



Nostalgia Notes

CJNU Nostalgia Radio Community Newsletter

September 2019 ~ Victoria General Hospital Foundation

Victoria General Hospital Foundation

CJNU is pleased to have our remote studio invited back to the Victoria General Hospital Foundation again this September.

As with all the health care facilities in our city the Victoria Hospital staff are always learning and moving forward to provide the very best care for Winnipeggers.

They have been focusing on the highest standards of Senior Friendly Care in South Winnipeg.

Through the generosity of The Vic Foundation's endowment fund supporters, more than 200 staff at Victoria Hospital and Access Fort Gary attended educational workshops with world renowned dementia care educator Teepa Snow. Both clinical and non-clinical staff had the opportunity to learn Teepa's ground-breaking techniques which are rooted in the importance of empathy. Staff learned valuable strategies to adapt their own behavior and environment in order to provide better and more dignified care for patients and families living with dementia.

New research is underway to study the impact of a multisensory environment on patients with dementia to reduce boredom. New lounges have been created on the 4th and 5th floor featuring a variety of sensory equipment designed to stimulate patients and create a friendly and inviting space for patient and families to enjoy.

The Vic is also involved with the rehabilitation of all types of patients who need upper body strengthening or to work on their fine motor skills as a result of injury or stroke.

Thanks to the generosity of their supporters, The Vic Foundation has purchased stroke care tools and treatment activities designed specifically to promote their healing and help them return to their daily activities.



Behind the walls and in the halls of this facility there are brilliant dedicated people working hard for the true betterment of the patients and their families.

On behalf of CJNU Nostalgia Radio and

all our volunteers I wish to express my gratitude and heartfelt thanks for all the work and care that is happening at the Victoria General Hospital.

~ Helen Harper

CJNU Personality Corner

Music is a part of the major events in our lives, from the songs sung with children, the sock hops, the prom, the wedding songs, and first dance, the anniversary dances, and the music played at memorials. Our music preferences express so much about who we are.

For most of us, we fell in love with our music by listening to our radios, singing our hearts out, and occasionally getting the lyrics right, which became more difficult in the 60s!

I have always loved the way music could convey my emotions and feelings, I cannot leave a movie without finding out who wrote and performed the soundtrack music.



93.7

CJNU

NOSTALGIA
R A D I O

I'm so humbled and thrilled to have the precious opportunity to be the host of *Monday Mornings with Melody* from 9:30 to Noon. I offer laughter, stories, encouragement, and of course great music, welcoming listener requests.

The support and coaching I receive from the management, and talented on air and production staff of CJNU is immeasurable, and I am forever thankful.

I was an educator and etiquette consultant, and am an award winning public speaker and humorist. I am the happy wife of Don and proud mom of Lisa. 🎵



Melody Windsor

CJNU's Artist of the Month

This amazing singer, songwriter, pianist and composer was born Reginald Kenneth Dwight in England in 1947. He grew up in Pinner, in northwest London, where he learned to play the piano at an early age. His mother had many records and he was immediately hooked by the sounds of Elvis and Bill Haley.

At age 11 he won a junior scholarship to the Royal Academy of Music. According to one of his instructors, John promptly played back like a "gramophone record" a four page piece by Handel after hearing it for the first time.

Leaving school at 17 he started to pursue a career in music. With some friends John formed a band called Bluesology in 1962.

In 1967 he answered an advertisement for talent placed in the popular UK publication, *New Musical Express*. Here he met Bernie Taupin and they have been collaborating ever since. Taupin writes the lyrics and John then puts them to music. The two are never in the same room. This has worked so well they have never had an argument and the excitement is still the same as it was 50 years ago. Although he wrote under Elton John he didn't legally change his name until 1972.

He has collaborated and sung with numerous artists including John Lennon, Pete Townsend, Leon Russel and Pavarotti, just to name a few.

His awards are in the same league with his songs, too many to mention here.

