



CJNU Nostalgia Radio  
 Community Newsletter  
 January 2022



## Aging Well Together coalition growing strong

CJNU welcomes the Host Sponsor for the month of January; *Aging Well Together*. *Aging Well Together* is a coalition of older, adult-serving organizations in Winnipeg that are working to increase the social engagement of older adults in our city and province. Partners include A & O: Support Services for Older Adults, Manitoba Association of Senior Centres, Active Aging in Manitoba, Transportation Options Network for Seniors, and the University of Manitoba. This coalition aims to streamline and individualize meaningful support services for vulnerable older Winnipeggers who are socially isolated or at risk of being socially isolated.

This work includes improving awareness in the community about the importance of social connection and providing access to resources and programs that provide opportunities for social engagement. Research has demonstrated that social isolation can be detrimental not only to one's mental health

but also to one's physical health. Social isolation is linked to an increased risk of coronary heart disease and stroke, dementia, and mortality. Social isolation has been compared to smoking 15 cigarettes a day.

While social isolation can occur at any point across the life course, this concern disproportionately affects older adults. We have all seen the negative impact of social isolation throughout the COVID-19 pandemic for those who were already isolated prior to the pandemic. Efforts to maintain connections must continue post-pandemic.

The *Aging Well Together* coalition is working to share information about the innovative social engagement opportunities that exist for older people living in the community—some of these programs are the first of their kind in Canada! There is a wide variety of programs and services available for older adults 55+ that provide opportunities to engage safely with others.



No matter what barriers might exist for older adults to be socially engaged, we can help find an option that best suits the individual's needs and supports them in participating in safe, meaningful engagement. Learn about your local senior centre or group from the Manitoba Association of Senior Centres. Hear about Active Aging in Manitoba's safe and guided physical activity program that links you with a peer leader. Join A & O: Support Services for Older Adults' Senior Centre Without Walls programs over the phone from the comfort of your home, or get matched with a volunteer for scheduled conversations and meet-ups through the Connect program. Find transportation options for older adults by calling 2-1-1 or visiting [211.mb.ca](http://211.mb.ca)

For more information about the social engagement options available for you or an older adult in your life, please call 204-956-6440. We'll help find the connection that's right for you! 💡



# Volunteers integral part of CJNU



Volunteers working at remote location, City Place, May 2018.

Volunteers are vital to CJNU. CJNU is mainly powered by more than 100 volunteers. From our on-air and production personalities, and studio and broadcast assistants to the many people working behind the scenes in production and the office, volunteers are an integral part of everything CJNU does.

CJNU has many available opportunities, depending on a person's skill level and desire to learn how our radio station functions. As a community radio station with a visible presence in Winnipeg, we've broadcast from many locations around Winnipeg. Over the past two COVID-restricted years,

we've had to be creative in how and where we broadcast from. With the easing of restrictions and our ability to maintain health protocols, we are now broadcasting from our home studio in the Lombard Concourse and select remote locations. Volunteers are back and are so excited to be a part of the action on CJNU.

CJNU continues to seek out new volunteers, so, if you are interested, please contact [cjnupvc@mymts.net](mailto:cjnupvc@mymts.net) or call and leave a message at 204-942-2568, extension 3. Please know that we are always interested in talking with you. We hope to hear from you! ✦

~ Susan Earl, Volunteer Coordinator



Agnes Brydon volunteers on the Promotions and Events Committee and assists with the coordination of volunteers.



Gail Graham volunteers on the Promotions and Events Committee.

Immunization provides the most effective protection against disease, and the need for vaccines does not go away with age. In fact, immunity acquired from childhood immunizations can decrease over time. The vaccines you need as an adult are determined by many factors, including your age, lifestyle, general health, and which vaccines you've received during your life.

If you need more information, talk with your doctor, nurse, pharmacist or local public health office.

Vaccines are not just for children. Many parents are careful about protecting their children with vaccines but forget about protecting themselves. Adults continue to need immunizations for several reasons:

## Some vaccines do not provide lifelong protection.

- ⊙ To be protected against tetanus and diphtheria, all adults need a booster every 10 years. All adults should get the influenza vaccines each year, especially those with medical conditions putting them at

## Get serious about immunization!



high risk, the elderly and people who provide essential community services. Experience in other countries has shown that if large numbers of people do not keep their immunizations up to date, serious outbreaks of disease can occur.

## Some adults did not get all the vaccines recommended in childhood.

- ⊙ People who've lived in other countries as children, may not have received all the immunizations recommended in Canada.
- ⊙ Some diseases, like measles, that were once rare are re-emerging because not everyone is immunized. If an outbreak of measles occurs in a communi-

ty, adults who did not receive all their shots as children may be at high risk for serious disease.

