



CJNU Nostalgia Radio
Community Newsletter

June 2021



Win your dream prize in Tri-Hospital Dream Lottery

CJNU is pleased to announce its host sponsor for this month—the 2021 *Tri-Hospital Dream Lottery*—supporting St. Boniface Hospital, Health Sciences Centre and HSC Winnipeg Children’s Hospital. Funds raised from this year’s lottery will go directly towards improving patient care, funding research and obtaining specialized equipment and technology, to benefit the combined one million patients who visit the hospitals annually.

With your purchase, you not only have a chance to win one of six grand prize packages—you also contribute to the work being done behind the scenes by the dedicated doctors, nurses and staff at these facilities. As well, it’s comforting to know your money stays right here in Manitoba.

Each year, hundreds of thousands of Manitobans—including children—rely on our hospitals to be there in times of greatest need. Especially in this last year-and-a-half, we’ve all seen the importance of our health care system and its ability to continue to work to keep Manitobans well.

“We’re being reminded, each and every day through COVID-19 how important it is to rally together as Manitobans to support our hospitals,” said HSC Foundation President and CEO Jonathan Lyon.

“When you buy a ticket in the *Tri-Hospital Dream Lottery*... along with the chance to win a wonderful prize package, each ticket brings the potential to change a life—even save a life”, said Children’s Hospital of Manitoba President and CEO Stefano Grande.

This year’s dream lottery offers six grand prize options, including a KDR home in Sage Creek, a luxury downtown condo at 390 On the River and an Acorn Home at Sunset Ranch in the Okanagan (Kelowna, British Columbia). As well, the lottery features over \$2.5 million in prizes, including over \$250,000 worth of Early Bird draws.

So get your tickets today. They can be ordered online at trihospitaldream.com or by phone at 204-254-9131 or 1-844-654-4677 toll free. Tickets are also available in person at London Drugs at St. Vital Centre,



Specialized equipment and technology have the potential to save lives.

Red River Co-op food stores and select Shoppers Drug Mart locations.

Listen throughout the month as we talk to hospital and foundation staff, as well as people who’ve experienced firsthand the exceptional care these health facilities provide.

“Your *Tri-Hospital Dream Lottery* ticket purchase today will help save the lives of your fellow Manitobans, now and for many years to come,” said Karen Fowler, President and CEO of St. Boniface Hospital Foundation. 🌻



Hôpital St-Boniface Hospital
FONDATION • FOUNDATION



Health Sciences Centre
FOUNDATION

Victoria Lifeline promotes Manitobans' safety & independence



For over 30 years, Victoria Lifeline has helped older adults feel safer & more confident.

Victoria Lifeline received its very first client on May 18, 1988. He was an 84-year-old gentleman named Murray, who immediately felt more confident with a Lifeline help button on his wrist. When interviewed all those years ago, Murray declared, "If anything happened, I knew I could reach out and touch someone."

Over 30 years later, Victoria Lifeline is providing that same peace of mind to thousands of people across the province in more than 350 communities. From the early days of a push-style help button that only worked in the subscriber's home, Victoria Lifeline has enhanced its services to include fall detection technology and GPS-enabled mo-

bile help buttons, from which clients can access emergency assistance wherever they need it. Victoria Lifeline, promoting innovation as a key organizational value, has the most advanced medical alert equipment on the market today.

The goal of the service, from the outset, was to build a healthier community, which meant supporting the independence and well-being of seniors and people living with disabilities. Victoria Lifeline uses a highly holistic approach to clients—it cares for the individual and the caregiver, while also assisting health-care professionals to ensure their patients have access to help once they are discharged.

Most importantly, they help keep friends, neighbours and loved ones safe. And, as a community service of the Victoria General Hospital Foundation, all proceeds from Victoria Lifeline are re-invested to advance health care for everyone.

Victoria Lifeline has much in common with CJNU when it comes to the voluntary sector and there is a great synergy between the two organizations. In Winnipeg, Victoria Lifeline is installed and serviced by its amazing volunteers. This team of dedicated individuals has continued to support clients during the pandemic, and mere words cannot express how grateful the Lifeline staff are to them, and to the very spirit of volunteerism.

If you or someone you know could benefit from the peace of mind that Victoria Lifeline brings to both clients and their family members, visit victorialifeline.ca. While you're there, take a moment to check out their blog for some great, healthy-aging strategies. 🌻



CJNU Personality Corner Shirley Strain

Shirley was born to volunteer and is very generous with her time and talents.

