



Riverview leaves indelible mark on patients

I have learned so much about Riverview Health Centre (RHC) in my first year with the Riverview Health Centre Foundation (RHCF).

I've learned about the breadth of services offered to residents, patients and clients including long-term care, palliative care, rehabilitation programs and community programming. I've learned that the staff are warm and welcoming and truly care for those staying at RHC.

Most poignant for me is learning about the impact that Riverview Health Centre has on families. I can't even count how many times, when speaking with a donor or member of the community, that someone tells me about their connection to Riverview and that "the staff are like part of our family". Whether someone is living at RHC for years, or are here for a shorter period of rehabilitation, staff are able to mark milestones with them and their families, leaving an indelible mark.

I recently met Kaitlyn, a 20-year-old who was in a very serious car accident at 17 years old and spent just over a month on the acquired brain injury rehabilitation unit at



Riverview residents playing a game.

RHC, relearning many skills she had previously taken for granted. As she was relaying her personal story, her gratitude was evident. She is now a university student pursuing a teaching degree... something she didn't think was possible right after her accident.

Riverview Health Centre has cared for Manitobans between the ages of 16 and 108.



Executive Director Bridgette Parker

We look forward to sharing more of the stories of lives impacted at Riverview over the next month on CJNU.

Riverview Health Centre Foundation is proud to play a part in these stories and you, as donors, can be too. Together, we're able

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

Riverview... continued from previous page.



to ensure that residents, patients, clients and staff at Riverview have what they need to make the most out of each day.

This could be: a reworking of a physical space to line up with best practices from around the

world—like the Alzheimer's Centre of Excellence, which was completed in 2019, thanks to the support of donors; something simple like a blanket warmer to provide comfort to a resident; the latest professional development for staff to learn from world leaders in dementia care; or the quality-of-life programming that puts smiles on residents faces each day, such as music therapy, active games and gardening.

Donors help to make all these things and more, possible for residents, patients and clients at RHC. Through a gift of any amount, you are touching the lives of grandmothers, aunts, cousins, fathers, sons, daughters, friends and each of their extended families. What an amazing gift!

Visit rhcf.mb.ca or call 204-478-6271 to learn more or make your donation today. ✦

~ Bridgette Parker, Executive Director

Shine a Light in support of Manitobans with cancer

Light is a symbol of life, hope, guidance and truth. You can pay tribute to someone you cherish, and light up the darkest month, with 1,000 white lights to inspire, encourage and uplift while raising funds to support CancerCare Manitoba. CancerCare's mission is to provide tomorrow's treatments today for all Manitobans affected by cancer.

"Shine a Light is a meaningful way for people to recognize someone they cherish in memory, honour today, or in gratitude of those providing care along the way," said Sherelle Kwan, Manager, Community Events at CancerCare Manitoba Foundation. "It's our hope that the light display will inspire and uplift those touched by cancer while raising funds for a brighter future."

To *Shine a Light*, make a \$100 donation. Each \$100 donation will represent one of the lights that will shine in CancerCare Manitoba's building on McDermot Avenue starting December 1. Send a card to let others know who you are honouring and join us for a special lighting ceremony on December 1, where you can view your loved one's light and name shining for all to see.

The Foundation is grateful to have *Shine a Light* presented by the Manness Family in loving memory of Linda Manness. "Light means life, hope and truth. Only light can drive out darkness," said Garth Manness, Linda's husband. "Cancer brings darkness into many families' lives. It did for us. The *Shine a Light* program provides a tangible opportunity to provide a tribute to those affected by cancer while at the same time committing to find solutions to the disease. To me 'investing in lights' is investing in hope while remembering those we love and honouring their lives."

Lights are available by visiting shinemb.ca or by calling CancerCare Manitoba Foundation at 204-787-4143. All funds raised by CancerCare Manitoba Foundation stay in Manitoba. ✦

A graphic for the "Shine a Light" campaign. It features a blue-tinted photograph of the CancerCare Manitoba building at night, with several windows illuminated with bright blue lights. The text "SHINE A LIGHT" is prominently displayed in large, bold, white letters with a blue outline. Below it, it says "PRESENTED BY The Manness Family in Memory of Linda Manness". In the top right corner, it says "Help light up the CancerCare Manitoba building this December." The CancerCare Manitoba logo and "Action Cancer Manitoba" are visible on the building's facade. At the bottom left, the CancerCare Manitoba Foundation logo is shown with the text "All funds raised stay in Manitoba." and the website "ShineMB.ca" and phone number "204-787-4143".

