



We Do Winter Better!



Win Big in the 2021 Mega Million Choices Lottery!

CJNU's Host Sponsor this month is an organization close to the hearts of many Manitobans—*The St. Boniface Hospital Foundation*. Inspired by the legacy of the Grey Nuns and energized by the passion of donors, the foundation raises funds to support research and health care excellence at St. Boniface Hospital.

Your donations fund medical research and development, patient care, equipment enhancements, and innovative clinical and research practice. Your ticket is an investment in top-level research—and breakthroughs to help Manitobans, and people around the world, live better. Thanks to your generosity, St. Boniface Hospital Foundation has invested more than \$200 million towards the hospital's needs since the foundation's establishment in 1971.

A key player in the foundation's fundraising efforts is its annual *St. Boniface Mega Million Choices Lottery*. The signature event is well underway for 2021, as the hospital marks 150 years of compassionate care.

The *Mega Million Choices Lottery* offers six millionaire Grand Prize options, including homes in Winnipeg, a Brandon home *plus* a stunning cottage in Clear Lake, and a gorgeous ocean-view yacht suite on Vancouver Island. Of course, you're always welcome

to take the money—a staggering **\$1,200,000 in CASH!**

Now, more than ever, it is critical we build a stronger health care system for everyone, says Karen Fowler, Interim President and CEO at St. Boniface Hospital Foundation. "Through your purchase of a lottery ticket, you enable the hospital to offer the highest quality of care, perform world-class research right here in Manitoba and aid in the purchase of specialized equipment."

Purchase your tickets today and get in on the Bonus Draws and 26 Early Bird Draws—you can win gift cards, electronics, vehicles and more. And, there's even more to win with the **Big Score PLUS** and **50/50 PLUS** tickets—including a jackpot that could reach

over **\$2 Million Dollars**—winner takes half!

It's easy to get your tickets for the 2021 *St. Boniface Mega Million Choices Lottery!* It only takes a moment to click or call, but a win could last you a lifetime. Order online at stbmegamillionchoices.ca or by phone at 204-256-7203 (toll free 1-855-256-7203).

Listen throughout the month as we talk to folks from the foundation, the hospital and some of those who have experienced firsthand the superior care that St. Boniface Hospital is able to provide, thanks to the support of donors to the St. Boniface Hospital Foundation.

"With your help," says Fowler, "we are looking forward to supporting excellence in patient care and research at St. Boniface Hospital for another 150 years!" 🌟



Keeping Connected While Apart

With 2020 still looming large in the rear-view mirror, I thought I'd explore some of the things that I've learned during the strangest year of my life so far.

I didn't realize, until I couldn't sit down with someone in a coffee shop (or bar), that so many problems feel just that little bit more manageable when they can be solved over a latte (or an ice cold adult beverage)—and how important body language is when sitting with a friend or colleague. This year I learned how to communicate creatively—be it through conference calls or video conferencing services, such as Zoom. I'm no luddite, but before March I had never heard of Zoom!

On that note, it didn't take me long to learn that technology has become incredibly important in our lives—and that it is something not to be feared, but respected (unless it's not doing what I asked it to do which, of course, couldn't possibly be my fault.) But in all seriousness, modern tech is an incredibly powerful tool—something we should all be able to utilize to its fullest—and something we shouldn't take for granted. Whether you're seated at a desk using a computer, browsing the web on a tablet while curled up on the sofa, or checking the latest news on your cell phone, it's an intangible way of proving that you're still a part of the wider world—even when you're home.

Conversely, technology has its limits. When, effectively, one has access to the knowledge of the entire world in one's purse or pocket, it can be seriously tempting to spend more time staring at a screen than doing anything else. There is still real value in doing simple things: going for walks, reading books, listening to music. It didn't take me long to acknowledge that technology is not a panacea, but when used well—and as a supplement to the tangible—it can be a positive thing in our lives.

The past year reinforced for me that human beings are social creatures—even those of us who enjoy a little quiet solitude. It taught me how important it is to keep connected with those we care about the most, even if we must be apart. I know I am very lucky to live with my wonderful wife and our two cats—but I learned just how much I miss simple things like shaking someone's hand, or hugging a friend or loved one.

But finally, and arguably most import-



How do I get Zoom on this thing?

ant—2020 re-emphasised for me just how important it is to be both patient and grateful. The pace of life in the last nine months has been slower than usual—and that's OK! We can (and must) enjoy the *pauses*. The last year has likely been the only time in a generation when we, as a species, have had such

a broadly shared experience. Taking time to be patient with others, and thank others for what they do, is something I hope we carry forward with us. There is so much to be thankful for—and for once, we have been afforded the time to realize it. 🌻

~ Adam Glynn, CJNU Station Manager

We are in this together, just apart.

