



CJNU Nostalgia Radio Community Newsletter

May 2021



PHOTO © CORINNE M DANARD

Bye-Bye Bucky

Brett Buckingham Recognized as he Retires from Radio



Brett Buckingham with the Garry Robertson Award



Brett with former President and Station Manager Bill Stewart



Yankees, to name a few. In past years I also performed and directed plays with the Winnipeg Fringe Theatre Festival, Folklorama, A Bunch of Grapes, Grant Memorial Living Christmas Tree, U of W Alumni Anniversary Celebrations, Gimli festivals, and more.

I love to perform, which is why I did all of this while working full time at CKRC Radio.

For the past 16 years, I've been playing the tunes we love to hear—for many years on Wednesdays with Ken Wray and on Saturdays with Matt Tamblyn. I have always been interested in training volunteers to take on roles within CJNU, especially on the air. Mentorship is important to me and I have been pleased to share my knowledge with upcoming announcers.

Although I have retired from the station, I will continue to be a listener online and continue to be a member, as I am proud to be member #7.

Brett Buckingham received the *CJNU Garry Robertson Builders' Award*—normally awarded at the station's annual general meeting—in an impromptu ceremony held live on air during the last half-hour of Brett's final broadcast. One of CJNU's fellow founders—former President and Station Manager, Bill Stewart—made a surprise appearance at the studio to present Brett with the award. A video of the presentation will be shown at the AGM, expected to be held in September. 🍷

I was one of the original people to start this station 15 years ago. Founder Garry Robertson, whose vision was instrumental in creating CJNU, asked me to join the team in 2006. The concept was a member-owned radio station and I was excited to be a founding member and part of the on-air team of broadcasters.

I had previously been involved with the nostalgia format since 1995 with CKVN, CHNR and CJNU. We had jumped all over the dial from 107.9 to 100.7 to 104.7 until we got our permanent home at 93.7 FM, thanks to our wonderful, supportive listeners, and

our members who wrote letters to the CRTC on our behalf. I was just sorry Garry Robertson, our founder, did not live to see that glorious day.

I have lived the majority of my life in Winnipeg and studied theatre at the University of Winnipeg. I did live briefly in Vancouver, pursuing an acting career but returned to Winnipeg. Here I attended theatre school where I was taught by the late CJNU personality and well-known actor/director Nancy Drake. From the early 1980s to 1993, I performed at Rainbow Stage in several productions; *Show Boat*, *Kiss Me Kate* and *Damn*



Let No One Be Alone Week Raises Awareness of Seniors' Isolation

Do you know an older adult who lives alone and is feeling isolated? Can you make a difference in this person's life? The answer is yes. The Manitoba Association of Senior Centres (MASC), which represents 62 senior centres and active living facilities in areas throughout Winnipeg and Manitoba, is holding its *Let No One Be Alone Week* this year from May 2 to 8.

This week raises awareness in the community about how important it is to care for and connect with older adults living among us who have limited contact with others. Senior centres exist, says Connie Newman, Executive Director of MASC, to respond to the diverse needs of older adults—to provide them with services and activities that encourage their independence, enhance their dignity and generally support their emotional, physical, social, intellectual and spiritual health.

Behind the MASC is a new feature on CJNU 93.7 FM. This feature reveals some of the online resources provided by individual senior centres. Tune in each weekday at 10:35 am and 3:35 pm, when we highlight different centres and what they have to offer through talks with their directors.

The St. James Assiniboia 55-plus Centre (attached to the Deer Lodge Centre), Meaghan Wilford, *Executive Director*

Offers take-out and delivery soup service, virtual programs like Trivia and Travelogue, and lawn care and cleaning services for older adults.

Contact information: Phone 204-987-8850 or email: info@stjamescentre.ca

The Good Neighbours Active Living Centre, Susan Sader, *Executive Director*

Offers 20 different online fitness classes (e.i., Body Sculpt, Pilates, *People with Arthritis Can Exercise*) using professional, qualified instructors, and virtual creative expression programs, including acrylic and watercolour painting—all programs are free.

Contact information: Jessica Veitch at 204-669-1710 ext. 222 or visit www.GNALC.ca

The Archwood 55-plus Centre, Bill Bees, *Vice-President*

Offers arts, fitness and educational activities with online classes like line dancing, Functional Motion and Zumba.