She has volunteered with the Winnipeg Humane Society and was involved in setting up *Pet Pics with Santa*. Shirley continues to volunteer with Age and Opportunity as a Friendly Visitor, bringing cheer and companionship to elders in their homes. She was recently honoured for her 20 years of service.

Born in the family home in Carberry, Manitoba, Shirley's had a lifelong love of nostalgia music. She grew up listening to the "old music" and Big Band. Her father ran barn dances and she has fond memories dating back to when she was five years old. Growing up as the youngest child, Shirley spent a lot of time alone. To pass the time, she would crank up the gramophone and play all the family records.

During her work life, Shirley was a bill-

ing clerk for a business machine company with a focus on inbound and outbound customer calling.

Shirley has been a member and volunteer with CJNU for six years and is never without a smile on her face. Whenever there is a task to be done, she is always willing to do it.

For the past few years, Shirley has been the volunteer who calls members monthly for membership renewal. Prior to Covid, Shirley worked in the studio supporting the Monday morning crew. She is anxious to get back with them when it is safe to do so. Most recently, she organized and arranged the distribution of the radio incentives for the 2020 Pledge Drive. The hours spent doing this task were monumental but she saw it through to the end.

CJNU is blessed to have Shirley as part of our family of volunteers. 🌻



Shirley is very generous with her time and talents.

Kildonan Park Golf Course tees up for its 100th anniversary

Located on the banks of the Red River in north Winnipeg, the *Kildonan Park Golf Course* celebrates its 100th anniversary this year. Established in 1921, this popular course is gearing up for another busy season filled with special events and promotions, culminating in an anniversary event on July 28.

Before the actual anniversary, residents are invited to share stories and memories about the course to help celebrate a century of golf

enjoyment and excellence (engage.winnipeg.ca/kildonangolfcourse100/survey_tools/submit-your-story). The *Kildonan Park Golf Course* is also offering golfers special pricing in honour of the anniversary. From July 28 to August 2, 2021, green fees will be \$19.21.

After celebrating record seasons in 2020, Winnipeg's three municipal golf courses, *Crescent Drive*, *Kildonan Park* and *Windsor Park*, are hopeful of another busy season. All COVID-19 protocols are being followed to ensure players

remain safe throughout their games and until they've exited the premises. In addition to the comprehensive safety protocols, the municipal golf courses have been upgraded with things like new tee boxes, bunkers, drainage work and new maintenance techniques.

CJNU 93.7 FM is pleased to extend congratulations to the City of Winnipeg on the longevity and continued success of their municipal golf courses in bringing enjoyment to golfers. 🍷



Train bridge on 10th Hole at Kildonan Park Golf Course founded in 1921 (shown here).
(Photo courtesy of The Winnipeg Free Press)



Golfers on 10th green at Kildonan Park Golf Course—circa 1960.
(Photo courtesy of the City of Winnipeg Archives)



Train bridge on 10th Hole today.
(Photo courtesy of the City of Winnipeg)



RICHARDSON
CENTRE LIMITED

Richardson Centre remains vigilant during Covid Tenants' safety comes first

Our core focus has always been serving our tenants and providing them with a safe, healthy environment to help them do what they do best.

When Manitoba declared a state of emergency for COVID-19 in March 2020, approximately half of the tenants immediately closed their offices, and employees began working remotely. Fifteen months later, occupancy is expected to be the same through the second quarter of 2021. Throughout this time, Richardson Centre buildings have remained open for business, following local health authority guidelines.

Security and cleaning services have been enhanced, and building hospital-grade ventilation systems have remained in operation.



To assist Richardson Centre tenants and visitors in following public health guidelines, signage has been installed throughout the property designating exits, entrances and cues to enhance physical distancing in lobbies, elevator vestibules and elevators. During peak times in the Richardson Building lobby, an ambassador is present to help people follow physical distancing guidelines. Sanitation stations and PPE disposal receptacles have been placed in key areas throughout our buildings. 🍷

BentallGreenOak

Pandemic purchases and pursuing pastimes



The sun shines through one of the bridges along Waterfront Drive.

As we inexplicably find ourselves in the 15th month of 2020—at least, that’s what I think this is—I’ve been thinking about pandemic purchases. No, not a stockpile of toilet paper (although that’s never necessarily a bad thing to have on hand), but rather, items you may have bought as a direct result of the pandemic that perhaps you otherwise wouldn’t have.

To quote Baloo from *The Jungle Book*, “allow me to elucidate...”

I’ve found myself hemming and hawing about buying myself a camera on many occasions. I enjoy taking pictures, and people have told me I have ‘a good eye’, but I don’t have any formal training (other than knowing that the lens should generally point forwards—no flies on *this* guy, eh?). Having been afforded extra time as a result of COVID, I convinced myself it was now or never—and so I pulled the pin.