GIVING TUESDAY November 29, 2022

Be sure to tune in to CJNU on Tuesday, November 29, for our annual coverage of *Giving Tuesday*—a day where the non-profit and charitable sectors remind everyone of the importance of supporting the causes that mean the most to them, especially as the end of the year approaches.



MANITOBA AND NORTHWESTERN
ONTARIO COMMAND

CJNU Remembers Legions of Manitoba and Northwestern Ontario earn our recognition

For our audience, Remembrance Day has a special meaning. Many of us, as baby boomers, have a treasure trove of memories—stories our parents told us about their lives during the war. Many were in the service and many more were impacted on the home front, working in factories or support services.

The theme for the first part of November has always been CJNU Remembers. During this time, our regular programming adds some big band music reminiscent of the Second World War. We also regularly feature the Remembrance Day Ceremony that is presented at Riverview Health Centre. We have been located at Riverview in November for most of the past decade. The service they offer in the spaces adjacent to our remote studio provides a warm version of a traditional Remembrance Day Ceremony.

We have also had the good fortune to interview Canadian author Ted Barris on three different occasions. Ted is a Canadian author

who's written a number of books on topics from the Second World War. We spoke to Ted about his book, *The Dam Busters*, which tied in the crews on the Dam Buster aircraft and airmen from Western Canada, in particular. We also interviewed him about his book, *Rush to Danger*, which catalogs the work of medics during the second war.

This year, Ted has released his largest work to date, titled the *Battle of the Atlantic, Gauntlet to Victory*. In this gripping story, Ted tells of the Canadians that were in the merchant marine and the Royal Canadian Navy during the Second World War. As hard as it may be to believe now, the Royal Canadian Navy (RCN) at the end of World War Two II was the 4th largest in the world. The RCN and the merchant marine were a vital part of the supply chain to Great Britain throughout the war. The battle of the Atlantic, fought to a substantial degree by Canadians, was one of the significant events of the entire war alongside the Battle of Britain.

Ted will be speaking at the Commonwealth Air Training Museum in Brandon on November 12th. He will be here in Winnipeg on November the 13th at the ANAVETS legion on Portage Avenue. The legions of Manitoba and Northwestern Ontario have played a crucial role in the lives of veterans and deserve our thanks and recognition. My interview with Ted will run on November 11th at 12 noon. And, as always, CJNU will present a brief Remembrance Day Ceremony.

For many of us, CJNU Remembers is a significant event at a personal level. For my family, service during the Second World War was a point of pride. My parents, aunts and uncles all served in some way. Through our modest programming in November, we respect that service and those memories.

It is my pleasure to be able to participate in CJNU Remembers each year. ✦

~ **Grant Patterson**,
Chair, CJNU Programming Committee

CJNU Personality Corner

Personality Corner takes a look at volunteers who fill multiple roles in the community.

Scott Best

Scott Best, who has volunteered with CJNU since the station's beginning, started as a 17-year-old attending Kelvin High School. Sixteen years later, he's still on the air. Scott has served on the CJNU board and taken on a number of important leadership responsibilities. We may have known he was seventeen when he first began broadcasting, but listeners certainly didn't. Here was a mature-sounding broadcaster—physically blind—but seemingly able to see more of the world around him than many of us with 20/20 eyesight.

Thanks in large part to his Grandmother, Doreen Lowry, Scott has an amazing knowledge of popular music that stretches back to the standards, the American Songbook, and the swing and big band eras. Scott played a key role in helping CJNU through the long process of applying for a permanent license. He always seemed to know where to find the information we needed. He made contact with, and brought to our airwaves,

some distinguished syndicated broadcasters—notably Chuck Southcott. As well, one summer, while a student at Red River, Scott filled in as station manager when Bill Stewart was on vacation.

