



Notes from the Bridge

In over a decade of working in broadcasting I never thought I'd have a commute of only 10 steps, or a dress code which permits me to show up to work in my *Star Trek: The Next Generation* pajamas—but, these are two quirky personal realities of working from home while our community deals with challenging times.

At CJNU, our incredible team has risen to meet these challenges with great aplomb—presenting our full schedule, almost entirely live, from improvised home studios across the city! Considering the station's 'normal' operation consists of us moving our studio to new locations in the community each month, it wasn't too much of a stretch to figure out some creative ways to keep the music playing and positivity flowing. If anyone should know about remote broadcasting, it's CJNU! Whatever happens, we'll be here to shine a light on the good happening in our city, no matter how dark it may seem. My profuse thanks to our volunteers, members, listeners, partners, sponsors—we're all in this together... apart.

My late Grandmother would often say to me: "you may as well laugh as cry." As a kid, I wasn't sure... but now I know she had the right idea. So, from my home to yours: stay safe, be well, and try to find the fun in each and every day. ♦

~ Adam Glynn, General Manager



Stay safe. Stay home.

CJNU Personality Corner

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 Director of Care in a long term care facility. In addition to Nursing, I have a BA in Sociology and a 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 produce, read on-air, and perform a multitude of tasks that allow me to understand better and support our many volunteers.

In October of 2016, I became the Volunteer Coordinator. This was a newly created position which came with many new responsibilities and goals while overseeing all volunteers. In the past four years, many changes have taken place. The number of volunteers has increased from 80 to over 120. Processes have been computerized to allow for ease of documentation and data collection. Databases have been set up to track crucial information and to allow for further process development. Also, I have been able to apply my past project management expertise to other CJNU endeavors, including co-chairing the previous five *Pledge Drive Weekends*, hosting



Susan Earl

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.

If you would like to talk with me about the many volunteer opportunities available, please email me at cjnupvc@mymts.net or call (204) 942-2568 and leave a message for me. ♦

~ Susan Earl, Volunteer Coordinator



Important Information

United Way, City of Winnipeg, and A & O: Support Services for Older Adults Inc. partner to support older Winnipeggers.

While the COVID-19 pandemic continues to impact everyone in our city, the City of Winnipeg, United Way Winnipeg, and A & O: Support Services for Older Adults Inc. are announcing a new partnership to provide additional support for older Winnipeggers.

Effectively immediately, Winnipeg

older adults who may be feeling isolated and in need of assistance during this trying time, can call 311 to be connected with a number of resources available through A & O: Support Services for Older Adults, including assistance with delivery of groceries, medications, or specialized social services. They can also call 311 where they will be provided with assistance in obtaining access to other well-being resources. ♦

CJNU & McNALLY ROBINSON'S *Artist of the Month*

Gordon Meredith Lightfoot Jr. was born in Orillia, Ont. in 1938. This "Canadian National Treasure" is credited with helping define the folk-pop sound of the 1960s and 1970s.

His mother recognized his talent early, and his first performance was in the fourth-grade singing *Too Ra Loo Ra Loo Ra* through the public address system of his school. He went on to sing with a local church choir and perform through high school. He was an accomplished athlete earning himself a bursary to McGill School of Music. From there, he went to Hollywood's Westlake College of Music but missed Canada and returned home by 1960.

Some of his early songs include *Early Morning Rain*, *Ribbon of Darkness*, "If You Could Read My Mind?" and, of course, the *Wreck of the Edmund Fitzgerald*. His songs have been recorded by many of the great artists of our time.

For a time, he was better known as a songwriter than a performer. Still, on the strength

of the *Lightfoot* album in 1966, which blended Canadian and universal themes, Lightfoot became one of the first Canadian singers to achieve definite home-grown stardom without having to move permanently to the USA to develop it.

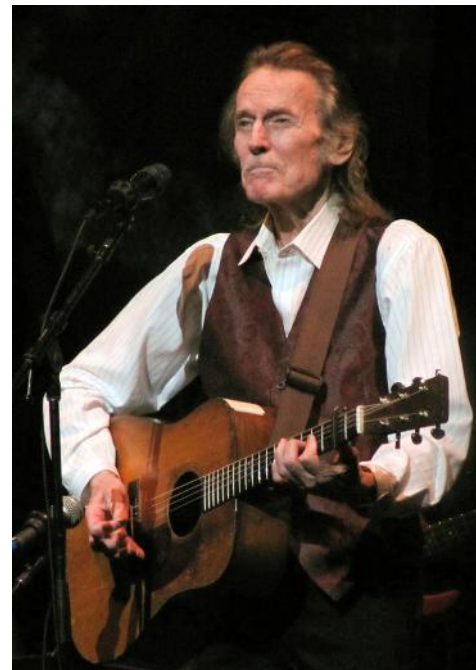
In 1963 he traveled in Europe and the United Kingdom, hosting a BBC Country and Western Show for a year.

