



# Nostalgia Notes

CJNU Nostalgia Radio  
Community Newsletter

August 2022



Photo: CM Danard

## Concordia is helping give people their life back—with your help

### Stepping farther: Transforming surgical care for joint replacement

The Concordia Foundation has added a new project to our fundraising campaign roster. In 2020 you helped us raise the funds for state-of-the-art Ultrasound equipment for Urgent Care. In 2021 you helped us raise funds for a new Day Surgery and in 2022 we are adding a fully renovated Operating Room to build capacity for more Hip and Knee surgeries. "OR #5" is our campaign theme in 2022. Our goal with our 2022 Campaign is to:

- reduce wait times for surgeries
- optimize patient outcomes
- enhance surgical spaces at Concordia
- improve quality of life for people living with debilitating pain

There are thousands of Manitobans whose quality of life is profoundly affected by our work on joint replacement research. That is why it's critical we continue to make prog-



ress and find solutions, which includes opening what we are calling "OR #5" as soon as possible.

Throughout a person's life, they face many health challenges. The advancement of medicine through research results directly in breakthroughs to solve these health challenges. Each year, more and more Manitobans are being affected by joint diseases—many of whom are still working, raising a family, and playing an active role in their community.

Concordia Hospital is Manitoba's leading site for joint replacement surgeries—hip and knee, as well as groundbreaking research. While staff and other resources were focused on the pandemic response, the surgeries of more than 1,000 patients were affected.

Our Foundation donors and the Concordia orthopedic surgical team have consistently risen to the occasion to make tangible improvements in the lives of people waiting

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Photo: Pixabay

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

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for surgical relief from debilitating pain. Concordia's focus on research underscores a constant quest to make life better for people. Opening PR #5 is a significant investment in our community that demonstrates our purpose and values of putting patients first. We know full well the profound benefits that hip and knee surgeries have on a person's quality of life and overall health, so it is particularly meaningful to see these initiatives moving forward.

The goal of orthopedic research at the Concordia campus is to continue pushing the boundaries of medicine to improve the lives of people suffering from joint pain, poor function and limited mobility. The research we conduct helps us meet the increasing needs of our patients while invigorating the community, growing Manitoba's economy and advancing orthopedic care on a global scale.

To learn more, contact us at [info@concordiafoundation.ca](mailto:info@concordiafoundation.ca) or visit [www.concordiafoundation.ca](http://www.concordiafoundation.ca). ♦

**The Concordia Foundation**

# Heart of Care

**OR#5 RENEWAL:**  
**TRANSFORMING SURGICAL CARE FOR**  
**JOINT REPLACEMENTS**



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Join us in **collaboration** as we show our **compassion** and **commitment** to excellent patient care.

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**Here. When You Need Us.**

#PatientsFirst #NursesCare  
#SurgeonsCare #JointReplacement #QualityofLife

## Winnipeg Transit launches education campaign to ensure accessibility for all

### Transit establishes Priority and Courtesy Seating Areas

<b>Courtesy Seating</b> Please offer your seat to passengers in need		<b>Sièges faciles d'accès</b> Veuillez offrir votre siège aux personnes qui en ont besoin
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<b>Priority Seating Area</b> Vacate if needed by persons with disabilities		<b>Zone de sièges réservés</b> Libérez votre siège pour les personnes handicapées
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Photo: City of Winnipeg

**W**innipeg, MB—Winnipeg Transit is launching a campaign to educate passengers on their role in accessible public transportation. The campaign will focus on ensuring people with disabilities have equal access to transit as other riders. The policy illustrates that priority seating is designated for passengers with a disability, while courtesy seating is for those who benefit from being seated near a door, including seniors and families traveling with young children. When a passenger with a visible or invisible disability who requires a seat in the priority area boards a bus, other passengers in that area will be asked to move to another location. The operator will play an automated message with this request.

**The policy will go into effect on October 5, 2022**, following three months of public education.

Look for signs coming to Transit buses that identify priority and courtesy seating areas.

The priority seating area is located at the front of the bus, while the courtesy seating area includes the forward-facing seats located closest to the priority seating area. The new policy requires that passengers must be able to fold and store strollers on buses, if necessary, to ensure priority seating is available for passengers with disabilities. It also states that passengers should allow people with disabilities to board the bus first.