Besides John's most commercially successful period 1970-76 is also held in the highest regard critically. In the three year span from 1972-75, John saw seven consecutive albums reach number one in the US.

He started an HIV/AIDS foundation in 1992 and his "A" list parties to raise funds are renowned. In Hollywood alone his Academy Award Parties has raised over \$200 million US.

In 2018 Elton John announced that he would be retiring after a three year farewell tour. His priorities have now changed and he wants to devote more time to his husband David Furnish and their two children.

There are so many songs in his repertoire to date I don't want to miss out on printing your favourite so I'll just say keep listening to CJNU in the month of September and I'm sure you will hear that special tune. 🎵

~ Helen Harper



The 4th Annual Miracle Garden Party in support of Mental Health

This September 12, you are invited to attend an unforgettable evening of transformation and joy that will improve thousands of lives in our community including yours—as our Host Sponsor, the Victoria General Hospital Foundation, presents their 4th Annual Miracle Garden Party.

There will be a specialty menu from the event's Presenting Sponsor, Sachit Mehra of the East India Company, internationally-acclaimed Chef Mandel Hitzer of deer +almond, Brazen Hall Kitchen & Brewery, Chocolatier Constance Popp and more!

Mental illness is now recognized as one of the most widespread health issues of our time—affecting more than 50% of Manitobans directly, and consequently their friends, family, co-workers and community who cares for them.

All proceeds from this event will support mental health and wellness initiatives at The Victoria General Hospital and in our community. 🎵



DQ Miracle Treat Day

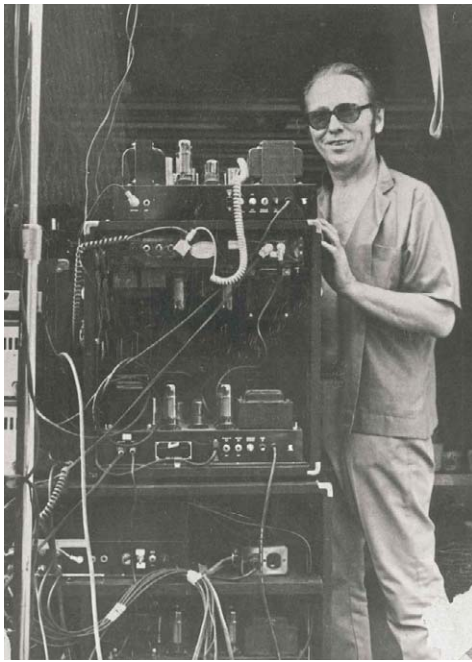


On Thursday, August 8, CJNU was on hand at the Dairy Queen, 1030 Henderson Highway to celebrate Miracle Treat Day in support of the Children's Hospital Foundation of Manitoba. Every Blizzard sold throughout the day contributed to the incredible work being done by the Children's Hospital every day.

CJNU personalities and volunteers greeted the public, shared the word about us, recruited volunteers and sold and renewed memberships. New and returning members received gift cards to Oma's Bakery. Everyone was encouraged to enter our free prize draw which included tickets to Cirque du Soleil's Amaluna and Goldeyes tickets and swag.

It was a fun day, lots of Blizzards were sold and the day was completed by a visit from none other than Dr. Goodbear. It really was a Miracle Day! 🎵

Sound by Garnet



Recently driving east on Portage Avenue just past Polo Park, I was dismayed to discover that the mural to local musician Gar Gillies at 1349 Portage Avenue Portage at Ashburn had been torn down. Originally on the side of what was Second Encore Music, the mural was a celebration of the man with the Winnipeg sound.

From the mid 1960s to the late 1980s, musician and electronics wizard Thomas Garnet "Gar" Gillies built Garnet amplifiers and PA systems right here in Winnipeg. Garnet amplifiers represented the apex of sound, size and power. The Guess Who took Garnet amplifiers around the world making them sought after by musicians who recognized their unique qualities. "When other bands saw us using these cool big amps they wanted them, too," notes Randy Bachman.