He has survived a couple of serious illnesses, the worst being an abdominal aortic aneurysm in 2002.

Lightfoot has been married three times and has six children. He has been writing songs and performing for the past five decades.

His biographer, Nicholas Jennings, sums up his legacy this way: "His name is synonymous with timeless songs about trains, and shipwrecks, rivers and highways, lovers and loneliness. He is unquestionably Canada's greatest songwriter." ♦

~ Helen Harper



Gordon Lightfoot

Shopping Options for Seniors & Persons with Disabilities

This is the most accurate information we have had up to press time. Please check with your local store to confirm operating hours. Many of these stores have delivery options as well.

Winnipeg Food Fare locations will be opening early to allow seniors to shop. They will control access to its stores for the first hour of the business day for people at risk of becoming seriously ill from COVID-19 to shop in a low-traffic environment.

No Frills: Call their toll-free number to verify current hours of operation at individual stores 1 (866) 987-6453. At the time of writing, they open one hour early on certain days, as listed below, for seniors and people with disabilities.

Hellard's No Frills (Main St., Winnipeg) – 7 to 8 am Tuesdays and Thursdays

Justin's No Frills (St. Anne's Rd., Winnipeg) – 7 to 8 am Tuesdays and Thursdays

Stephen's No Frills (Henderson Hwy, Winnipeg) – 8 to 9 am Mondays, Wednesdays, and Fridays

Trevor's No Frills (Goulet St., Winnipeg) – 8 to 9 am Mondays and Wednesdays

Topher's No Frills (Notre Dame Ave., Winnipeg) – 8 to 9 am Tuesdays and Thursdays

Ted's No Frills (Plessis Rd., Winnipeg) – 7 to 8 am Tuesdays and Thursdays

Tom's No Frills (Roblin Blvd., Winnipeg) –



8 to 9 am Tuesdays and Thursdays

Family Foods (1881 Portage Avenue) is open Monday to Friday for senior shoppers from 7 to 8 am

Dakota Family Foods will be opening its stores at 7 am on Thursdays for senior shoppers and more vulnerable people.

Real Canadian Superstore dedicated shopping hours occur from 7 to 8 am every day for those who need it.

Save-On-Foods has dedicated the hour of 7 to 8 am for seniors and vulnerable people to shop. Store hours will be limited to 8 am to 8 pm at all 180 stores in Western Canada.

Sobeys "Seniors Shopping Hour" for the first hour of the day, providing the most vulnerable among us with a dedicated time to shop for goods.

Safeway senior shopping hour for the first hour of the day.

Co-op Stores: Early openings for seniors, pregnant women and those with compromised immune systems. Wednesdays and Fridays: 7 to 8 am ♦

~ Tom Dercola, *President* (with files from CJNU listeners and the CNIB Winnipeg)

Pollyanna's Glad Game

In 1960, *Pollyanna*, the movie, came out. It was about a 12-year-old orphan daughter of missionaries who arrives in a small town to live with her rich and strict aunt. She is obsessively cheerful and constantly playing "The Glad Game," an optimistic and positive attitude she learned from her father. The game consists of finding something to be glad about in every situation, no matter how bleak it may be. My challenge is to play this game along with our CJNU family.

I'm glad to renew communication with people that have been too busy to call or email. I'm glad to talk to my children and grandchildren on my phone, what a fantastic thing this is. I'm glad to have time to sit and read for hours uninterrupted. ~ *Jim Pappas*

I'm glad for family, friends, and coffee.
~ *Linda Lamb*

I'm glad no bombs are raining on our heads. I'm glad I'm not a prisoner held in solitary

confinement, as millions are. I'm glad I'm not a refugee trying to escape with my life.
~ *Agnes Brydon*

I'm glad for our excellent Health Care System and the care my husband is receiving. I'm glad for my biological and CJNU family and friends who are so supportive and caring at a time when it is so welcomed.
~ *Susan Earl*

I'm glad to be living in the middle of Canada. (usually called nowhere). I'm glad that the people in my building and whom I see on my daily walks are all practicing social distancing. I'm glad for all those on the front lines. ~ *Helen Harper*

I'm glad I had a grandmother and a Mother who shared their appreciation of *Pollyanna* with me. I even had a doll and some outfits. I'm glad there are people in my life who want to share stories and memories of positive times. ~ *Gail HB*

I'm glad the sun is shining, and my family is well and trying daily to find humor in our lives. ~ *Bev Smith*

I'm glad and thankful for so many people who are working to help us through this challenging time and in the knowledge that the promise of spring is still with us.
~ *Joyce Allen*

I'm glad to have my family. I'm glad that no matter what the weather throws our way, spring will flow into summer.
~ *Mary-Sue Adair-Gil*

I am glad and grateful for the invention of teleconferencing so I can check in on my family and see they they are actually okay. I am glad for CJNU finding a way to keep broadcasting and allowing the volunteers to continue doing their duties so that we can keep in contact with our CJNU family.
~ *Anna-Maria*



We will get through this together.