- ⊙ Pregnant women who are not protected against rubella (German measles) may become infected and pass the infection on to their unborn child, causing serious birth defects. Other adults, who are not protected against rubella, can spread the disease to unprotected pregnant women.

Vaccines that protect against shingles are among several new vaccines now available for adults. It's important to talk to your doctor about whether you need any of the new vaccines. ✦

Source: Immunize Canada website

# CJNU Personality Corner

## Dorothy Young

I have lived all my life in Winnipeg. My parents instilled a love of music in me. I took piano lessons for years and have sung in both large and small choirs. I don't have a preferred genre as I love all music. Growing up, we listened to the radio and played lots of records on our record player.

I worked in public education for 40 years as a teacher and administrator before I retired. My only broadcasting experience was doing the announcements over the PA systems in my schools. I have extensive volunteer experience and have used my skills in policy and bylaws development with a number of organizations. My strategic planning skills were useful when I led the CJNU retreat on June 27, 2019, before Covid.

I have been a proud listener and supporter of CJNU since it went on air. I am a member as well. I was asked to join the Board of CJNU in December 2020. I agreed because I believed my skills would be put to good use. I also admired the work that current

CJNU volunteer Tom Dercola had accomplished at CJNU.

Currently, I chair the Human Resources Committee. We have been very busy developing job descriptions and policies for CJNU since joining the board. I appreciate Susan Earl working with me on these things and showing me the ropes at CJNU.

In my personal life, my husband and I have a daughter who lives with her husband and our two young grandsons in British Columbia. We visit as often as possible. As a grandmother, I am instilling my love of music and reading in these two young people.

Besides being a volunteer, I am an avid reader, and a live theatre and ballet lover and supporter. I also like to garden and quilt. My philosophy is to make a difference in someone's life every day. That's why I wear a sea-star (mistakenly known as a starfish) necklace as a reminder.

Some people at CJNU know me as *Forever* as I will be *Forever Young*. 💎



Dorothy Young is one of the dedicated board members at CJNU

## Grant Patterson



Grant Patterson chairs CJNU's Programming Committee

I grew up in the West End of the city of Winnipeg and went to school at Isaac Brock and Daniel Macintyre. My secondary education at the University of Winnipeg and Red River College led me to begin a teaching career in 1974. My first teaching job was in Swan River. Intending to stay just a few years, the work and people won me over and it ended up being a 26-year run. I returned to Winnipeg in 2000 and finished my last 10 years of teaching with the Seven Oaks School Division. Over the years, I taught industrial arts, history, and spent roughly 20 years as a school administrator. I was also active in the Manitoba Teachers' Society for many years.

My love for music came from listening to the radio on a crystal set my father and I assembled when I was in my early teens. Later, I built an antenna to pick up KYTN, an easy listening station out of the Dakotas. This was my first experience with FM radio and the amazing advantage it offered broadcasting in stereo. My record collection goes back to my teen years and includes the Tijuana Brass, the Carpenters, Dionne Warwick and Burt Bacharach. Those are still my go-to artists for the programs I assemble for CJNU.

I joined CJNU in September of 2013. As a rookie broadcaster, I found the radio media fascinating. Meeting and getting to know others at CJNU, along with being able to offer my skill set in the expansion of the music library, studio renovations and the administration of the station, has been a whole fourth career for me. I enjoy what I do for CJNU immensely, and feel giving back to the community by working with charities and non-profits is a blessing. Volunteering while enjoying retirement has made the last eight years fly by.

I continue to enjoy the live music scene in Winnipeg and to expand the collection of music for the CJNU Legacy library. I am pleased to serve as, currently, the longest standing member of the board. My work as Programming Committee chairperson allows me the opportunity to work with all our broadcasters and operators. The part I enjoy most at CJNU are the people and the live broadcasting. 💎

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# Am I a New Year's Grinch?

When I was a teenager, New Year's Eve was a highly anticipated event. Whether it was attending a formal dinner or just getting together with friends to watch *Dick Clark's New Year's Eve*, I couldn't wait to bring in the new year with my best buds and a glass of bubbly.

Is it just me or do these traditions get old with each passing year? Now my husband and I are hard-pressed to stay up till midnight and toast the new year. We still buy the champagne, order in Chinese food and watch the fireworks—from our window! Bah, humbug!

And what is it about starting a new year that motivates us all to be better versions of ourselves? We should know, from past experience, that new year's resolutions are doomed to fail. So why do we punish ourselves, vowing to eat healthier, stop smoking, buy a gym membership or any one of countless good intentions that fall to the wayside once February comes?