Passengers wishing to learn more are invited to attend online information sessions to be held over the coming weeks. Dates and times will be posted on [winnipegtransit.com](http://winnipegtransit.com)

Winnipeg Transit is committed to meeting its requirements under the *Accessibility for Manitobans Act* and ensuring its operators and inspectors are trained in these areas to help provide the best customer service possible. ♦

# St. James commemorates a historical event

There's something new and big in St. James, yet at the same time, it's a century in the making. It's the 100th anniversary of the R.M. of St. James, commemorated in 2021.

Striking a St. James 100 committee brought local community organizations together. They applied for some grants and the idea for a mural to acknowledge the centennial was born.

"Working with local mural artist, Jennifer Mosienko, and also a resident of St. James, along with her mentee Morgan Biggs, is such a treat and blessing," says Kristi Meek, president/executive director of the Assiniboia Chamber of Commerce, and manager of the project. "From sharing the committee's ideas of showcasing St. James' history, acknowledging landmarks in the area, and welcoming visitors to St. James, the idea of a postcard came to life, and Jen nailed the design." The mural spells out the neighbourhood's name, with each letter representing a different industry.

**S** Parks and recreation

**T** Oxcart Trail, Historical Museum of St. James-Assiniboia

**.** Canadian Maple Leaf

**J** 17 Wing, aviation industry

**A** Living Prairie Museum

**M** Health care, Deer Lodge Hospital/Hotel

**E** Great food and beverage

**S** Grant's Old Mill

To celebrate the project, a free community BBQ is scheduled on Sunday, August 14 from



Photo courtesy of Katlyn Streilein, Staff Reporter, Free Press Community Review West

noon to 1:30 pm at the mural location, 1741 Portage Avenue. All are welcome to attend.

Organizations and people contributing to the mural project include:

- ◉ Assiniboia Chamber of Commerce
- ◉ City Councillor Scott Gillingham (St. James)
- ◉ Living Prairie Museum
- ◉ MLA Adrien Sala (St. James)
- ◉ MLA Scott Johnston (Assiniboia)
- ◉ MP Marty Morantz (Charleswood-St. James-Assiniboia-Headingley)

- ◉ Province of Manitoba—Sport, Culture & Heritage
- ◉ Stewart Trophies & Engraving Ltd.
- ◉ St. James-Assiniboia 55+ Centre
- ◉ St. James Village BIZ
- ◉ Take Pride Winnipeg
- ◉ The St. James-Assiniboia Pioneer Association
- ◉ Timberland Tree Service ♦

 **The Chamber**  
The Assiniboia Chamber of Commerce

 **The Chamber**  
The Assiniboia Chamber of Commerce

**CJNU is a proud member of the Assiniboia Chamber of Commerce.**

## We're off to see the wizard...

Rainbow Stage is back and ready to lift families *Over the Rainbow* to a land where beauty, magic and adventure abound... Kildonan Park.

At the birth of Rainbow Stage in the 1950s, the architects of the original building observed that if lights were strung along the top curvature of the structure, it would look like a rainbow. They called it Rainbow Stage... and the name stuck. The song *Over the Rainbow* has been sung countless times in the venue. Since our first production of *The Wizard of Oz* in 1956, families have been bringing their munchkins to follow Dorothy, Scarecrow, Tinman, and Lion down the yellow brick road to the merry old land of Oz for a magical night every child needs to ex-



Tickets available now for performance August 18–Sept. 4, 2022

perience. This will be Rainbow Stage's seventh production of *The Wizard of Oz*, making it the most produced and beloved show in

the outdoor theatre's 67-year history.

Unique to Rainbow Stage, the winding paths of Kildonan Park are your yellow brick road to Canada's largest, longest-running, open-air professional theatre. The canopy of oak trees is your towering Emerald City, providing varieties of wildlife that transport you from your worries. The playgrounds, ponds, pool, and gardens are your Munchkinland to play, frolic and dream!

Together, Kildonan Park and Rainbow Stage help create memories that last generations. Rainbow Stage changes lives for the better through the beauty of live performance, the allure of musical theatre and the majesty of its natural surroundings.

*There's no place like Rainbow Stage.* ♦

# CJNU Personality Corner

## Dylan Stone: *Vinyl on Chrome*

I started working in radio back in 1987/1988. It was actually something I never considered doing, especially at the time. I was a musician in two or three different bands and was on track to be a musician. Then, out of the blue, a friend—who was program director at a local radio station in Montreal—asked me if I wanted to have a job doing a weekend show.

