



# Nostalgia Notes

CJNU Nostalgia Radio  
Community Newsletter

May 2022



*The promise of spring!*

## State-of-the-art facility opens May 21

CJNU is delighted to be broadcasting live from the new, state-of-the-art *Royal Aviation Museum of Western Canada!*

Since the inception of the *Royal Aviation Museum of Western Canada (RAMWC)* in 1974, its founders have worked tirelessly to amass one of the world's largest collections of historical aircraft and artefacts, which now number more than 70,000. For 30 years, the museum operated out of humble facilities in Winnipeg, delighting visitors and receiving acclaim—including the *royal* designation from Her Majesty Queen Elizabeth II.

In 2005, the museum's founders and board members started dreaming of a bigger, brighter, state-of-the-art space. It took more than 15 years for their vision to take shape, but on April 27, 2020, PCL Construction broke ground at the new site on the Winnipeg Richardson International Airport campus.

Now, the museum is nearly ready to open its doors to the public! Many of the aircraft and artefacts displayed in the 86,000 square-foot building will be familiar, but there are also some exciting new differences.

Shifting demographics and the emergence of new technologies have redefined the expectations of visitors. Museum-goers now



*The museum features an extensive collection of aircraft ranging from bush flying, military, passenger, experimental aircraft, and thousands of aviation artefacts.*

look for a more interactive experience, a space for community, and enhanced learning opportunities. The team behind RAMWC has taken all this into consideration.

For instance, the 'Norway House' exhibit details the crucial role the Indigenous peoples of this community played in helping pilots map and navigate the area's challenging landscapes and the weather. To help tell this story and others, RAMWC has brought Dr. Niigaan Sinclair on board as their Indigenous curator. With his expertise, the museum



*The contemporary design is a visually exciting facet of the new Royal Aviation Museum.*

has ensured that Indigenous perspectives are considered in every panel of every exhibit.

In addition to its 17 immersive and engaging exhibit spaces, the museum includes: a Galaxy Exploration Zone for children; an observation lounge with stunning views of the airport's runways and RCAF 17 Wing; meeting spaces; a new boutique giftshop and more.

Purchase an annual pass today and let your imagination soar as you rediscover the new *Royal Aviation Museum*, opening May 21, 2022. [royalaviationmuseum.com](http://royalaviationmuseum.com). ✨



CJNU celebrates the  
**100th Year Anniversary**  
of radio broadcasting in Manitoba

*CJNU broadcasts from the traditional lands of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and the homeland of the Métis Nation.*

# St. Boniface Hospital performs high-tech cardiac surgery on world-class speedskater

“Brett, there’s a problem with your aortic valve.”

The cardiologist had called Brett Arnason in the departures lounge at Winnipeg Richardson International Airport. It was February 2013, and the 63 year-old was on his way to compete in the *World Masters Speedskating Competition* in Munich, Germany.

The results of an echocardiogram (ECG) test showed that Arnason had been born with a bicuspid aortic valve with two flaps instead of three. With age, the defect had started to restrict his blood flow. Surgery to replace his aortic valve would be booked as soon as he returned home.

“You have a valve opening of 0.7 cm. If it were 0.6 cm, we would rush you to the hos-



pital,” the cardiologist told him. “Can you at least take it easy in Munich?”

Ever the competitor, Arnason came in third place.

The cardiac surgery turned out to be his first of three at St. Boniface Hospital, two of them during the pandemic.

Surgeons replaced his bicuspid aortic valve at St. Boniface in June 2013 with a valve manufactured out of BioTissue, innovative medical technology that did not require him to be on blood thinners. He was



Brett Arnason placed third in World Masters Speedskating Competition in Munich, Germany.

out of the hospital three days later.

To help Brett and others like him, make a gift today to the St. Boniface Hospital Foundation at [stbhf.ca](http://stbhf.ca).

# Tri-Hospital Dream Lottery returns for 2022

Get ready to dream! Manitoba’s three cornerstone hospital foundations launched the 2022 *Tri-Hospital Dream Lottery* on April 28, directly benefiting patients—and the health-care heroes who care for them—at St. Boniface Hospital, Health Sciences Centre (HSC), and HSC Children’s Hospital.

This year’s lottery features over 2,700 prizes (worth over \$2.3 million total), including two *Bonus Draws* for early buyers and over \$251,000 worth of *Early Bird Draws*, as well as a *Grand Prize Draw* with six incredible packages—including \$1.25 million in cash, the largest cash prize ever offered.

