Legion
Feb 16	Winnipeg Golden Chordsmen Pancake Breakfast 8-10 am	Applebees (Pembina Location)
Feb 16	Wild Winter Canoe Race	Shaw Park
Feb 18	Louis Riel Day	Manitoba
Feb 21- 24	Disney On Ice Celebrates 100 Years of Magic	Bell MTS Place
Feb 21	MB Mutts Rescue Vines, Wines and Canines	Riverwood Square
Feb 23	HSC: Savour: Wine & Food Experience	RBC Convention Centre
Feb 23	CJNU Dance: Sadies Hawkins Theme	ANAVETS 283
Feb 23-Mar 3	Potahto Week	
Feb 24	Sleighting the Stigma, Addiction, Overdose and Mental Health	Garbage Hill/John Osborne V.C.
Feb 27-Mar 17	Mom's the Word: Nest 1/2 Empty	PTE
Feb 27	Goldeyes & CJNU Inside Pitch 7-9 pm	CJNU Studio
Feb 28	Winnipeg Foundation: Fast Pitch	The Met



Happy Valentine's Day

CJNU's Artist of the Month for February

This is one of my favorite duos in the musical history of my life. With Karen's distinctive contralto vocals, most of their songs needed no introduction. Richard's arranging and composition skills together with Karen's melodic voice produced a soft musical style, recording ten albums along with numerous singles and several television specials.

Richard Carpenter Trio began in 1965 with Wesley Jacob playing stand-up bass, Richard on piano and Karen on drums. Interestingly enough neither Karen nor Richard sang with this Jazz oriented trio. As Karen became more confident with her voice (taking lessons from Frank Pooler) she began to sing but didn't venture out from behind the drum set until becoming the frontwoman in the early 70's.

Karen didn't possess a powerful singing voice but close miking brought out many nuances in her performances. Richard's

work with Karen was influenced by the music of Les Paul who's overdubbing of the voice of wife and musical partner Mary Ford allowed her to be used as both lead and harmony. By multi-tracking Richard was able to use Karen and himself for harmonies to back Karen's lead. This over dubbed background harmonies were distinctive to the Carpenters.

This was my kind of music, never quite grasping the whole hard rock genre. I remember many of their television specials and owned several singles.

As with many celebrities of their time, Richard succumbed to an addiction with Quaaludes and in 1978 he began treatment, taking a year to get himself better. In the meantime Karen was suffering from Anorexia. This disease was not well known about at the time but sadly her ultimate death in 1983 brought worldwide attention to it.

These two talented kids from New Haven,



The Carpenters

Connecticut certainly made a large memory swath through my musical recollection. I look forward to revisiting their songs this month and singing along with, *We've Only Just Begun*. 🎵

~ Helen Harper

CJNU Personality Corner

After 23 wonderful years as a Culinary Arts instructor at a local high school, I finally hung up my apron.

Being retired, many opportunities presented themselves, one being a volunteer with CJNU.

Since I already was listening to this great station playing nostalgia music I grew up with, why not become part of their team?

I began by learning the production side of a radio show. It was very interesting and all about timing—right down to the second.

Blessed with the "gift of the gab" the next step seemed to be becoming an announcer.

At first I did an hour of announcing on the Herb Henson show. It was a bit intimidating at first—not actually talking to someone but instead "talking to the mic" but soon it became easier.

I was lucky to have such great mentors, one being Gordie, *Voice In The Sandbox*.

He said just be yourself; pretend you are talking to your neighbour across the fence and so I did!

Graduating from the Herb Henson School of Broadcasting, eventually a spot opened

up on Wednesdays from 9:30 to noon and so *Reminiscing with Rosie* began.

When I was thinking about putting together this 2.5 hour time slot, thoughts of my childhood came to mind.

Memories from the past have made an impact on all of us growing up. Whether it was playing hopscotch or kick the can, sharing the bath water with our siblings on Sunday night, enjoying a marshmallow roasting on a stick or dancing at the Saturday night teen dances at the community clubs, we all have those memorable moments.

Reminiscing with Rosie is about just that—looking back when we were growing up.

Many listeners call in and say they love remembering golden memories from a time so long ago and reliving these treasured times through the nostalgia music on CJNU.

For myself, I enjoy picking great old tunes and a theme for each week's show.

I've just recently done my 76th show with CJNU as time goes by, I like to think I am connecting with you listeners on the air as you welcome me into your home like a friend.