I'd never considered doing this before, but I accepted, not knowing where it would lead me. The very minute I pulled that microphone down, I knew that I had found my home. Thirty or some odd years later, I'm still here, doing radio and enjoying it as much as I did at the start.

About seven years ago, I started Superlative Radio with two business partners. We currently have three radio shows that we offer—two of them are on over 90-plus stations across Canada. One of these syndicated shows is *Vinyl On Chrome*, an “oldies” program, featuring songs from the 50s to the mid-80s.

*Vinyl on Chrome* has a very broad audience. We get emails from all age groups and cultural ethnicities. So be listening to *Vinyl on Chrome* for spirited music and conversation on CJNU—the nostalgia station.

Join Dylan Stone for *Vinyl on Chrome*! 10 pm Tuesdays and Wednesdays on CJNU. ✦



## Pete Smith: *Swingtime*



I was born and raised in Toronto and throughout my younger years I was fascinated with radio. Though not musically inclined myself (those unfortunate enough to have heard my saxophone playing in the middle school band will attest to that!) I did love music. After high school, I flirted with the idea of pursuing a career in radio but life, as it so often does, had other plans and I ended up working for 26 years in building maintenance. Upon retiring, I moved to Cobourg, Ontario, where I discovered a community radio station in need of volunteers. Feeling that the stars had aligned, I jumped in with both feet determined to realize my long-forgotten dream.

And what a wonderful experience it has been! I began by reading the news and quickly moved to a daily afternoon music program which I continued for almost five years. Ready for a change, I ended that program and took a break to ponder my next radio adventure.

Through my parents, their friends and my extended family, I had an affection and familiarity with the music of their generation. So I decided I would like to do my part to keep that connection alive. But I didn't want to just

play the music—I was looking to provide something of an experience for the listeners to enjoy. With that in mind, my lady friend and I headed off on a Maritime vacation where, one evening, we went for a lobster dinner at a beautifully preserved 1940s dance hall. That event, combined with the Tommy Dorsey biography I was reading at the time, gave me the inspiration to set my new show in the imaginary ballroom of a magical hotel. And just like that, *Swingtime* was born.

I feature a wide variety of what I like to call easy listening music which includes big bands, crooners, jazz, adult contemporary and lots more. I also have a couple of features and relate some interesting stories from behind the music as well. I get a lot of enjoyment from this musical stroll down memory lane and I think you will too. So, if you haven't already, I invite you to tune in to CJNU 93.7 FM and stop by the Cloud Room, high atop the Hotel Nostalgia, because we have a good time every time on *Swingtime*!

Join Pete Smith for *Swingtime*! 10 pm Mondays and Thursdays on CJNU Nostalgia Radio. ✦

Live from the Cloud Room, high atop the Hotel Nostalgia, I'm Pete Smith and this is *Swingtime*!

That's how I begin my show on CJNU each week but, on this occasion, I'll use it to start off this little piece about the history of my show.

An advertisement for a Winnipeg Goldeyes game. On the left is the team's logo, a red circle with a white fish and the text "WINNIPEG GOLDEYES". The background is a photograph of a baseball stadium at night with city lights in the distance. Overlaid on the bottom right is the text: "Join us at Shaw Park for CJNU's night at the Winnipeg Goldeyes' game on August 31! The theme is 'Dance Party' so come and show us your moves! Be listening for your chance to win tickets!"

**Join us at Shaw Park for CJNU's night at the Winnipeg Goldeyes' game on August 31! The theme is "Dance Party" so come and show us your moves! Be listening for your chance to win tickets!**

# FACES AND PLACES



**Carson Natrass**, Rainbow Stage was on Tom Dercola's show. (June 27)



**Stephan Azulay**, RWB was on Tom Dercola's show. (July 4)



**Jaime Vargas**, RWB, was on Tom Dercola's show. (July 4)

Photo: Ian McCausland

Photo: Ian McCausland



**Lyndsay Jones and Karen Ziegler**, Artis REIT on Community Champions. (July 5)



**Shaun Jeffrey**, Executive Director and CEO of Manitoba Restaurant & Food Services Association, Tom Dercola's show. (July 18)



**Christopher Love**, Communicator and Stacey Grocholski, Executive Director, Lifesaving Society Manitoba on Community Champions. (July 20)



**Patti Smith** (L), President & CEO and **Monique Gauthier** (R), Community Engagement Coordinator, CancerCare Manitoba Foundation with host Adam Glynn. (July 26)



**Judy Collins**, a folk legend, performed at the Winnipeg Folk Festival.

Photo: Leslie Stewart

# The Good, the Bad and the Ugly or: Exactly how old are you?



I just turned 65 this year. That's right—I am officially a senior citizen. But does that mean I'm old? According to the government, I am. In Canada, when you turn 65, you receive your OAS (old age supplement). There is no other legitimate way to interpret that supplement—it's for people of an old age.

