



CJNU Nostalgia Radio
Community Newsletter
October 2021



Pledge Drive 2021—“The best is yet to come.”

And we know it here at *CJNU Nostalgia Radio!* Once again, our *Annual Pledge Drive* is close at hand and we are excited to still be here providing wonderful nostalgic music for our dedicated listeners. This has been a period of challenge for many people and we are beginning to emerge with a new perspective and a gratitude for all the things that have kept us level and connected.

Among those have been the constant delivery of quality music from CJNU and our continued approval and support from our listener base. Music from our collective past can be very soothing and supportive and can build a bridge between our memories and our future.

When we launch our *2021 Pledge Drive* on Thursday, October 21, we will be reaching out to all our listeners, members and non-members to ask everyone to support one of the most original radio stations in Winnipeg, Manitoba: CJNU 93.7 FM—the Home of Nostalgia Music. We are a not-for-profit cooperative that is weaved in to the fabric of our community. Our outreach to that community is a mandate of our station—that is, to reflect the community and all aspects that make this a better place to live through the broadcast of different programs, interviews and special features.

To this end, we do an *Annual Pledge Drive* to raise funds for new equipment and oth-



Thank you for making Pledge Drive 2020 a huge success!

er technical apparatus that make the station even better.

All our volunteers—on-air and behind the scenes—are here for the love of the station. CJNU is 98% volunteer run and for all the volunteers, this is a labour of love. The outpouring of support we receive from our members and listeners is truly felt during

the *Annual Pledge Drive*, when people open their hearts and support us. CJNU collectively appreciates the support we receive throughout the year and especially during the four days of the *Pledge Drive Weekend*.

So stay tuned—“*The best is yet to come!*” Please reach out and support our *Annual Pledge Drive 2021*. 📻

Investing in the Future of Health Care

You are invited to the HSC Foundation's Bannatyne Legacy Circle Celebration



Mark your calendars—this year's Bannatyne Legacy Circle Celebration is on Sunday, October 17, 2:00–4:00 PM.

Do you currently donate to a charitable organization? If so, we have a very important question for you—what's your "why"?

Tune in to CJNU 93.7 FM on Sunday, October 17, 2:00–4:00 PM, to hear from seven Manitobans who will each share their "why"—the reason they decided to support the future of health care in Manitoba by joining the Health Sciences Centre Foundation's *Bannatyne Legacy Circle*.

"The *Bannatyne Legacy Circle* is a community of individuals committed to supporting the Health Sciences Centre by endowing a final gift to the HSC Foundation when they pass away," says Irma McKenzie, Di-

rector of Gift Planning, Health Sciences Centre Foundation. "Our legacy donors come from all walks of life and make gifts of all sizes. What they share is a passion for Manitoba and a desire to improve health care for all. There is no minimum gift, and you never have to disclose the amount in your lifetime. All endowed gifts are valuable for all time, improve health care at HSC for all Manitobans and inspire others to give."

This year, the *Bannatyne Legacy Circle* will be welcoming seven new members—Archie and John Cooper, Dr. Paul Galbraith, Blair Mason, Bob Williams, and Margaret and Paul Wright.

"As we have witnessed over the past 18 months, the needs of health care in our province are constantly evolving," says Jonathon Lyon, President and CEO, HSC Foundation. "The *Bannatyne Legacy Circle* members' generosity will support patient care at HSC for generations to come, regardless of what changes arise."

Please join us for an afternoon of celebration and information as we welcome the 2021 *Bannatyne Legacy Circle* members!

The HSC Foundation *Bannatyne Legacy Circle* Celebration has been made possible by supporters: *Johnston Group, Canad Inns, Outstanding Branding, BelleFosh Signs* and CJNU 93.7 FM. 📻

HSC Millionaire Lottery changes lives for Manitobans

We all need HSC... and HSC needs you!

From now until November 18, tickets for the Health Sciences Centre (HSC) Foundation's 2021 *HSC Millionaire Lottery* are available for purchase.

This year's lottery boasts over 2,000 prizes to be won, as well as six grand-prize options—including \$1.2 million in a tax-free cash option. Proceeds help support advancements in vital medical research, purchase state-of-the-art equipment, and enhance HSC Winnipeg facilities.

Buy early for bonus prizes on or before midnight, November 4th and be eligible for the *Early Bird Draws*. This year's lottery also features the *50/50 PLUS*, which can grow to \$2.2 million, with the winner taking half and ticket buyers can purchase the *Extra Cash PLUS* calendar game, where a winner takes home a cash prize every day in January. Last year the lottery sold out early so don't delay too long.