Contact Information: Phone 204-416-1067 or visit www.archwood55@shaw.ca

Age & Opportunity Support Services, Michelle Ranville, *Manager of Community Services*

Offers the Senior Centre Without Walls program, providing over-the-phone classes, like



art therapy, music therapy, language lessons, book club and bingo, very interactive with opportunities for questions and answers.

Contact Information: Phone 1-888-333-3121 or visit www.aosupportservices.ca

Winnipeg Chinese Seniors Association, Songyan Liu, *President*

Offers opportunities for safe physical, emotional and spiritual programs featuring the Chinese culture, such as virtual library exhibitions, crafts, shops and Chinese New Year Gala.

Contact Information: Winnipeg Chinese Seniors Association on Facebook or visit www.winnipegchineseseniors.ca

Southwest Seniors Resource Council, Martin Landy, *Senior Resource Coordinator*

Offers services to seniors in Southwest Winnipeg that enhance their physical and

mental well-being as well as a monthly newsletter to keep older adults informed.

Contact Information: Phone 204-478-6169 or visit www.SWSRC.ca

Elmwood & East Kildonan Active Living Centre, Leilani Esteban Villarba

Offers programs including low-cost and no-cost meals, access to technology (tablets, laptops, etc.) and yoga. Membership: \$20/yr.

Contact Information: Phone 204-669-0750 or visit us on Facebook @eekalc

Rainbow Resource Centre, Ashley Smith, *Older Adult Program Coordinator*

Offers *Over the Rainbow* program, designed to provide lesbian, gay, bisexual, transgendered, two-spirited and queer-identifying adults 55-plus, with a safe place where they can retain their identity and participate in on-line programs—digital newsletter available.

Contact Information: Phone 204-474-0212 or email: otr@rainbowresourcecentre.org

To listen to *Behind the MASC* features, visit www.cjnu.ca

These senior centres are just some of the 62 facilities located throughout Winnipeg and Manitoba. They all offer online (virtual) programs for older adults to help with their physical, emotional, intellectual and spiritual well-being.

"Social isolation is a growing health epidemic," says Michelle Ranville, of *Age and Opportunity*. "Research has linked isolation and loneliness to higher risks of physical and mental conditions like heart disease, high blood pressure, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's Disease and even death."

MASC is involved in the *Older Winnipeggers Social Engagement Project* whose goal is to improve the social inclusion of vulnerable older adults (aged 55+) in Winnipeg. Project objectives are to: enhance opportunities for social inclusion among older Winnipeggers; reduce barriers to accessing transportation by increasing affordable transportation options; develop community capacity to identify and engage socially excluded older adults and increase the communication and coordination of services between organizations. Stay tuned for exciting developments from this innovative project!

Behind the MASC is funded in part by the Province of Manitoba and the federal government—New Horizons Grant.

Manitoba Association of Senior Centres, Connie Newman, *Executive Director*

To find out more about the centres, visit www.manitobaseniorscentres.com 🍷

Personal Connections Key to Mental Health



I was watching *The View* on TV this morning when the ladies began interviewing the U.S. Surgeon-General about the impact Covid has had on all of us. In discussing how it affects mental health, the Surgeon-General said they are discovering that connections between people may be the greatest antidote to anxiety, depression and other mental illnesses.

Here in Canada, the Canadian Mental Health Association (CMHA) celebrates its 70th annual *Mental Health Week* May 3 to 9, 2021. The theme this year is #GetReal about how you feel. *Name it, don't numb it.* The focus is on how naming, expressing, and deal-

ing with our emotions—the ones we like and the ones we don't—is important for our mental health.

Manitoba Association of Senior Centres (MASC) is also holding its annual *Let No One Be Alone Week* May 2 to 8, 2021. The goal is to raise awareness of the importance of connecting with people around us who have limited contact. This is especially important during Covid, where isolation has found a fertile feeding ground. It has spread its seed into every nook and cranny in our environment and caused many to endure feelings of hopelessness and desperation.

MASC, however, insists on adopting a

“glass half-full” philosophy. The association believes that even during Covid, maintaining relationships is possible—it just requires some effort and imagination. Here are some of their suggestions: Offer to run an errand; bake a goodie basket; make a phone call (don't just go through the motions—really listen to the other person); clean a neighbour's yard; chat virtually through Skype; or invite others to join by setting up a Zoom session. There's a lot you can do—you just have to apply yourself.