Rosie Schau

Being a volunteer with the CJNU family has certainly been rewarding for myself.

I have met so many wonderful people who have a passion for nostalgia music and giving back to the community.

It's the station that keeps growing!

Looking forward to many more wonderful moments. 🎵

~ Rosie Schau

Exercise Helps Your Heart

A sedentary lifestyle, where your job and your leisure activities involve little or no physical activity, increases your risk of dying from heart disease. Just as exercise strengthens other muscles in your body, it helps your heart muscle become more efficient and better able to pump blood throughout your body.

It's easier than you might think to improve your health with exercise. Your heart health improves with just 30 minutes of exercise per day. Two 15-minute segments of exercise or three 10-minute segments still count as 30 minutes. Just make sure the activity is vigorous enough to raise your heart rate. At the Reh-Fit, our professionally trained staff can help you determine the best intensity level for you.

Understanding just how physical activity benefits your heart can be strong motivation to get moving more. Here's what to know.



- ∞ Exercise lowers blood pressure. Exercise works like beta-blocker medication to slow the heart rate and lower blood pressure.
- ∞ Exercise is key to weight control. Especially when combined with a smart diet, being physically active is an essential component for losing weight and even more important for keeping it off, which in turn helps optimize heart health.
- ∞ Exercise helps strengthen muscles. A combination of aerobic workouts and strength training is considered best for heart health. These exercises improve the

muscles' ability to draw oxygen from the circulating blood. That reduces the need for the heart—a muscular organ itself—to work harder to pump more blood to the muscles, whatever your age.

- ∞ Exercise lowers stress. Stress hormones can put an extra burden on the heart. Exercise—whether aerobic (like running), resistance-oriented (like weight training) or flexibility-focused (like yoga)—can help you relax and ease stress. 🎵

Many thanks to our January host sponsor The Rehfit Centre on Taylor and all the informative interviews. A wonderful organization where you can find your best self.

CJNU Volunteer Coordinator— Susan Earl



My pre-retirement life involved working in health care as a nurse manager in Burns, Plastics and Head and Neck Oncology and lastly as a Di-

rector of Care in a long term care facility. In addition to Nursing, I have a BA in Sociology and Masters of Science in Administration. In my spare time I enjoy the creative side of life, quilting, knitting, painting, reading and listening to CJNU especially Dean Martin and Petula Clark.

I began volunteering with CJNU in May of 2015 in the remote studio. Being a long time listener, it was fun to be a part of the behind the scenes action. Later that year, I participated in the pledge drive and assisted in the post pledge thank you mail-outs to the supporters. Being one who always enjoyed project work, it was fun to be a part of the wrap up team. I have also been fortunate to learn how to operate the board, read on air and perform a multitude of tasks which allow me to better understand and support our many volunteers.

In October of 2016 I became the Volunteer Coordinator. This was newly created position which came with many new responsi-

bilities and goals while overseeing all volunteers. In the past two years many changes have taken place. The number of volunteers has increased from 80 to over 100. Processes have been computerized to allow for ease of documentation and data collection. Data bases have been set up to track important information and to allow for further process development. In addition, I have been able to apply my past project management expertise to other CJNU endeavours, including co-chairing the past three Pledge Drive Weekends, hosting quarterly Volunteer Information sessions and working on special projects as directed by the CJNU Board such as assisting in the development of the office procedures and the creation of a policy and procedure manual to name but two.

I believe in giving back to the community I live in. Volunteering with CJNU allows me to do just that. I am so fortunate to enjoy what I do and to be a part of this family. 🎵

~ Susan Earl

Learning the Signs of a Heart Attack: A Life-saving Lesson



Your heart needs a constant supply of blood to keep beating. When that flow is blocked for any reason, the result is a heart attack.

Thousands of Canadians—both men and women of all ages—die from heart attacks each year because they don't receive medical treatment fast enough. Recognizing the

signs of a heart attack could save your life or that of someone you love.

The signs of a heart attack can vary from person to person and they may not always be sudden or severe. Keep in mind that although chest pain or discomfort is the most common symptom in both men and women, some people do not feel chest pain. And, some people may experience only one symptom, while others have a combination of the following:

- ∞ Chest discomfort (uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)
- ∞ Discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back)
- ∞ Shortness of breath
- ∞ Sweating
- ∞ Nausea

∞ Light-headedness

Women can experience a heart attack differently than men. Women often feel no chest pressure, but they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue.