Each *Grand Prize* home package is worth over \$1.5 million. Take your pick: a house by KDR Homes in La Salle; a house by Gino’s Homes in West St. Paul; a house by Irwin Homes in East St. Paul; a house by Gino’s Homes in West St. Paul and a Signature townhome in St. Adolphe; or a vacation home in North Okanagan (Vernon, BC).

“Manitobans’ annual support of the *Tri-Hospital Dream Lottery* helps change—and save—lives in our province,” said HSC Foundation President & CEO Jonathon Lyon. “Recently, lottery investments have supported clinic redevelopments throughout HSC, allowed us to purchase diagnostic imaging equipment, and helped HSC battle COVID-19.”

“Without a doubt, your support of the *Tri-Hospital Dream Lottery* makes a differ-



ence,” said Karen Fowler, President & CEO of St. Boniface Hospital Foundation. “Lottery supporters have enabled St. Boniface Hospital to make investments that improve patient care and advance research. Your ticket this year will enable us to offer the best care for Manitobans in their critical moments as we work together to transform St. Boniface’s Emergency Department.”

“Every ticket you buy in the *Tri-Hospital Dream Lottery* will help make anything possible for sick and injured kids and adults

who need these critical Manitoba hospitals. Your ticket purchase today can change their future—and hopefully yours too!” said Children’s Hospital Foundation of Manitoba President and CEO Stefano Grande.

There’s also the *50/50 PLUS*—with a jackpot that could grow to \$2,500,000, and the *Extra Cash PLUS*, with \$148,000 in cash prizes and 120 winners.

For more information and to purchase tickets, visit [trihospitaldream.com](http://trihospitaldream.com).

# The Portage Avenue Ride for Dad parade is back!

The 2022 *Manitoba Motorcycle Ride for Dad* returns to its traditional summer format with a parade of participants on May 28. The riders will kick start at Polo Park at 10 am and head west to the perimeter. It's a fun-filled morning with hundreds of riders and some unusual costumes.

CJNU is proud to be an Official Media Sponsor for the 14th Annual *Motorcycle Ride for Dad*. Once again, Justin Baraniuk, our former IT specialist, will be our *Easy Media Rider*.

Justin and hundreds of riders will be collecting pledges in support of prostate research, support services and education. All funds raised for the local *Ride for Dad* stay in Manitoba are eligible for a tax receipt. Over the past 14 years, this unique fundraiser has raised more than \$2.8 million.

Other cyclists are encouraged to register for this year's Ride. All are



The Ride Parade on Portage Avenue

encouraged to support Justin or any other rider. For more information, go to [ridefordad.ca/Manitoba](http://ridefordad.ca/Manitoba).

Prostate cancer is the most common cancer among Canadian men. Early detection through annual exams is the key to saving lives. With early diagnosis, 90 per cent of prostate cancer cases can be successfully treated. Two excellent resources are [cancercare.mb.ca](http://cancercare.mb.ca) and The Manitoba Prostate Cancer Support Group at [manpros.org](http://manpros.org). ♦



Justin, CJNU's Easy Media Rider

## "Ballet Meets Broadway" Val Caniparoli's A Cinderella Story

Remember when families gathered around the television set on a Saturday night? That era, the 1950s, is the setting for *Val Caniparoli's A Cinderella Story*, a retro retelling of one of your favourite fairytales. It is a dazzling production to cap off the Royal Winnipeg Ballet's 2021–2022 *reignite the stage* season.

Audiences will experience electrifying choreography by the one and only San Francisco-based Val Caniparoli that melds with the prolific music of Richard Rodgers, all arranged for a live jazz orchestra by legendary Winnipeg big-band leader, Ron Paley. *Val Caniparoli's A Cinderella Story* fuses classical ballet with swing and ballroom dance, making for one unforgettable extravaganza that will keep you toe-tapping in your seats.

According to the RWB's Artistic Director and CEO André Lewis: "I've always been attracted to the romantic nature of the fairy-

tale—its theme is still true today. But the story is old-fashioned, and I wanted something more contemporary. What our audiences will see is a show that has great energy and that's what keeps the arts vital in our community." He adds: "I don't want people to think *Val Caniparoli's A Cinderella Story* is a musical. The pas de deux are pas de deux, and the ballet is true to its classical roots. That is still what defines the RWB."