I very quickly realized that having a hobby might end up being an expensive business. Between lenses, tripods, cases, let alone the camera itself, who knew there were quite so many ways to waste... sorry, *invest* money in pursuing a pastime? But I suppose that’s true of almost all hobbies.

Let’s be honest: who among us can truly and honestly say they aren’t guilty of putting their money down for a shiny new item—usually in the naive hope of starting something—only to find several weeks (years?) later that the awesome bass guitar you coveted for so long and *finally* bought is still sitting on its stand, gathering a progres-

sively thicker veneer of dust? Not that I’m speaking from experience here...

So with the spectre of purchasing an expensive paperweight firmly in mind, I set myself a budget. I researched the nicest *basic* camera I could find—something that didn’t use interchangeable lenses, but that did have high resolution and a large built-in zoom. Several days and approximately \$480 later, I was the proud owner of a rather lovely Panasonic. How exciting!

You know how they say that sometimes things just ‘click’? Well, from the moment I first held this camera, I’ve found myself ‘clicking’ almost every day. Catching our cats in unusual positions. Spotting birds in the garden. Trying to take in breathtaking vistas while hiking around the province. Wandering around Winnipeg looking for interesting angles in everyday architecture. Through all four seasons, I’ve rarely found myself without my camera close at hand to try and capture a candid moment.

The view from our living room window has been a great source of inspiration over the past year—especially as we spend more time at home than usual—watching the seasons change and observing what urban nature has to offer. You’ll often find me



A Painted Turtle—native to Manitoba!



A Blue Jay in the front garden, dressed to impress.

pressed up against the glass, fully zoomed in, trying to catch a glimpse of something rustling through the grass across the street. The neighbours must think I’m mad. Or that I’m an MI6 agent undertaking a squirrel stakeout. Maybe they’re right. I mean, I could tell you... but I’d have to kill you...

So that’s my pandemic purchase—but I’d love to hear about yours! Maybe you managed to successfully pursue a new pastime? Or perhaps you bought something with good intentions, but find it serving as an *objet d’art* rather than serving its intended purpose! Send your stories along to info@cjnu.ca. I promise I’ll read every one—and if yours happens to tickle my fancy, I might just have to send you a prize!

I reckon I made a good investment in buying my camera—I’ve found something that brings me joy and gives me something meaningful to do with my time. I’ve written before about the importance of always acknowledging that the pandemic has been a tough slog—it has touched literally every one of us in one way or another—but that we should still work hard to find the positive things COVID has highlighted in our lives.

It’s a bit like trying to take a good photograph: it’s about how you frame things. 🍷

~ Adam Glynn, CJNU Station Manager



CJNU thanks Winnipeggers for walking their own way in the IG Wealth Management Walk for Alzheimer’s.

Goldeyes continue to monitor return to Shaw Park

2021 marks CJNU's 6th season broadcasting games

The Winnipeg Goldeyes, in conjunction with Nostalgia Broadcasting Cooperative, announced the continuation of their radio partnership for the 2021 season.

All 100 regular season games, along with select spring training and all post-season games, will be broadcast live on CJNU 93.7 FM. Each Goldeyes' broadcast starts with a 30-minute pre-game show, and ends with a 30-minute post-game show. After a one-year absence, the *Around the Association* magazine program returns, airing one hour prior to the first pitch of each Saturday broadcast.

"At CJNU, Winnipeg's community radio station, we are incredibly proud to continue to serve as the broadcast home of Goldeyes baseball—especially as we face the prospect of another season on the road," said Adam Glynn, Station Manager at CJNU 93.7 FM. "The Goldeyes have been part of the fabric of our community for over a quarter-century. Once it's safe to do so, I know I can't wait to get back in the stands again and root for the home team. I hope I'll see you there, too. Until then, stay tuned as CJNU will have every moment of the action on 93.7 FM in Winnipeg, across Manitoba on Bell-MTS TV channel 725, and around the world at cjniu.ca."



Tune in to CJNU 93.7 FM for all the action in Goldeyes baseball.

Operated by Nostalgia Broadcasting Cooperative, CJNU is a not-for-profit community radio station providing Winnipeg's primary broadcast portal to boomers and seniors. Its unique programming includes a nostalgic-music focus combined with information about the Winnipeg community and its essential organizations.

Before the pandemic, each month, the volunteers of CJNU took their studio to a new community location to engage the listening public directly. CJNU is also actively involved in helping many charitable organizations across the province share their stories.