I first met Gar Gillies in the 1950s. My Dad knew him through some Gimli connections, Gar also being of Icelandic descent, and my parents bought all their electrical appliances from Gar's shop, Cam's Electrical Appliances at 859 Sargent Avenue. Gar was a well-known jazz musician and band leader in the heyday of the big bands. I started playing guitar in the spring of 1965 and the following year begged Dad for an amplifier larger than the Harmony model we had purchased for \$50 from Eaton's. He took me to see Gar, now operating out of a shop at the corner of Osborne and Morley. Somehow he knew that Gar was in the amplifier business. Over the years and many Garnet amplifiers,

the genial middle-aged man in suspenders, half glasses, and suede Beatle boots always had time for "the little Goolie", me. Gar had time for everyone and that's why his shop was a very special place for every musician, whether novices like me or local rock gods.

Gar's transformation from fridges and televisions to rock amplification came at the behest of the early Guess Who. Complaining to road manager Russell Gillies that their Fender amplifiers just couldn't cut it in the larger venues they were playing by 1965, Russell's dad Gar, began boosting their Bandmasters and Bassmans with bigger tubes before custom building his first Garnet amplifiers for the group. Soon every band in town was at Gar's door wanting his amplifiers.

By 1967, Gar was building and selling Garnet Amplifiers out of a shop at 611 Ferry Street in St. James. Recruiting sons Russell and Garnie and hiring a crew to mass produce several models of amplifiers—from the BTO (100 watts) and Pro (50 watts) professional series to the smaller Rebel and Lil' Rock line—every band in the city was sporting Garnet gear exclusively. I had graduated to a Pro model. The humungous BTO (Big Time Operator) was the tallest, loudest, toughest amplifiers this side of the Atlantic. A line of Garnets onstage behind you was the ultimate in cool and a "Sound by Garnet" t-shirt de rigueur for local players.

"The first real amplifier I ever saw was a Garnet Pro that my pal Marvin Finkle got as a Bar Mitzvah present," recalls Bill Kroeber. "He hooked it up and blew all our little 13 year old faces off. Garnets had the look of a serious rock amp."

The patron saint of Winnipeg rock 'n' roll, Papa Gar had a heart of gold. "The great thing about Gar was that, being a musician himself, he gave every musician credit," recalls Bachman. "If you gave him five bucks a week or five bucks a month he was happy. That was something no one else gave us and every band in Winnipeg was indebted to him for that attitude." But musicians being what

they are, often the debts went unpaid. "Gar never got rich," states Guess Who bassist Jim Kale, "but he had this built in empathy for the plight of the young rock 'n' roll guys."

Randy Bachman's distinctive lead guitar sound on *No Time* and *American Woman* was the result of Gar's ingenious innovation, a pre-amp dubbed The Herzog. Developed exclusively for Bachman, it became the signature sound of the Guess Who. "My guitar licks came from Lenny Breau but my guitar sound came from Gar Gillies," acknowledges Bachman. Gar loved being around young musicians but it ultimately took a toll on his family who rarely saw him. It also affected his health.

In 1974 Garnet amplifiers expanded into the highly competitive US market. Production ramped up as Gar signed deals with Gibson and other names to manufacture amplifiers and sound gear. But by then tube amplification was being supplanted by cheaper solid-state transistors. "We probably didn't switch to solid-state fast enough because Dad hated them," acknowledges son Garnie. It would prove a costly miscalculation and by 1989 Garnet Amplifiers had closed shop. Too restless to remain retired for long, in the 1990s Gar opened up a tiny repair shop on St. Matthews Avenue. An acknowledged expert on tube amplification Gar authored a book, *The How & Why of Guitar Tube Amps*. He even found time to record a CD featuring his trombone playing.