Nan Campbell, MMFT (Masters of Marriage and Family Therapy) of the Compass Project Therapy, explains that “what we are experiencing during Covid is a prolonged sense of loneliness and isolation plus a whole other phenomenon called collective trauma. So, many of us are experiencing new ways of feeling alone and in trouble that we've never experienced before.”

In researching this article, I began thinking about people experiencing mental illness. This is largely because (ok, full disclosure here), I am one of them! I have lived with anxiety and depression all my life. As CMHA endorses, I am naming it, not numbing it. There are many people out there like me, and I'm hoping my admission helps one or more of our readers accept themselves, imperfections and all.

For too long, mental illness has been a taboo subject, and while we're getting better, we're not there yet. “I think the more people who are willing to have the conversation, the more mental illness moves into the field of mental wellness,” says Campbell.

So give yourself a break during this unprecedented time. If you're feeling anxious or stressed, do something you enjoy. The housework can wait. If you're feeling lonely, call a friend or have a chat. We're all in this together and, though it may take a while, we can all sail through this till we reach calmer seas. 🌻

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

**Summer is coming
and CJNU,
the radio voice of the
Winnipeg Goldeyes,
will be on deck!**

93.7 NOSTALGIA
CJNU RADIO
Official Radio Station of the Goldeyes

May Ushers in Speech & Hearing Month

Canadian Hard of Hearing Association, Manitoba Chapter Highlights Hearing Loss

May is *Speech and Hearing Month*, and the Canadian Hard of Hearing Association-Manitoba Chapter (CHHA-MB) welcomes you to join us as we proudly speak out to shine the light on hearing loss. Invisible no more!

CHHA-MB is a non-profit, self-help consumer advocate organization run by, and for, people who are hard of hearing. Our mission is to unite Manitobans affected by hearing loss through advocacy, education and community engagement.

"I need a hearing aid, where do I go?" "Is there something to help me hear my family, my friends, the TV, my phone?" "I have tinnitus and balance issues—what do I do?" These are just a few of the questions CHHA-MB responds to throughout the year.

With the advent of Covid, frustration has increased and the tenor of questions has changed. We now receive calls about the difficulty coping with masks; struggling to hear and comprehend on Zoom; and, overwhelmingly, dealing with the loneliness and isolation that a hearing loss can cause.

CHHA-MB is *Hear to Help*. We offer a variety of support and educational groups, as well as training workshops that can provide you with the information, skills and resources to manage and live well with your hearing loss. Our quarterly newsletter, hard-of-hearing hospital kits, and stickers with the international symbol of hearing loss, are resources available to assist you as you advocate for your needs as a hard-of-hearing individual.

Hearing loss is often said to be an invisible

disability. During the month of May—*Speech and Hearing Month*—we welcome you to join CHHA-MB, learn more about your hearing loss and attend support groups, volunteer and reach out with your questions, concerns and suggestions. We can be reached on Facebook, our website at www.chha-mb-ca, by email chhamanitoba@outlook.com or by phone 204-975-3037.

We look forward to meeting you soon! 🙌



**Canadian
Hard of Hearing
Association**
MANITOBA CHAPTER



"I couldn't be more excited for CJNU to officially partner with Canstar Community News.

This is a wonderful opportunity for us to collaborate and develop new and unique ways to better serve our discerning readers and listeners. Tune in Fridays at noon when Canstar's managing editor John Kendle and other guests join me on *Community Café*."

Adam Glynn, *Station Manager*

CANSTAR
COMMUNITY NEWS

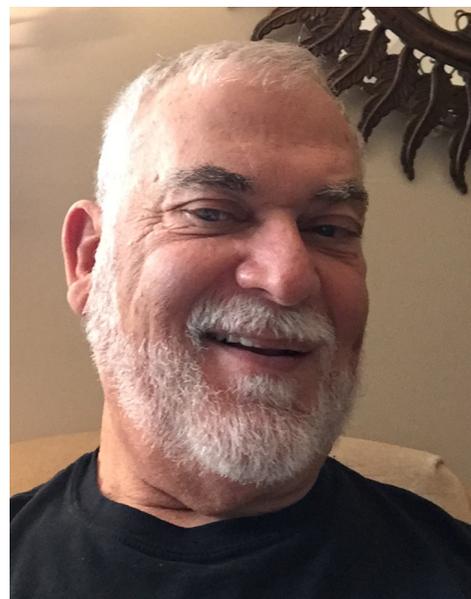
CJNU Personality Corner

Born and raised in Whitemouth, Manitoba, I was active in the community, volunteering with the local community club, church, Riverside Lions Club of Winnipeg and the water co-op. I worked in the family business until it was sold in 1975 and was then employed by the local car dealership.