Proceeds from lottery help support advancements in Manitoba's health care system.

HSC Millionaire Lottery tickets can be purchased online at hscmillionaire.com, by mail/fax, in person at London Drugs in St. Vital, and at various locations of Red River Co-op Food Stores and Shoppers Drug Marts. You can also purchase tickets by calling 204-253-5688, toll-free 1-855-999-5688.

The Health Sciences Centre is Manitoba's hospital with specialized support for trauma, neurosurgery, burns, transplants and psychiatric health. Thanks to remarkable support from the community, the HSC Foundation has a tremendous impact on patient care in our province and makes a profound difference in the lives of many people. The support received from lottery purchasers helps make life better for the patients and families who visit HSC every day.

"Each lottery ticket purchase has the power to change multiple lives—the ticket buyer's and people in need at HSC," says HSC Foundation President and Chief Executive Officer Jonathon Lyon. "Your support is an investment in a stronger health care system for Manitobans."

Thank you for purchasing a ticket in the 2021 *HSC Millionaire Lottery*. 📣

License Numbers: LGCA 1822-RF-36007, LGCA 1822-RF-36008, LGCA 1822-RF-36009

Brewing memories with CJNU

This year, for our *Annual Pledge Drive*, we have a new gift for those who give at the \$93.70 level. We call this gift *Brewing Memories with CJNU*.

When people give \$93.70 to the *Drive*, they will receive an outstanding gift from the station. The gift contains three elements:

1. A stainless steel, 14-oz travel mug with our CJNU logo on the front. It is double-insulated with a twist on the lid [see illustration].
2. A gift card from *The Canister* for either coffee or tea.
3. A gift card from *Gunn's Bakery* for two bagels.

We are pleased to honour two of our longest advertisers and supporters: *The Canister* and *Gunn's Bakery*.

This is an exciting time for all of us at CJNU as we approach our annual *Pledge Drive*. We hope you can brew many memories with us in the months to come as you listen to the home of Nostalgia music on CJNU 93.7 FM. 📣



CJNU on the move

After our remote studio has spent a long and wonderful stay at Grant Park—for which I am eternally grateful to Corey Quintaine and all of the team at the mall—it's brilliant that CJNU is once more in a position to broadcast from locations across our city. With our volunteers being fully vaccinated, and folks across the province doing an amazing job of following the evolving public health requirements, I couldn't be more excited that we're once more able to be the only community radio station in Canada that broadcasts from around the community! With The Winnipeg Foundation serving as our Host Sponsor at the beginning of October, and with our annual *Pledge Drive* at the end of the month, it makes perfect sense to start our 'tour' from our home studio in the Richardson Concourse—and we're already looking forward to being 'on the road' once again. And most importantly: we can't wait to see you at our remote locations in the coming months!

Adam Glynn
CJNU Station Manager

Colours of Fall Celebrated

CJNU showcases Travel Manitoba's fall destinations



River Road

CJNU is delighted to partner with *Travel Manitoba* as, together, we discover the exciting destinations that celebrate the *Colours of Fall*. Explore the province's parks and wild places, where you'll find countless paths for hiking and biking—some more challenging than others.

Be sure to check the *Travel Manitoba* website to discover which ones suit your skills and preferences.

Whiteshell Provincial Park, in Manitoba's eastern region, offers year-round access to lakes, forests and the sacred Bannock Point Petroforms. For wildlife viewing at its best, you can't beat Riding Mountain National Park—Clear Lake country. Keep an eye out for moose, elk, bears, wolves and hundreds of species of birds.

While Churchill is a year-round destination, autumn is prime time to view the po-

lar bears—see them up close with special guides. Churchill's culture and history are equally riveting.

Travel Manitoba offers a wide selection of itineraries for all regions of the province, including the capital city of Winnipeg. Winnipeg is home to the architecturally stunning Canadian Museum of Human Rights, the transcendent, newly constructed Qaumajuq: Inuit Art Centre, as well as world-class theatre, ballet, symphony and opera. Make it a day trip, or stay for a week at a hotel or bed-and-breakfast, sampling the top attractions in the area.

Manitoba has so much to offer. Now that fall is here, we can leave the memories of summer behind us and look forward to Autumn and to a fresh, new beginning.

For more information, visit *Travel Manitoba's* website at www.travelmanitoba.com. 📞



Eternal Springs



Spruce Woods Spirit Sands

Photos by: Travel Manitoba

Volunteers responsible for CJNU's success

Here at CJNU, we are so privileged to have dedicated volunteers who give of their time and talent to make our *Annual Pledge Drive* a success. Countless hours have been spent organizing the weekend and ensuring that all the proper things are completed, and completed on time.