It's like Einstein's description of "insanity"—doing the same thing over and over again and expecting different results.

Yet I myself have succumbed to this insanity more than once. But the one resolution that stands out in my mind is the year I resolved to be a more patient driver. I disciplined myself not to honk the horn when the



idiot in front of the long row of cars didn't immediately turn at the arrow. I patiently gritted my teeth every time I was behind a person who liked to drive 10 kilometres slower than the speed limit. And I vowed I would remain calm whenever some oblivious driver didn't turn right at the red.

But I think the smartest thing I did was not tell anyone. This way, if I failed, no one else would know.

While I did have some initial success, before long I was revisiting old habits: changing lanes to pass slow-moving vehicles, swearing at the guy who sped up the moment I put on my turning signal and sighing when the driver in front of me had no idea how to use a traffic circle.

But there's more to New Year's than just resolutions. Even I, the self-titled grinch, feel the kind of excitement that comes with counting down from 10 to 1, shouting out *Happy New Year*, and experiencing that magical midnight kiss (even if it's only with your husband/wife/significant other...).

I think a part of me still longs to be my younger self—if only to see this annual event as an opportunity to grow, change and become a better person. Maybe, in some small way, so does my present self. ✧

~ Robbi Goltsman-Ferris, Editor

## Warming huts to bring shelter from winter International competition puts Winnipeg in Spotlight

How do you stay warm outdoors in a Winnipeg winter? Warming huts, of course.

An international contest to create warming huts along the Red River trail and The Forks National Historic Site is now in its 12th year. The 2022 competition, whose theme is to come up with something "whimsical," attracted 100 submissions from 27 countries. They will be built on the third week of January and unveiled later that month. The huts are designed to be pleasing to the eye and able to protect Winnipeggers and visitors from the cold weather.

The top pick, which went to a duo from Drobak, Norway—Luca Roncoroni and Tina Soli—for the third consecutive year, features a series of pink shower stalls named *Singin' in the Shower*. Second prize was an entry from Brazilian's Democratic Architects—a large yellow structure resembling a Canadian sunset. The third pick in the public art competition came from artist Popper Zhu from Shanghai, China and is called *Warming Inflation Hands*. The structure resembles a human hand with curled fingers that appears to be cradling a small bird.

The competition will also feature several huts from invited artists. Long-time children's entertainer Al Simmons will submit an entry called *Sounds Crazy*, which will include buttons and pedals for visitors to push to create different noises. University of Manitoba's architect students are once again featured with a new hut called *The Warming Place*, which they hope will be a permanent structure to protect Winnipeg's homeless. It will be built next to *Thunderbird House* on Main Street.

The final participants will be students from the engaged learner's program in the Frontier School Division. Their entry is called *Blossom* and will be designed for indigenous people, on Treaty 5 land, to use to tell stories about their history. ✧



*Blossom*, a project by students from the engaged learners' program in the Frontier School Division.

# CJNU's Lyle Smordin still broadcasting over 60 years

CJNU's Lyle Smordin was recently featured in the Jewish Post and News. Here is an edited version of the article.

When young Lyle Smordin's mother discovered her son didn't have what it took to be a violinist, she enrolled the nine-year old in elocution lessons. With that foundation—including earning a designation as an associate of the Royal Conservatory of Toronto when he was 15—the now-retired lawyer (since 2018) and community leader has enjoyed a long and fulfilling side career in broadcasting. After more than 60 years since his first radio broadcast, he can still be heard on air weekly on Nostalgia Radio CJNU, spinning golden oldies.

Although he grew up in Winnipeg, Smordin's broadcasting career began at the age of 19 in Saskatoon, where his family moved when he was 15 years old. "I had been involved with the campus radio station in Saskatoon when I decided to take a year away from university... I contacted CKOM in Saskatoon and asked if I could audition. I was hired almost immediately."

A year later, in 1959, he was hired for a summer position at CBC Regina. The next year, he moved back to Winnipeg. "I still had a lot of relatives (including his grandparents) and friends in Winnipeg and used to visit over the summers and Christmas holidays. I had also met Evita (Phomin, his



future wife) and we were serious about each other." Having worked for CBC in Regina, Smordin successfully applied to CBC Radio in Winnipeg to work for the station for the summer. That fall (November, 1960), he was hired as part of the first on-air team at CTV—Winnipeg's new second English-language channel—working alongside such well-known personalities (at the time) as Al Johnson, Ray Torgrud, Bob Burns and the immortal sportscaster, Cactus Jack Wells. "I worked for CTV for 18 months and had a