Lewis can only echo the words of Val Caniparoli: "What has struck me about the RWB is how supported the Company is in the community. Plus, the artists can do any styles—the talent is world-class—I am the privileged one."

Don't miss out when "Ballet meets Broadway" during the Royal Winnipeg Ballet's performance of *Val Caniparoli's A Cinderella Story* at the Centennial Concert Hall from May 11–15, 2022. Check out [rwb.org](http://rwb.org) for ticket information and purchase. ♦



Elena Dobrowna, Jaimi Deleau, and Alanna McAdie

Photo: Kristen Sawatzky



# GO FISH

## The boys of a (full) summer are back!

All good things come to those who wait... and what better than the *Goldeyes Home Opener* at Shaw Park on May 13?

I am so looking forward to a full summer of Winnipeg Goldeyes home games (visit *Goldeyes.com* for the season's schedule). I see that all regularly scheduled weekday night games now start at 6:30 pm and the gates to the Concourse and the food kiosks open at 5:30.

There will be some of my favourites—Bodegoes, Mr. Perogy, Corby's Popcorn and some new eateries as well, including Bigg Smoak Southern Style BBQ. Then, there is the Goldeyes new brand and some snazzy clothing and souvenirs at the *Goldeyes Team Store*.

I usually choose Mini Packs for my tickets. This year, I have five different Mini Pack possibilities. Not only do I get to see the games that suit my lifestyle, but I also

save money in the process.

My Goldeyes play for the love of the game! Manager Rick Forney always assembles a solid team year after year with a mix of returning veterans and exciting newcomers.

There will be some special theme days this season. Early season themes include *Métis Night* (June 14), *Diversity Day* (June 2), *Father's Day* (June 19) and *Ukrainian Night* (June 29), to name but a few.

I have missed *Opening Day* for the past two years but I'll be there on May 13 for the magnet giveaway and the post-game fireworks.

Please join me. ♡

~ Charles Lumin



Standing O as the players hit the field



Fireworks light up the skies at Shaw Park.

## Invest smarter by using segregated funds as part of an estate plan.

**Do you know Segregated Funds?** They are investments offered by insurance companies for those concerned with passing along investments following their death. They can be **RR-SPs, LIRAs, RIFs and LIFs** and even **TFSAs**. And transferring into a segregated fund is easy and can be done from any financial institution.

**Safety is paramount!** These accounts provide valuable benefits and guarantees for those planning for the future. Benefits include guaranteeing the value of your principal—from 75% to 100%—protecting assets from creditors and locking in any growth of the account to avoid losses. These are extremely important benefits for those looking to safeguard money in retirement and beyond.

**Segregated funds offer guaranteed retirement income for life.** Investors can choose when they will withdraw income and how much they will withdraw—and their income is protected. This investment is appealing to investors who are risk averse because while they receive exposure to stock market gains, they don't risk losing their capital. And because you're dealing with an insurance company, any named beneficiaries will receive the proceeds of your accounts upon filing a beneficiary claim, usually within 10 days, rather than waiting for probate and the courts to adjudicate your estate—which can take months or, in some

cases, years. This is true for all banks, credit unions and mutual funds. If you're retired or planning your estate—you need to consider Segregated Funds. **Now you know Seg-Funds!**

**Sheldon Stier** is a financial advisor with Stier Financial Advisors Inc., a Winnipeg-based firm that works with older clientele. He is the host of **Your Money on CJNU**, a weekly financial program focused on financial issues that concern CJNU listeners. The program airs Mondays at noon. Sheldon can be reached at 204-975-5135, or email [sheldon@stier.ca](mailto:sheldon@stier.ca), or find him online at [www.stier.ca](http://www.stier.ca).



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# When did I stop being the perfect mom?

Remember those days when your children thought you knew everything? When you could do no wrong? Sometimes I still ache to hold them in my arms, tell them everything's going to be okay, that there's no monster hiding under the bed and the sun'll come out tomorrow—okay, now I'm borrowing from the musical, *Annie*—but you know what I mean. It felt so good to have those little people depend on you. And the love you received from them wasn't even close to the boundless love you felt and continue to feel for these little beings you birthed.

Fast-forward 20 years. Your children have turned into responsible adults with minds of their own. But wasn't that the plan the whole time? To help shape them into happy, healthy, independent individuals—chicks who've outgrown the nest and are ready to fly solo? If we've done that, we're a success! So why don't we feel successful? Why is it so hard to let them go?