In 1978, I bought an insurance brokerage firm, which I ran for 22 years. In 2000, following my spouse's transfer to a new position in the U.S., I sold my agency, moved to Wisconsin and became a stay-at-home dad. Eventually, I did get a work permit and was employed as a substitute teacher's assistant and health room aide. As a teacher's assistant, I worked with special-needs children from kindergarten to grade 12.

In 2004, we moved back to Manitoba and settled in Winnipeg. I worked for an auto-body shop as an insurance documentation specialist until I retired in 2016. I am still active in my church and the Lions club; as well, I volunteer on three housing boards.

In the fall of 2016, I was recruited by my friend, Jim Pappas, to help with the *CJNU Fall Pledge Drive*. Since I enjoyed this, I also signed up to volunteer with the station. I have been a telephone volunteer on a one-or-two-day per-week basis, in addition to contributing to the annual fundraising campaign in the fall.



Bruce Alpers, Studio Assistant

I have always enjoyed a wide variety of music, except for some genres—for example, country. I enjoy working with the various CJNU on-air personalities and the general public. Although the Covid situation has changed that somewhat, I am hopeful that when we all get the vaccine, I will be able to return to the studio to volunteer again. 🙌

Volunteerism Thrives in Winnipeg/Manitoba

The word 'volunteer' is both a noun and a verb.

The noun is defined as a person who donates his/her time or efforts to a cause or organization without being paid.

The province of Manitoba and the city of Winnipeg are particularly blessed in this area—with thousands of volunteers that truly enhance the quality of life in our city.

Pause for a moment and think of the many events, festivals and organizations that could not exist without their armies of dedicated volunteers. These include festivals like the Winnipeg Folk Festival, the Winnipeg Music Festival, the Winnipeg Jazz Festival, Folklorama and Festival du Voyageur, to name a few.

Then there are the organizations—schools, hospitals, charities, foundations, museums, theatre groups, the opera, the symphony—that rely on volunteers. The list is endless and yet, without the volunteer, none of these organizations would be sustainable.

Nowhere is that more true than right here at CJNU, where we are exceptionally fortunate to have the strong and devoted group we do. Without all of you, we could never be *'the little station that can'*.

You answer our phones; you are the human voice of the station; and you are the first live contact between the listeners and ourselves. And you know what they say about first impressions! You truly radiate what we are all about.

You produce and broadcast our on-air broadcasts and specials with true professionalism and dedication. You kept us on the air during the current Covid crisis, often at your own expense. No other radio station can make that claim.

You man our phone lines during our annual pledge drive and help bring order to the seeming chaos that surrounds you. In fact, your efforts assisted in making the 2020 pledge drive the most successful ever.

You are a member of the board of direc-

tors, where you devote your time, effort and expertise. You also assume the responsibility of ensuring that our organization remains top-notch, our on-air product meets the standards that our members and listeners demand, and that we are in a strong financial position both now and in the future.

I guess it is my long-winded way of saying that while some of us are quarterbacks and others are linemen, we are all an integral part of the team. Imagine fielding a team of twelve quarterbacks!

To sum up, I'd just like to offer a big Thank You to each and every one of you—your efforts do not go unnoticed and they are greatly appreciated.

P.S. You will note elsewhere in this issue that one of our originals has chosen to hang up his boots and saddle. Brett Buckingham was one of the founders who saw a future in our kind of radio and put up some of his hard-earned cash to help get us off the ground—so thank you, Brett, for that and for your years of truly professional broadcasting. As you leave, please don't abscond with our Eddie Fisher library—we will be checking. And might I close by wishing you "Happy Trails". 🌻

~ Lorne Kearns, CJNU Board Chair



SWSRC Hosts Zoom Presentations Retired Chief of Protocol Shares Behind-the-Scenes Antics

Royal visits, premiers' conferences and international trade missions always go just as planned. Right?