But really, in this age of '60 is the new 40,' how can we really gauge how old we are? When I turned 60, I got my CPP (Canada Pension Plan), and while the word 'pension' may hint at being old, some people get pensions when they're much younger and have left their current position with a company. But the OAS really spells it out for you—you're old so here's your supplement!

And where does 55-plus fit into this aging terminology? Often, if you're 55-plus, you're considered a senior. For instance, if you live in a 55-plus apartment building, it's occupied mostly by seniors—over and above 55 years of age. And yet, most 55-plus individuals do not go by the moniker of 'senior'—instead, they are called 'older adults'. To make matters worse, many stores and restaurants have deals for seniors, but

does that mean the specials are for people over 55, over 60 or over 65? No one knows (unless the menu or flyer happens to spell it out)!

I think today's generation is the one causing the problems. In my grandmother's day, if you were a senior, you were over 65. And you looked it! In those days, people on the verge of retirement didn't do Pilates or Yoga; they didn't go on daily walks or attend sports and entertainment events regularly (unless, of course, it was to treat the grandkids to an outing or play a riveting game of Kanasta)!

Even the way people over 65 dress and do their hair today is vastly different from just a generation ago. In those days, you would rarely see a person over 65 wearing a ponytail or letting their grey hair grow long. Which brings me to another dilemma. How are seniors/older adults expected to dress these days? I often find myself asking the question: Is this outfit too young for someone my age? Then I don the ripped jeans or lettered hoodie anyway, secretly challenging society's expectations.

Something else to consider is how we define middle age. In the past, when you turned 40, you were considered middle-aged. But most people today live comfortably into their 80s and 90s. You do the math!

Then there is the notion that age is just a state of mind. As many wise souls will remind you—you're only as old as you feel! That sounds terrific but try telling your knees or hips that growing older is all in your head. In Winnipeg, there's a waitlist of thousands for hip and knee replacements—and surprise, surprise, there aren't many under 65 on that list.

So where does that leave me? Am I an older adult, a senior citizen, a member of the 55-plus community or just plain old? That answer will depend on who you talk to. Fortunately, thanks to good genes, I don't look my age. Or so I'm told. But try telling that to my hips. You might get a different answer. ♦

~ Robbi Goltsman-Ferris, Editor

## The Moonlight Special... more than just a train ride

We will never know how many young, single passengers became couples on the *Moonlight Special*, a train that ran between Winnipeg and Winnipeg Beach at midnight on Saturday nights. Of the several trains that opened up lake life to city dwellers, the *Moonlight Special* holds a particularly warm spot in the hearts of many. For some, dashing up to Winnipeg Beach on a summer night, taking a stroll down the boardwalk, going to the dancehall, and feeling more at ease away from the city, led to romance and love.

The train was the vision of the president of Canadian Pacific, Sir William Whyte. He wanted to build a destination for city dwellers on the shores of Lake Winnipeg and, while on a boat ride in 1900, he found just the right spot in Winnipeg Beach.

By 1903 the railway was complete. When

city folk got off the train at the end of the line, they discovered a modern resort with carnival rides, hotels, a boardwalk, a pier, and—perhaps most importantly—a dance pavilion. It didn't take long for the original dance hall to be outgrown and for a brand new pavilion, with 14,000 square feet of dance floor, to open. Back then, it was the largest dance hall in Western Canada.

For 50 years, the *Moonlight Special* was more than just a train—it was an experience. When darkness came, many young lovers would take advantage of the trip between lake and city to make romantic overtures. At the time, they probably thought these glory days would last forever—but alas, they did not.

A changing economy, world war and better roads and cars spelled the end of the railway. And with it, the face of Winnipeg Beach changed. The rails were dug up, the old



roller coaster—one of the largest in Canada—was torn down, and the beloved dance pavilion closed its doors.

Even so, some evenings, it's nice to recall those *Moonlight Special* passengers who knew how to make the most out of warm summer nights by lovely Lake Winnipeg. ♦