I guess it's up to us to form new relationships with our grown children. Of course, we don't dare tell them what to do—like go to university—find a partner—have children (so we can be grandmothers!). We have to trust that they will carve out lives for themselves that meet their needs and provide them with all they want from life—at the same time recognizing that what they want could conflict with what we want for them. In fact, it usually does.

But, unless we feel they're in harm's way, we simply have to watch our children make their own mistakes. They can't learn from



Photo: iStock

ours (as much as we want them to). They must undergo the experiences themselves.

Some mothers (particularly Jewish mothers—I can say this because I'm Jewish) use guilt to keep their children close. "I spent 27 hours in labour and now you can't even pick up a phone to call me?" Sometimes these tactics work—mostly, they don't—the children just end up resenting their mothers' expectations.

So what's the answer? Even the best par-

ents can't predict the future. What children do is not under our control. Genes and environment combine to influence them in every choice they make. As mothers, I suppose the best we can do is love them, support them, give them advice when they ask, and know that whatever monsters lie under the bed are still imaginary.

To all you mothers out there, have a *Happy Mother's Day!* ✨

~ Robbi Goltsman-Ferris, Editor

## The Manitoba Association of Seniors Centres marks 10th anniversary of *Let No One Be Alone* campaign

Humans are social creatures and need to feel a connection with others. The negative effects on health posed by loneliness and isolation are often overlooked, or not understood. Sadly, unwanted isolation can be a strong contributor towards death in seniors. It can result in poor sleep and weakened immune systems, and can lead to depression, anxiety, dementia and chronic health problems like heart disease. The mental and physical impact of being socially isolated can be devastating.

This is why the Manitoba Association of Seniors Centres takes the *Let No One Be Alone* campaign seriously. Every year, for the last 10 years, the *Let No One Be Alone* campaign



has been held the first week of May. Over the past two years, the pandemic has made the problem of social isolation even more prominent. Too many seniors have not been able to get out and have been deprived of many of their usual social and physical activities.

The Manitoba Association of Seniors Centres encourages everyone in the community to help in our society's "social recovery". Take the time to reach out to vulnerable and isolated seniors. Give a senior you know a call on the phone. Or, if possible, stop in for a visit. And please remember to do this not just for the first week of May, but all year long. You have the potential to make a real difference in the day of a senior just by making contact. It's good for their health and well-being, and it's good for your health and well-being.

"Simply to exist as a normal human being requires interaction with other people." ✨

~ Atul Gawande

# CJNU Personality Corner

## Julie Eccles

Good day. The sun is shining, the birds are pseudo chirping but there is still snow on the ground as I write this introduction. My name is Julie Eccles and I am very happy to give back to a station that has given so much to the arts and culture community, including Rainbow Stage.

About 15 years ago, I moved from corporate to non-profit and the joys of non-profit are immense. My first non-profit was the Zoological Society of Manitoba (before the creation of the Assiniboine Park Conservancy) and incorporated a wonderful collaboration of my many decades of skills gained in the corporate world. This was followed by over a decade helping Rainbow Stage, which stretched those skills, and today I am retired and volunteering on the CJNU board.

From advertising, marketing, finance, management, events, retail and hospitality experience, I added fundraising and volunteer care to my resume. Over the years, working with hundreds of staff to working with hundreds of volunteers, I have learned that you need to roll with the punch-

es because there is little that goes according to plan when you are dealing with the public, especially in the capacities of the Zoo and Rainbow Stage. At Rainbow Stage we called it creating magic and memories for generations to share. CJNU is much the same. The magic of radio.

I have also had the pleasure of serving on a variety of boards—I am most pleased to have been on the non-profit board of Winnipeg Crime Stoppers. Yes, Winnipeg Crime Stoppers is a non-profit!

My husband, Lee and I raised two wonderful children and the multiplier effect has taken hold, which means we now have a total of 13 at our dinner table with five grandchildren, a grandchild-in-law and a great grandchild. We are very blessed. We are also very fortunate to have both our children and their families living in close proximity to us in the city, and we see each other often—although COVID-19 has been a challenge. There have been many lawn visits.

I thank Tom Dercola for introducing me to the world of CJNU, and all the staff, board and volunteers for welcoming me into the



organization. As a very new board member (only a matter of months), I am learning and look forward to contributing as best I can.