great time. I did a little of everything—announcing, commercials and a lot of sports coverage, including Grey Cup games." After 18 months though, he decided broadcasting wasn't what he wanted to do for the rest of his life, and thought he would try law school. He was called to the Bar in 1965 and, for a time, put broadcasting on the back burner. In a legal career that spanned 53 years—20 of which he spent in partnership with Brian Pauls—Smordin specialized in wrongful dismissal suits. He held many leadership positions including president of the Manitoba Bar Association (MBA), Chair of the Canada Pension Plan Tribunal and president of the Better Business Bureau. Smordin also participated in many yearly MBA fundraising theatrical productions—including playing the lead in *Inherit the Wind*. "I have always loved theatre. In my younger days, I was on stage at the Hollow Mug and MTC (Manitoba Theatre Centre)."

Throughout the years of legal practice, he kept returning to broadcasting. In the 1970s, he hosted an open-line TV show for Global TV based on legal issues, which ran for 10 years. For the past two decades, Smordin has been doing retro radio. The man with the golden chords is currently with CJNU and invites readers to join him Tuesday afternoons from 3:30 to 6:00 while he spins your favourite music from years gone by. ✦

## CJNU Quiz

1. CJNU's station is located at the Crossroads of Canada, also known as \_\_\_\_\_ and \_\_\_\_\_.
2. CJNU frequently plays the songs of this Manitoban songstress known for her perfect pitch.
3. Can you name the CJNU afternoon host who gives us *Tunes and Treats*?
4. This famous Canadian singer wrote *My Way* for Frank Sinatra.
5. When he's not broadcasting or busy putting together CJNU's musical library, he likes to play the clarinet.
6. Which Guess Who album, released in 1970, topped the American charts?
7. What anniversary did CJNU celebrate in December 2021?
8. Remember the game show *Definition*? The theme song was taken from *Soul Bossa Nova* which was composed by whom?
9. Name the host of the *Community Champions* show on Tuesdays at noon.
10. Who is a beloved cultural icon and the singer/songwriter of *The Canadian Railroad Trilogy*?

## Pledge Prize Draw winners

**Bryan** (River Heights)  
**Chris** (Osborne Village)  
**Susan** (River Heights)  
**Bonnie** (Charleswood)  
**Georgina** (Downtown)  
**Jenny** (East Kildonan)  
**Doris and Don** (St. James)  
**Leonard** (St. Vital)  
**Terry** (Downtown)  
**Robert** (River Heights)  
**Kevin** (St. Vital)  
**Shep and Nancy** (Windsor Park)  
**Bill** (North Kildonan)  
**Heather** (River Park South)  
**Sharon** (Norwood)  
**Heather** (Southdale)  
**Suzanne** (Old St. Vital)

# IN THE HOUSE

New photo feature — like *CJNU Was There*. Except these are people visiting CJNU instead of CJNU visiting them. We call it **IN THE HOUSE**.



AFP Manitoba's Nicole Hrehirchuk (L) and Stephanie Lambert on the Giving Tuesday show. (Nov 30)



Vince Barletta CEO Harvest Manitoba on Community Champions program. (Dec 2)



Diana Rasmussen, Executive Director of ALS Society of MB on the Morning Show. (Dec 8)

## New year brings new opportunities

January 2022 begins a new year of promise, potential and prospects. It is an exciting time for CJNU as we turn the corner to greet fresh opportunities for our station and its volunteers.

It's a time to look back on the warm memories of 2021 and reminisce about the good times we've shared. It's also a time to look forward to new beginnings, fresh starts and new worlds to conquer.

Especially now, due to the often all-consuming impact of COVID, we must take back our power and remember the things that really count. *Kindness. Compassion. Consideration. Empathy.* We are all in this together. It is the enemy that unites us.



The new year gives us hope that very soon, COVID will have passed through our midst and we can go on living life like before (or, at least, what life looks like post-pandemic). We have already revealed strengths we didn't know we had and imagination that's allowed us to overcome never-before-seen barriers. We've also witnessed the resilience of human nature in the positive ways we have managed our lives in the past year.

We wish all our members and volunteers a happy and healthy new year. May you all have good thoughts about the future, and moments of joy and compassion in everything you do. 💎

*Happy New Year!*

Be sure to join us Valentine's Day on Brecky with Stecky as we take your requests and give away some lovely prizes! ❤️



### Answers to January Quiz

1. Portage and Main
2. Gisele MacKenzie
3. Tiffany Prochera
4. Paul Anka
5. Jim Snell
6. American Woman
7. Fifteenth
8. Quincy Jones
9. Grant Patterson
10. Gordon Lightfoot