All Winnipeg Goldeyes' radio content on CJNU 93.7 FM can also be heard online at cjniu.ca, goldeyes.com, BellMTS TV channel 725, and through the TuneIn Radio or similar apps for smart phones and tablets. Fans can also watch the Goldeyes through the American Association's subscription streaming service, aabaseball.tv.

The Goldeyes will continue to monitor the reopening of the Canada/US border and assess a potential return to Shaw Park in 2021.

In the coming weeks, Winnipeg Goldeyes' staff will contact ticket holders with more information and appreciate everyone's patience and understanding. 🍀

Treat dad to a Goldeyes game on Father's Day!

The time-honoured song *Take Me Out to the Ball Game* needs to be rewritten slightly this year. This Father's Day, if you can't take dad out to the ball game, take the ball game to dad! Just tune into CJNU 93.7 FM on Sunday, June 19, and the game can be enjoyed in the backyard along with a hotdog and beer! You can count on CJNU to bring you the latest in Goldeyes action with play-by-play reports and season records and highlights! So join CJNU on Sunday, the 19th and let's take the ball game to dad! 🍀



CONTEST

A *Father's Day* contest is being held on Monday, June 14 for our CJNU members. Just phone in that day over the course of Tom Dercola's and Jim Pappas's shows to be eligible for some great prizes—two \$45 IHOP gift cards and six large, 3-topping pizzas from Slices.

Call 204-942-2568 to register your name, address and phone number. The draw will take place at the end of the two shows and we'll be awarding prizes to eighty lucky winners! Good luck and Happy Father's Day!



LIKE US ON FACEBOOK



CJNU continues to recognize seniors in the month of June, especially on June 15, *World Elder Abuse Awareness Day!*

MoneySmart Manitoba addresses elder abuse on live Facebook event



Help a senior with financial tasks and prevent elder abuse.

According to Statistics Canada, there were 12.1 million people aged 55 and older in Canada in 2020. In Manitoba, more than 15 per cent of the population is over age 65, and that number will continue to grow over the next decade. Therefore, it is imperative we all recognize the important role seniors play in our community, the wisdom and experience they can provide to enrich our lives and the unique needs of their age demographic.

Seniors' financial health and well-being are a part of those needs. Research shows between 5 and 10 per cent of older adults in Manitoba have been victims of senior financial abuse, which can include outright theft of money or credit cards, pressure to lend money without repayment or financial exploitation of a person experiencing cognitive decline.

Older people, who are isolated, are even more vulnerable to financial fraud for many reasons—and the pandemic has just exacerbated the problem. Social isolation and diminishing cognitive ability can combine to

affect judgement, which, in turn, can affect the ability to make sound financial decisions. Loneliness can also leave an open door to sophisticated fraudsters, who often appear very friendly, but who target vulnerable individuals, both online and over the phone.

June is *Seniors Month* in Canada, and Tuesday, June 15 is *World Elder Abuse Awareness Day (WEAAD)*. MoneySmart Manitoba is marking the day with a special one-hour Facebook Live presentation—*Senior Financial Abuse: Detection, Prevention, and Resolution*. The event assembles an outstanding volunteer team of local and national experts, including Laura Tambllyn Watts, CEO of CanAge; attorney Dana Nelko, Fillmore Riley LLP; and policy expert Nicole Prokoppa with Cambrian Credit Union. The panel will share their advice and answer your important questions on protecting yourself and those you care about.

Whether you are family, a friend, a professional who supports older Manitobans—or a senior yourself—this program promises to be an hour well spent. RSVP today at facebook.com/moneysmartmanitoba.

For more information on the event, and for helpful, unbiased financial information for seniors on retirement planning, fraud prevention, power of attorney and more, visit moneysmartmanitoba.ca.

Seniors or caregivers are invited to email us at info@moneysmartmanitoba.ca for a free *Seniors Anti-Fraud Kit*, including *Identifying and Preventing Financial Abuse: A Guide for Older Manitobans*, and other great information and resources. 🙌

FIGHTING FRAUD

Join us at Noon on Tuesday, June 15th for a special 90 minute edition of *Community Champions*—in recognition of **World Elder Abuse Awareness Day**. Guest host Adam Glynn will be joined by Ainsley Cunningham of MoneySmart Manitoba, and exploring the topic of fraud. We'll also be hearing from Connie Newman, the Executive Director of the Manitoba Association of Senior Centres, Victoria Hampton, a Social Worker with A&O Support Services for Older Adults, and Jana Taylor, the Public Guardian and Trustee of Manitoba. ●