A Year of Challenges

When growing up (back in the ICE AGE) one of my Mom's favorite sayings was:

"When life hands you a lemon you just make lemonade."

Well, 2020 sure handed us a bumper crop of lemons but boy, did we make gallons of lemonade!

Things were going swimmingly until about mid-March when, like everyone else, we were hit hard by the Covid-19 global pandemic. As a result, many of our smaller advertisers either had to close up shop or significantly lower their costs to survive, and advertising budgets were among the first to go.

Plus, in order to follow government quarantine regulations, we had to react immediately to remain on air. Adam Glynn, our station manager, began to mix his lemonade cocktail immediately—and we didn't miss a beat. Home broadcast capability was set up due, in no small part, to the ingenuity, sacrifice and generosity of our fabulous group of volunteer broadcasters and sound engineers (producers). They did what needed to

be done, often at their own expense, to make sure they had the equipment necessary to be able to broadcast from home. Not many radio stations can make that claim. We owe a great big *Thank You* to all of them because, at its peak, we were broadcasting from some 24 locations across the city.

The other major success story was our *Annual Pledge Drive*. It took place at the end of October and so exceeded our expectations as to be almost unbelievable. It taught us one thing—to never underestimate the loyalty of the CJNU listening audience. About 700 of you donated, collectively, more than \$73,000—far and away our most successful drive ever. Kudos to Jim Pappas, Susan Earl and their committee, as well as our always reliable and dedicated studio volunteers taking phone calls—without their contribution, none of this would have been possible.

On a sadder note, we, at CJNU, lost four of our stalwarts this year: Harry Taylor, Glen Miller, Thorey Blow and Wayne Rogers—all of whom contributed greatly to the growing success of "the little station that could". May they rest in peace.



On a happier note, we wish you all a very joyous and peaceful holiday season and may your best day in 2020 be your worst day in 2021 🙏

~ Lorne Kearns, Board Chair of Nostalgia Broadcasting Cooperative

CJNU Personality Corner



Merry-Sue Adair

Anyone who knows me, knows I love to talk. I was born in Florida in 1953. Dad went where the work was, so our family, Mom, six children and various pets, did a lot of travelling before settling down in a little town in Southwestern Ontario, in 1963.

Dad decided to teach high school and we made two more moves, Kirkland Lake then Fort Frances. After college in Kingston and a brief stint as a telephone operator I joined the Canadian Forces as an Electronics Technician. Military life seemed to fit our family.

My first posting sent me to Germany. My second week I found the Base radio station, CFNS. After training to work the equipment I was allowed on air and was given two shows to run, a Tuesday night drive home show, and Sunday nine to midnight show. There was a huge library of records in various genres to choose my music for each show.

I met and married my husband while in Germany, and have two wonderful sons. My last posting was to CFB Shilo with my two boys. After retirement I went to work for Perimeter Aviation here in Winnipeg, until I retired, finally, in 2014.

My love of music started young. We had one of those huge console TV, record player

and radio consoles. I sang along with the radio and joined the church choir with my other sisters. I even took singing lesson for a bit. Mom and Dad had an eclectic collection of records, and we all listened to the local radio stations. I heard all different varieties of music. No singing now, except in the car, with the windows rolled up. My tinnitus makes it hard to stay in key.

A co-worker, at Perimeter, introduced me to the future CJNU. I felt at home. I knew the music/words and could *sing* along. I joined the station after years of listening, donating and became a volunteer in 2016. The people are great to work with and are brought together from a love of music and community. I spend many hours of fun with CJNU's members and our wide audience. I like to say "the pay is not great, but I love working here". I appreciate when our listeners call in to comment, make requests or just chat for a few minutes. I have met some wonderful personalities here and on the phone. Keep listening as that is why CJNU is *In tune with our Community*. 🙏



Breathe Better with Manitoba Lung Association

The Lung Association Manitoba, an operating division of the Sanatorium Board of Manitoba, has supported healthy breathing initiatives including clean air, lung disease prevention, lung disease self-management, research and advocacy for related public policy since its official inception in 1975.

It was originally established in 1904 as the San Board, and managed tuberculosis (TB) in the province—at one time operating five facilities across central and southern Manitoba. The largest was at Ninette. The San Board also operated the first publicly funded mobile clinic—a TB-screening chest x-ray service—in the late 1920s, which was in use for several decades.

The association was created to continue supporting healthy breathing programs. Current initiatives include smoking and vaping prevention and cessation, chronic lung disease rehabilitation, advocacy for tougher smoking and vaping regulations, support of local research into how vaping affects youth and COVID recovery and rehabilitation.