Scott is considerate and respectful—and a realist—a guy you want to be around. There are many anecdotes one could share about Scott. In the greatest broadcasting tradition, we could go on and on—lots of stories and great recollections. CJNU is fortunate that he continues to fly his CJNU helicopter to the music hot spots of the world to entertain his large and loyal *Scott's Sunday Best* audience. On October 4, 2022, Scott was honoured with the **Garry Robertson Builder's Award**.

In addition to volunteering with CJNU, Scott has been an active volunteer with CNIB (Canadian National Institute for the Blind) and a client of the organization since birth. He was a member of its National Youth Council from 2013 to 2019 and helped found its Manitoba Youth Council. Scott's been a member of the Manitoba board since 2016, and chair since 2019. In September, Scott



joined the national board of CNIB.

As well, Scott is a member of the Victoria Beach Accessibility Committee, which helped draft the municipality's accessibility plan. He also does some work for an Internet radio station called Mushroom FM, which is staffed entirely by blind and partially sighted broadcasters.

When not volunteering, Scott works full time for the provincial government in the communications department as a writer, and shares a fulfilling life with his wife, Rosalie. ✦

Book your next trip with CAA

The Travel Experts

Travel with CAA

CAA has been voted Canada's Most Trusted Brand, so it only makes sense to plan your next trip with our experienced travel consultants. We work with a variety of travel partners to provide you with an endless assortment of destinations and travel styles. Although you don't have to be a CAA Member to book your trip with us, CAA Members receive exclusive benefits, such as no booking fees, discounts on travel insurance and a variety of other perks.

Call of the Wild

If you enjoy the outdoor, pristine beauty of the northern wilderness—with the Northern Lights and the glaciers—then Alaska is the perfect place to plan your next trip. Find out more about Holland America Line (HAL) Alaska cruises on Wednesday, November 16th at noon as host Frank Stecky speaks with Tom Steer, who has been with HAL for over 15 years.

Tom will walk you through the Alaska experience onboard a HAL cruise ship that's been coursing those waters for 75

years. With more Alaska cruise port departures featuring Glacier Bay National Park than any other cruise line, and one or more glacier-viewing days guaranteed, you'll get closer to the magic of Alaska and everything it has to offer. Book your next cruise with HAL through the experienced team at CAA Travel.

CAA Extraordinary Explorations® Premier Collection Tours

Join Frank Stecky on CJNU 93.7 FM on Wednesday, November 23rd at noon for the CAA Premier Collection Travel Show. Learn about these small-group, luxury-guided tours that include, among other first-class features, flights on a private charter jet. Make plans to see New Orleans, Atlantic Canada or enjoy our Platinum cruise along the Rhine with memorable experiences in Amsterdam and Zurich pre- and post-cruise. Travel like never before with these immersive, one-of-a-kind tours only available from CAA. Visit caamanitoba.com/premier for more information.

Cruising the AmaWaterways of Europe, Asia and Africa

If you haven't yet experienced the joys of river cruising, plan to tune in for our show on Wednesday, November 30th to discover why a river cruise—especially one with AmaWaterways—delivers such a memorable experience. CJNU's Frank Stecky will chat with Neil Dudley, from AmaWaterways, about river-cruising benefits, including only having to pack and unpack once while you visit three, five or ten destinations; and enjoying amazing scenery you might miss driving or whizzing past on a train.

You can choose longer sailings, or back-to-back combinations, which can make the AmaWaterways river cruise ship your home away from home. And just like an AmaWaterways river cruise can remove the risk of getting lost, taking the wrong turn or getting on the wrong train—so will booking your trip with CAA Travel add peace of mind to your overall experience.



Insurance
Travel
Roadside
Rewards

Tune into CJNU 93.7 FM for upcoming travel shows with CAA & host Frank Stecky

Wednesday, November 16 at noon: featuring Holland America Line (HAL) Alaska cruises

Wednesday, November 23 at noon: highlighting the CAA Premier Collection Travel Show

Wednesday, November 30 at noon: presenting cruising the AmaWaterways of Europe, Asia & Africa

Live Jazz Back at the Berney!

As Covid swept North America in March 2020, the *Izzy Asper Jazz Performances* were presenting possibly the last live concerts on the continent. The Emmet Cohen Trio played their hearts out for Winnipeg audiences while their future performances and tours vanished like smoke. None of us knew what was next.