Our announcers and operators give so freely of their time and availability when they sit in on the weekend and help us achieve our goals. Unsung heroes Anna-Maria Colman, Agnes Brydon and Leslie Stewart keep the machine well-oiled and running smoothly in addition to the countless volunteers who man the phones, enter the data and try to keep a level head while doing so.

Pledge Drive weekend is the work of an army of people who care greatly about CJNU and nostalgia music and want to keep the flame alive. It's said that it takes an army to do all this—our army is not paid and not celebrated often enough.

So, in advance of the weekend, we want to salute all those who give so freely of their time and talents to make this *Pledge Drive* a success. We could not do it without you, so thank you, in advance, for the commitment, responsibility and hard work you display year after year. We want you to know how much we appreciate each and every one of you. 📞

~ Jim Pappas, Susan Earl, Adam Glynn and Chris Stevens



Volunteer Helga Stecky takes her turn manning the phones.

CJNU Was There



DooDoo the Clown (left) with CJNU's Frank Stecky at the Fall Fair, Red River Exhibition Park



CJNU live broadcast on opening day of Fall Fair, August 27. L to R: Adam Glynn, Tiffany Prochera and Frank Stecky



Goldette, General Manager Andrew Collier, CJNU President Lorne Kearns, Outfielder Tyler Hill and Goldie



CJNU President Lorne Kearns throws out the first pitch

Photos by: David Mahusier



CJNU 93.7 FM Nostalgia Radio ♦ cynu.ca ♦ Home of the Winnipeg Goldeyes

CJNU celebrates community champions

Tune in every Tuesday at noon for *Community Champions*, a weekly, one-hour program during which Host Grant Patterson talks to remarkable members of our community. Through conversation and music, Grant and his guests delve into topics of interest that are relevant to our listeners.

The *Community Champion* guests on September 14 and 21 were from *Aging Well Together*, a coalition that focuses on the issue of social isolation of seniors. They discussed how social isolation affects older adults and the ways in which both individuals and the community can help. Notable organizations also talked about the services they can offer isolated seniors.

So tune in Tuesdays at noon to meet some of our *Community Champions*—prominent Manitobans committed to making a difference in their communities. 🗣️



On September 14th, four members of the Aging Well Together Coalition joined Grant Patterson for the *Community Champions* program. L to R: Serena Bittner from TONS, Linda Brown from Active Aging, Connie Newman from MASC and Amanda Macrae from A & O Support Services for Older Adults.

Alzheimer Society's Care4u Family Conference

Dr. Genevieve Thompson, a registered nurse and associate professor in the College of Nursing at the University of Manitoba, will be speaking on the topic of grief at the *Alzheimer Society's Care4u Family Conference* on October 16.

As a professional, her focus is on research and teaching ways to support older adults living with dementia and their caregivers. As a daughter, she is someone who helped her father care for her mother, who had dementia and passed away six years ago.

Genevieve stresses that a diagnosis of dementia can mean the loss of an imagined future together with your spouse, or as an adult child, an imagined future with your aging parent. If you are the one with the diagnosis, then you may grieve for your future self.

"We all have certain roles and expectations," says Genevieve. "We need to recognize that we may experience feelings, thoughts or even physical reactions to the loss of those roles after a diagnosis of dementia and during the trajectory of the illness."

At the Care4u conference, Genevieve will explore ways to cope with grief and talk about reframing what hope looks like, which may be as simple as deciding upon what constitutes a "good day." But it's also about "acknowledging when we're sad—because this is not how we wanted it to be—and looking at how we can find meaning, purpose and goodness in what we have."

Register for the *Care4u 2021 Family Conference* at Alzheimer.mb.ca/care4u or for more information call 204-943-6622. 🗣️



A promotional banner for the Alzheimer Society Manitoba Care4u Family Conference. The banner features the Alzheimer Society Manitoba logo in the top right corner. The main logo is a stylized 'care4u' with a colorful leaf-like graphic above the '4'. Below the logo, it says 'A conference for family and friends caring for a person with dementia.' To the right, there is a photograph of an older woman with short grey hair sitting at a desk, working on a laptop. A purple circular badge with the text 'Courage & Care' is overlaid on the image. At the bottom, it says 'Event Sponsor Biogen'. The bottom of the banner has a blue bar with the text 'Saturday, October 16, 2021 • 9 am to 12:30 pm • Cost \$15' and 'Register Today!'.

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