After many years, in 2001 I took the opportunity to visit Gar. As I entered his shop cluttered with tubes, wires and cabinets a familiar voice greeted me. "Hey, it's the little Goolie!" The mural dedicated to Gar was unveiled in 2003. The man who put the Winnipeg sound on the musical map passed away in December 2006.

Recognizing the cultural significance of the mural, the West End Biz along with Take Pride Winnipeg have promised that the mural will be repaired and relocated on the side of another building in the West End. 🎵

~ John Einarson



Tuning in to CJNU 93.7 Brings Fab Rewards! 50 Years Since Woodstock!



CJNU celebrated the 50th anniversary of the Woodstock Music Festival by playing nostalgia music of the day and also offering a grand prize of Woodstock memorabilia for one lucky listener.

Iona was our ecstatically happy winner on August 17:

"I am just so thrilled to be chosen as the lucky winner of your Woodstock grand prize! I just love listening to CJNU, all the music and especially the Saturday morning Potpourri.

Thank you, I am totally ecstatic!" 🎵

Songs of the Century!

As part of our 6th annual Pledge Drive coming up in October, we're putting together a special programme looking back at the last 100 years in recorded music: CJNU's **Songs of the Century!**

Our CJNU on air personalities, producers, and studio volunteers are busy creating their lists of top 10 songs from each decade—1920 through 2019. Their suggestions will be tallied up and shortlists will be created.

Our members and listeners will then vote from these shortlists, choosing their favourite songs that are featured on CJNU. Every person who casts a vote will be entered into a prize draw. The winning songs from each decade will then be presented as a show during Pledge Drive, and the prize draw will be made at the end of the show.

We'll have more for you next issue! 🎵

Membership has its Perks!

Every month a gift is awarded to three lucky CJNU members. A draw is made from new members, existing members and members who have just renewed for another year.

Here are some of the most recent comments we received from the happy and lucky winners:

"I've been a listener for a couple of years and greatly enjoy the station; it's an excellent way to hear music I likely wouldn't hear otherwise given that I'm pretty young. As a graduation gift, my mother bought me a membership. It was a very thoughtful gift and I was happy to help support the station! I'm looking forward to continuing my membership when the time comes. ~ *Frances L.* NEW MEMBER

"I just love the station and it is always on in my home!
~ *Bruce W.* RENEWING MEMBER

"I like listening to music that I recognize! There is such a wide variety of music on CJNU radio! I especially love *The Gardener Show*.
~ *Valerie G.* EXISTING MEMBER

Save the Date

CJNU's biggest fundraising event of the year is coming. Our **2019 Annual Pledge Drive Weekend** takes place October 24 to 27. Call in, make a donation and receive wonderful incentive gifts. Stay tuned all weekend to hear unique programming, special guests and a chance to win lots of prizes thanks to our many supporters. It's a four day celebration of everything CJNU is, and does. Watch this space for more information! 🎵



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Pasta and a Pint Fundraiser

CJNU hosted yet another tremendously successful *Pasta and a Pint* annual trivia night fundraiser. Close to 120 folks enjoyed a wonderful evening of food, socializing and competitive trivia fun.

Table teams collaborated on a variety of trivia quiz categories such as celebrity vintage photography recognition, old tv shows theme song recognition, rock and roll trivia, Canadiana trivia and general knowledge questions.

There was an eclectic silent auction table with many donated prizes, plus a 50-50 draw.

Thanks to Jim Pappas and his social/fundraising committee, our quizmaster Frank Stecky, assistant Adam Glynn and all the volunteers who helped in so many ways!

Proceeds of the fundraiser go towards ongoing operational costs of CJNU Radio, our Winnipeg community nostalgia station. Cheers! 🎵



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. 🎵



Manitoba Museum: CJNU Nostalgia Radio (July 20)

The Retro Recroom celebrating the 50th anniversary of man landing on the moon.



Old St. Andrews Anglican Church: Celtic Folk Music by Gosh and By Golly (July 17)