The truth is... not quite!

The former Manitoba Government's Chief of Protocol and CJNU Board Member Dwight MacAulay, will share behind-the-scenes accounts and memorable anecdotes of such events. Some interesting, some humorous and some... well, they're something else!

Recently retired, Dwight has made a name for himself not only as chief of protocol for the Government of Manitoba, but also as chief of protocol for the Government of South Australia from 2006 to 2008.

A native of Killarney, Manitoba, Dwight has worked on 14 royal visits and been honoured by the Queen twice.

He has also been involved in many international trade missions that have taken him to China, India, The Philippines, England, France, Belgium, the United States, Iceland and Australia. Currently serving on several boards, Dwight was also recently appointed to the Order of Manitoba Advisory Council and serves on the federal Judicial Advisory Council for the Province of Manitoba.

On behalf of the South Winnipeg Seniors Resource Council (SWSRC), Dwight will be doing two Zoom presentations:

Tuesday, May 18th at 1:30 p.m.

Thursday, May 20th at 10:00 a.m.

Registration for the Zoom presentations is on a first-come, first-served basis. To sign up, email resources@swsrc.ca or call 204-478-6169. Please indicate your session choice and include your name, phone number and email address. Instructions on how to get to virtual Zoom sites will follow.

We wish to thank Martin Landy and the SWSRC for informative and entertaining articles such as the one you just read. You'll find more interesting information for mature adults at www.swsrc.ca 🌻

Geocaching—Feel Like a Kid Again



Frank and Helga set off on their first geocaching adventure.

I think deep down inside, everyone loves a good mystery. I know I do! The chance to play Sherlock Holmes or Hercule Poirot and solve a riddle or find a hidden treasure seems to satisfy some basic need in our DNA. With that in mind, I was really pleased when a friend introduced me to the sport of geocaching.

“Geo what?” I responded.

“Geo – Cashing,” he said, pronouncing it phonetically. “It’s like a treasure hunt you can do in your neighbourhood or anywhere around the world!”

He explained that geocaching has been around since 2000, when the development of Global Positioning Systems, or ‘GPS’s, could pinpoint a location within a square metre. Current estimates say almost two-million “treasures” have been hidden around the world, with more being added each year.

Here, in Winnipeg, more than 2,700 geocaches exist. Some are small capsules, containing nothing more than a slip of paper and pencil to record simple information.

Larger treasures include boxes with small trinkets like pins or pennies, where you select an item to take with you, but also, leave something in return. In every instance, though, the caches have zero financial value, are always on public property and are reasonably easy to find.

With those things in mind, my wife Helga, and I decided to give geocaching a try. We started by downloading a free app to my smartphone. There were a number to choose from, but the one called Geocaching Winnipeg seemed like the best bet. Keep it local, right? Next, we created a free account in the app by answering a few simple questions, and allowing the app to access my phone’s built-in GPS device—*only* when I had the geocache app open. That was it—we were set to hunt for treasure.

When we opened the app for the first time, it took a few seconds for the GPS in my phone to connect, but when it did, it showed us the location of five caches within one kilometre of our house! A genuine feeling of ex-



“Treasure”—They discover the treasure they seek!

citement came over us. We were kids again! “X”, or more correctly, “a little blue dot”, marked the spot, and our evening walk became something more than just seeing what the neighbours were up to.

A short, 10-minute walk later found us poking around the base of a billboard. Then Helga said “What about this rock”? I lifted a small, flat piece of limestone, and there it was—a tiny film capsule, expertly wrapped in duct tape to protect it from the elements. Inside was a slip of paper that indicated we were the 5th searchers to find the treasure. We listed our initials and the date and time of our discovery. We then replaced it, exactly as we found it, for the next hunter to find. Talk about fun!

We’ve also started talking, with optimism, about better times to come. What about Europe for a Geocache hiking adventure? A walking tour of Texas, using our GPS to discover southern treasures! Or, more realistically, finding the four remaining caches within one kilometre of our house. Whatever level you take it to, why not give geocaching a go? You’ll get some exercise, and, at the same time, discover the treasures buried in your neighbourhood.

Happy hunting! 🌟

~ Frank Stecky, Creative & Production Coordinator/Morning Show Host



93.7
CJNU
NOSTALGIA
RADIO

Happy Mother’s Day