If you experience any of these signs, call 9-1-1 or your local emergency number immediately, or have someone call for you. The faster you receive emergency medical attention, the greater your chances are of a full recovery with minimal long-term damage to your heart.

More information is available at heartandstroke.ca.

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Sandy Coleman



After a 25 year career on local television and radio, journalist and popular host of *Breakaway* and *Coleman & Company* Sandy Coleman fell off the radar. "I guess I did for Manitobans," she admits, over

the phone from Whitehorse, Yukon where she and her family have lived since 2003. "I came north for the adventure. I thought that maybe we'd stay for a year but we're still here and loving it." Sandy hosts CBC Whitehorse's weekday morning radio show *A New Day*.

Born and raised in Burlington, Ontario, Sandy earned a degree in journalism. Her first job was at the CTV affiliate in Saskatoon in 1978 before relocating to Winnipeg a year later to anchor the weekend news at CKY TV. She spent five years there before CBC radio offered her the job of agriculture and resources reporter. She later hosted CBC's weekday noon hour show.

Then in 1987 came *Breakaway*. The concept was what Manitobans did in their spare time. Co-hosted by Jim Ingebrigtsen, the two traveled the province in search of fascinating people and stories. "These people were your next door neighbours doing extraordinary things," notes Sandy. "They trusted us to come into their homes and we took that trust seriously. They were all positive stories. You watched *Breakaway* and you felt good."

The camaraderie between the hosts was

part of the show's attraction. "We really had a chemistry together," confirms Sandy. "Jim was so quick and so funny. Going into work every day was a joy." Viewers loved the show. "We had over 100,000 viewers each week," says Sandy proudly.

But after three seasons, CBC headquarters in Toronto axed all regional programming in 1990 and *Breakaway* was cancelled. Because of her journalism experience, Sandy took a post in the CBC news department. She continued reading the news and hosting *Almanac* for CBC 24-Hours before once again hosting her own show. *Coleman & Company* (1993 to '97) followed a similar format of ordinary people showing off what they did. Jim returned for the final two seasons before CBC cancelled regional productions.

Sandy remained with CBC Winnipeg doing weather and documentaries until an offer from Whitehorse. "I always loved rural reporting in Manitoba because the people were so fascinating and I find it the same up here," she affirms. "I have a 4 minute commute over the Yukon River. You can't beat that." 🎵

~ John Einarson

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. 🎵



Charleswood Historical Society presentation on the history of the property of the Canadian Mennonite University (January 7)

It was a video presentation of the indigenous people and the treaty and subsequent ownerships of the property that the university occupies. Interesting history but not very visual. The Historical Society has a monthly presentation. February's evening will host an archeologist. All presentations concern the Charleswood and Tuxedo area.



Rehfit Centre: Preventing Falls and Understanding Vertigo (January 16)



Given Sector Creative Living Centre: Larry Updike and Eric Boorman, The B Side Apostles perform (January 9)



Fort Garry United Church: Walk and Talk (January 18)



Westworth United Church: Vocal Ascent (January 27)



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Around Our CJNU Community



Herb Society of Manitoba general meeting (January 21)



RBC Convention Centre: WCCW Luncheon (January 23)

The Women's Canadian Club of Winnipeg luncheon was held at the RBC Convention Centre January 23rd with over 50 members and guests enjoying a very informative presentation by Dr. Stephen Borys. He enlightened us on the architectural design of the Inuit Art Centre, to open in 2020, as well as describing different kinds of art and how the Inuit artists were, and are, inspired by the land and their culture.



Gwen Secter Creative Living Centre: Seniors Enjoy the Wednesday Program (January 16)

Trivia

Match the Artists to the Love

by Tom Dercola

1. Love is a Many Splendored Thing _____
2. Love and Marriage _____
3. Love Letters in the Sand _____
4. Love Me Tender _____
5. Love Me Do _____
6. Love on the Rocks _____
7. Love Child _____
8. Love Train _____
9. Love Will Keep Us Together _____
10. Love Potion #9 _____

- A. Neil Diamond B. O'Jays C. Frank Sinatra
 D. The Four Aces E. The Supremes F. Elvis Presley
 G. The Searchers H. Pat Boone I. Captain and Tenille
 J. The Beatles

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