Your support is needed now as much as ever. Choose to support healthy breathing by donating or volunteering. Visit us at mb.lung.ca or email info@mb.lung.ca or call 204-774-5501 (the number on the van in the picture). 🙌



B R E A T H E
the lung association

Become a Member or Renew Your Existing Membership

Then Choose a Gift Card from One of These Popular Restaurants

Throughout the year, we offer a variety of special promotions and incentives for becoming a member—with gift cards, event tickets and more! Right now, if you take out a new membership or renew your existing membership, you can choose a gift card from one of the following restaurants:

Fionn MacCool's, 1582 Regent Avenue
Cork and Flame, 3106 Portage Avenue

Frenchway Café and Bakery, 238 Lilac Street
Helios Greek Restaurant, 241 Saint Mary's Road
Pasquale's Italian Ristorante, 109 Marion Street
Fionn MacCool's, Grant Park Shopping Centre, 1180 Grant Avenue
IHOP, 455 Sterling Lyon Parkway
Bellamy's Restaurant and Bar, 1-845 Dakota Street
Clay Oven, Shaw Park, 1 Portage Avenue East



LIKE US ON
FACEBOOK

Membership costs just \$25 a year! You can apply as an individual, a couple or a business—the cost is the same for all three. You should be aware that each type of membership receives only one vote at all members' meetings—couples and businesses must appoint one person to vote. Please go to our website: cjnu.ca—*Become a Member*—where you'll find the form and complete information. 🙌

CJNU Introduces New Editor

CJNU is happy to welcome **Robbi Goltsman-Ferris** as new editor for our newsletter, *Nostalgia Notes*. Robbi's career as a writer spans several decades. She began freelancing for numerous ad agencies, communications firms, magazines and newspapers. In 2000, she became a writer for the Manitoba government where she stayed for 17 years, retiring in 2017. Robbi is delighted to be part of the CJNU team. 🍷



CJNU Now Proud Member of Volunteer Canada

CJNU Nostalgia Broadcasting Inc., 93.7 FM is pleased to announce that we have become a member of *Volunteer Canada*. It is a privilege to hold this position and we thank *Volunteer Canada* for the opportunity.

CJNU prides itself on being 98 per cent volunteer-run, and relies heavily on its volunteers to provide quality content for our listening audience. We are grateful for all the volunteers who support the station and we, in turn, are pleased to support the work of *Volunteer Canada*.

Volunteer Canada was established to provide national leadership and expertise on volunteer engagement to increase the participation, quality and diversity of volunteer experiences. Since 1977, it has collaborated closely with volunteer-centred organizations, and its research, training, resources and national initiatives have succeeded in providing leadership on issues and trends that affect Canada's volunteer landscape.

Volunteer Canada

Vision: Involved Canadians build strong and connected communities to create a vibrant Canada.

Mission: *Volunteer Canada* provides national leadership and expertise on volunteerism to increase the participation, quality and diversity of volunteer experiences.

Volunteer Canada:

- ♦ provides leadership and expertise on volunteerism
- ♦ promotes and facilitates volunteer engagement
- ♦ convenes, connects, and collaborates with all sectors

CJNU Nostalgia Broadcasting Inc., 93.7 FM recognizes the value of *Volunteer Canada* and is proud to be a member of this respected organization. 🍷



Financial Things to Consider in the Coming Year

There's an old adage: failure to plan is really just planning to fail.

The same can be said about financial planning. If you don't have a financial plan, or haven't revisited it lately, the first thing to do is take on the task. Making the effort is the largest part of realizing success in your short and long-term goals.

Use this annual checklist to start your plan. Call us to help with any of these steps:

- ♦ Identify your most important financial goal or risk—e.g., pay off debt, retire early or refinance a home.
- ♦ Make a list of assets, including an emergency fund, investments, property and valuables.
- ♦ Add any debts—include any loans against assets or credit card debt.
- ♦ Know your debt ratio. COVID-related government debt and inflation may be coming. Debt payments may increase.
- ♦ Review your credit report for accuracy.
- ♦ Review fees you pay for accounting, legal, financial and investment advice.
- ♦ Establish a budget and review household expenses.
- ♦ Review life insurance, disability insurance and estate plans for appropriateness.

- ♦ Contribute 2020 RRSP allowances until March 1, and TFSAs or RESPs according to your allowances or carry-forward amounts.
- ♦ Rebalance your investment portfolio. Tax harvest if possible.
- ♦ Gather T4s and tax-deductible expenses for filing tax—deadline is April 30, or June 15 if you, or your wife, is self-employed.

Use this checklist as a guide to get started on your plan. It's time well spent.