Keep well, stay calm and carry on! Enjoy your day! ✦

## Steph Teffaine

I was born in Regina, but my family moved to Winnipeg shortly after my birth. I'm an IT guy, who loves music (mostly blues and early rock) and CJNU has been the perfect place to put all that together.

I've always been fascinated by radio—the way these invisible, silent waves turn into sound coming out of a radio. I first heard CJNU when I was 15 and became an immediate fan. A few months later, in early 2018, I heard an on-air promotion asking for volunteers. A couple months later, I began training on air with Bill Stewart, and haven't looked back since. I went on to become chairperson for the technology committee and joined the CJNU Board of Directors in late 2020. When I started at the station, I was 16 years old (which is too young to become a member of the station), so I sent in my first membership application on my 18th birthday in 2019.



Music started to affect my life in a big way when I began playing guitar in middle school. I formed an instant love affair with the blues and early rock music. It's never easy to pick a favourite of anything for me, and music has been no different. I could tell you my favourite song today and it would be different the next day. However, B.B. King's *How Blue Can You Get?* is the song that really got me into the blues, so I've always attached a certain sentiment to it. I also love *Hit the Road, Jack!* by Ray Charles.

My time at CJNU has flown by, and I've made incredible memories and friends along the way. I am so pleased to be able to help the station as a board member and committee chair. CJNU really is special, thanks to everything our members and volunteers do—so I send out a sincere thank-you to all our members and volunteers. ✦



**CJNU 93.7 FM Nostalgia Radio ✦ cjnu.ca ✦ Home of the Winnipeg Goldeyes**

# 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**.



Angela Birdsell, Executive Director of The Winnipeg Symphony Orchestra



Garry Moir, Broadcaster and Playwright of The Last Radio Show



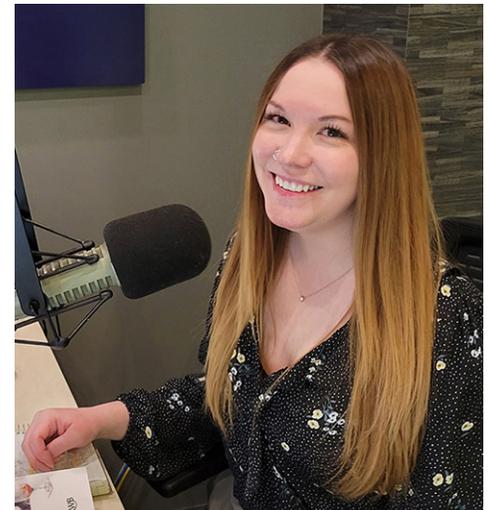
Garth Rogerson, CEO of The Red River Exhibition Association



Keira, Manitoba's 2022 Champion Child, Children's Hospital Foundation Manitoba



Kim Scherger, Executive Director, and Rick Scherger of Manitoba Camping Association and Sunshine Fund



Meagan Carlson of The Fairmont promoting the RWB's Costumes and Cocktails

## Your turn to be the CJNU Senior Star royalty!

Since its start a few years ago, *CJNU Senior Star Contest* has engaged retirement communities, senior centres, home care agencies, and independent seniors 55+ from around the province. Through the years, band members, skilled dancers, hilarious comedians, memorable ventriloquists, melodious singers and uber-talented performers have proven that age truly is just a number. The judges often have some tough decisions to make as they shortlist the final entries for the big day. This year will be no different!

The call for talented seniors is open, and applications are pouring in. After the two missed years due to the pandemic, *CJNU Senior Star* is back with the same vigour

and pulsating enthusiasm on Wednesday, June 22nd, 2022. The contest will take place at the Red River Ex. Winners will take away \$1,800 in prizes this year and bragging rights of becoming *Senior Star* royalty.

If you or someone you know is a talented artist, it's time to shine a spotlight on them. Please encourage them to enter the contest by completing the online application form. Solo and group entry fee is \$15 and \$30, respectively. Each participant will receive two gate admission tickets for the competition day. Participants who do not get shortlisted for the final event can use their complimentary tickets any day of the Red River Ex.



Red River Ex: June 17th to 26th, 2022  
Submission deadline: Monday, May 23rd, 2022  
Contest day & date: Wednesday, June 22nd, 2022  
Learn more: [redriverex.com/community-at-the-ex/](http://redriverex.com/community-at-the-ex/)