Over the past couple years, we've all become familiar with virtual events; we presented four of our own. These tenuous connections cut through the isolation and kept us going. But nothing can replace the experience of great live jazz—it's like an energy circuit between artists and listeners, and it leaves us all feeling recharged and ready for anything.

The *Izzy Asper Jazz Performances* team invites you to join us for our return to LIVE JAZZ at the Berney Theatre, one of the best jazz venues anywhere. We're so glad to be back! 💎



Asper Jazz is back!

Thank you!

As the wind whips the last of the leaves from the trees, it must be November in Winnipeg. Here at CJNU, I think it's fair to say we're still being 'blown away' by the whirlwind of support we received during our 9th Annual *Pledge Drive*!

At press time, over 500 donors helped us raise in excess of \$67,000—and we cannot thank each and every one of you enough for your support! Without the direct support of our listeners and members, we simply wouldn't be able to continue on the air.

We are so very close to our goal of \$70,000... and you might be the one who helps us get there—as it's not too late to donate!

If you make a contribution to CJNU before midnight on November 15th, it'll be counted toward the final *Pledge Drive* total for 2022, meaning you'll still be eligible to receive all of this year's *Pledge Drive* incentives!

\$60+

A \$10 gift card that can be used at Grant Park and Kildonan Place.

\$125+

The \$10 gift card, *plus* an invitation to join us at an exclusive event at FortWhyte Alive.

\$250+

The \$10 gift card, the CJNU event at FortWhyte, *plus* a pair of tickets to an upcoming



concert during the Winnipeg Symphony Orchestra's 75th anniversary season.

\$500+

All of the above, *plus* the opportunity to Play It Forward, and donate airtime on CJNU to the charity or non-profit organization of your choice.

\$93.70 Precisely

A unique gift to celebrate 100 years of radio in Manitoba—a strictly limited edition pressing of a 45 rpm single, and a CJNU USB Flash Drive—filled with the specially produced features commemorating the past century in our community which aired during this year's *Pledge Drive*.

And every *Pledge* of *any* amount received before midnight on November 15th will be entered into the Grand Prize Draw to win one of four packages valued at over \$400 apiece!

For those who have already made their pledges, please keep an eye on the mail in the coming days and weeks—and if your pledge was eligible for any of this year's incentives, you should be receiving them shortly!

This year's special \$93.70 gifts will be distributed a little later—hopefully in December—as we won't be having the 45 rpm single pressed until we know exactly how many we'll need. So, if you made a pledge of *CJNU Dollars*, we'll be contacting you directly as soon as we have them in hand.

Toward the end of November, and throughout December, CJNU celebrates *The Season of Giving... Back*. In next month's newsletter, we'll be doing as much 'giving back' as we can, by naming our *Pledge Drive* prize draw winners, acknowledging the amazing organizations that made contributions to this year's prize packages, and recognizing the incredible CJNU volunteers that stepped up and made prize contributions of their own.

Once again, on behalf of all of us here at CJNU, *thank you* for supporting our *Pledge Drive*—and good luck in our Grand Prize Draws! ♦

~ Adam Glynn, Station Manager

MANITOBA PHILANTHROPY AWARDS
TUESDAY NOVEMBER 15TH, 2022

CHANGE THE WORLD
WITH A GIVING HEART
National Philanthropy Day

A National Philanthropy Day celebration recognizing outstanding charitable work throughout the province.

FOR MORE INFO VISIT
mbphilanthropyawards.ca

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

CJNU 93.7 FM
is a proud partner of
AFP Manitoba and
pleased to shine a light
on the recipients of
this year's Manitoba
Philanthropy Awards.

FACES AND PLACES



Connie Newman of Manitoba Association of Seniors Communities on Community Champions (September 27)



Christie Dzikowicz and Amanda Miekle from Toba Centre for Children and Youth, CC (October 12)



Host Adam Glynn, Christine Chilton and Cary Hamel of The Nature Conservancy of Canada on Community Champions (October 4)



Johnny Mac, Vince Barletta, CEO of Harvest Manitoba and Doug Andrews kick off the 9th Annual Pledge Drive Weekend (October 21)



Lorne Kearns and Tom Dercola on the air during CJNU's 9th Annual Pledge Drive



Michael Johnson of the WSO on the air during CJNU's 9th Annual Pledge Drive

Popcorn, anyone?