Sheldon Stier is the president of *Stier Financial Advisors*, a Winnipeg-based financial advisory firm helping Canadian individuals and corporations make smart financial decisions. He is also vice-chair of the Independent Financial Brokers of Canada, Canada's largest association representing independent financial advisors. ♦



STIER
WE'RE BULLISH ON YOU™

Community Support Responsible for Best Annual Pledge Drive Ever

Winnipeg's nostalgia radio station, CJNU 93.7 FM, experienced its best annual pledge drive ever this past October, raising \$72,828.45 from 703 pledges, far exceeding the station's modest goal of \$40,000.



Those who donated \$93.70 during the Pledge Drive were eligible to receive a 'retro radio' bluetooth speaker.

"We are truly overwhelmed by the incredible support of our listeners, members and community partners during what is undoubtedly the most difficult year we have faced in our lifetimes," says CJNU Station Manager Adam Glynn. "It is no understatement to say that we would be in a pretty poor position to face 2021 without the help of our listeners—and we cannot thank everyone enough for supporting our 7th annual pledge drive."

The station thanks all sponsors, including *Peak of the Market*, who generously pledged 50 pounds of veggies to *Manitoba Harvest* for the first 500 donors. CJNU 93.7 FM also extends its thanks to the many sponsors who provided early bird, daily and grand prizes to a number of lucky winners.

Funds from the annual pledge drive allow the station to grow by expanding its ability to retain a strong on-air and online presence. With the onset of Covid-19 in early March,

CJNU management had to make significant changes in how they operated to remain on air; however, their main goal was staying connected to their community of listeners.

CJNU remains grateful to the community—we are truly humbled by your generosity. For more information about how you can help, call 204-942-2568 or visit the station's website at CJNU.ca. 🙏

Bluetooth Speakers Coming

All donors who donated \$93.70 will be getting Bluetooth speakers. If you haven't received yours yet, expect a call from our CJNU volunteer, Shirley.

Shirley will arrange a convenient time for you to pick up your speaker at our Grant Park site (around the corner from Winners).

We apologize for the delay.

We Can't Escape Winter... May as Well Enjoy It

There's never been a greater incentive to go outside this winter. Whether you walk, run, skate or ski, anything's better than lying on the couch watching yet another series on Netflix, or trying to finish that 1,000-piece puzzle that looked so easy on the box. COVID has led us humans to ignore our natural instincts, like communing with nature and experiencing the great outdoors on its own terms. And unlike other years, our city will be home to a flock of Winnipeggers who won't be flying south this winter. So what can we do to keep our spirits up and our bodies moving as we go through another Winnipeg winter?

Naturally, there are always those cold weather enthusiasts who can't wait to dust off their skates, don their winter wear and set off on some adventure, no matter the weather. But many of us, particularly older adults, have difficulty withstanding the blowing snow, icy sidewalks and cold temps that an average Winnipeg winter brings. And the sense of isolation we all feel since COVID began can be even more intense during this season.

However, staying inside is not the solution. Our city has a full slate of diverse attractions just waiting for Winnipeggers to enjoy, even during these restricted times. Due to

the unseasonably warm weather, people of all ages can visit our parks for skating, skiing, snowshoeing or just a nice brisk walk.

As well, you won't have to go far this year to experience the Northern Lights. The Winnipeg Art Gallery (WAG) is celebrating the opening of its Inuit Art Centre by projecting the iconic blue and green lights on the new building, and in February and March, the WAG will showcase a series of projections highlighting contemporary Inuit art.

Meanwhile, the time we do spend indoors—let's make those hours count. If it's culture you crave, the virtual programming at the Manitoba Museum includes a behind-the-scenes look at its most popular exhibits. Or turn to YouTube for a truly celestial experience at the Planetarium, called *Dome at Home*, every Thursday evening at seven. Of

course, you can always turn your radio dial to CJNU 93.7 FM, sit back and enjoy some of the best nostalgia music out there.

If you're a fan of lifelong learning, the classroom series at McNally Robinson is offering free virtual classes for all courses that begin and end between January 11 and March 31. They range from Online Drawing to the Modern Publishing Landscape to Understanding Back Pain. All are taught by experts in their fields, so don't wait to enroll—classes fill up quickly.

There are other opportunities to get your body moving. Check out the virtual fitness programs at Creative Retirement and Age & Opportunity. Or explore your neighbourhood for online yoga and Pilates classes, many of which are geared to older adults.

While it may be true that a COVID winter is not without its challenges—with a little information and a lot of imagination, we can make winter 2021 a season we look back on with a smile. 🙏

~ Robbi Goltsman-Ferris, new Editor of *Nostalgia Notes*



PHOTO BY: Corinne M Danard (2021)

The Winnipeg Foundation Centennial River Trail