I am sitting at a table in a small, crowded room at the Royal Albert Arms. It's about 2:30 am. I sneak a peek at the others. They all have similar expressions—eyes vacant, bodies hunched over, stifling a yawn as they wait to be called for their next big scene. Yes, my friends, that's moviemaking, if you are fortunate enough to be selected to play a background role in a film shot in Winnipeg—more importantly, when it's an overnight shoot!

Of course, when I arrived that evening, the scene looked quite different. The atmosphere was charged with excitement and a healthy buzz of conversation flowed among the diverse collection of people from every conceivable background and ethnicity. That sense of anticipation, however, was short-lived. You've heard the expression, "Hurry up and wait!"—that describes moviemaking to a tee. As I sat there, I thought back to the last scene I was in—how long had it been? Two hours? Three hours? Other times, you barely make it back to holding (the industry term for where they stick all the background people they're not using) before they're calling you to return to the set for another take.

The "set" on that particular day was the Winnipeg Free Press Café, which had been transformed into a Jewish deli. The walls were covered with phrases like, "Do you want a dill pickle with that?" and "Latkes served here!" The space had a deli counter, cashier, waitresses, people sitting at tables with supplied food you could actually eat, others lining up for the washroom... well, you get the picture. Just my luck—they sat me at a table with a cup of luke-warm black coffee in front of me, as I mimed talking and laughing with my tablemates. It's hard to be jolly in the middle of the night.

At one point in holding, one of the "cast" had a phone with a catchy playlist, and some of the women started a "dance party," swinging their hips and singing along to the music. Now I'm not comfortable dancing in the best of circumstances, so I politely bowed out. I looked at the extras in the room next to us. Most of them were asleep. They looked so comfortable with their heads resting comfortably on their jackets. I knew I picked the wrong room.

They generally feed you well during these gigs. Along with serving us breakfast, lunch and dinner, there are snacks, coffee and water to be had at any time, day or night. I've learned it's better to bring my own healthy snacks—or eat the apples they supply. Otherwise, the urge to "nosh" is too tempting.

Before you get selected for background, there are often questions to be answered. For this movie, titled *Hannukah on Rye*, they handpicked people who knew the melody and words to all the Hannukah blessings, like me. During the deli scene, we sang the blessings over and over because that's what you do in the movies, so the director can get all the camera angles he needs. I stopped trying to figure out what key the others were singing in, and just tried my best to stay in tune. (Fortunately, it wasn't a musical!)

The anxiety around preparing for a movie starts at home. You receive email instructions the day before outlining wardrobe requirements. No black, white or red—well, there goes 90 per cent of my wardrobe! You must bring three suitable outfits with you (Now I'm talking complete outfits including shoes and accessories!) and wear the one you think is most appropriate. If you're dressing for both indoor and outdoor shots, you're going to have to pack a pretty big suitcase. And let me tell you—there are times when you have to schlep your luggage fairly long distances. These are the times you remind yourself why you didn't quit Pilates!

Then, just when you think it's never going to end, someone says, "That's a wrap!" and you get to exhale. Now everyone's moving as fast as they can to get their forms signed so they can get paid and be free of this madness!

The pay is generally around \$200 (for non-union extras) for 10 to 12 hours of work. Is it worth it? I'm not telling. You have to experience it for yourself. Madlib Casting, Kari Casting and Extras Casting all use background people for movies shot in Winnipeg or nearby. Find them on Facebook. Maybe one day, you will be watching a movie and spot yourself in the background. That may be the biggest payoff of all! ✦

~ Robbi Goltsman-Ferris, Editor



Many veterans live with PTSD

Help available for veterans experiencing PTSD

On Remembrance Day, we honour our soldiers of the past and present for their service.

Those who remain with us may have faced PTSD. At times, they know they are experiencing the symptoms, which they think will pass with time. Or they fear receiving a diagnosis because then it becomes real. Others experience relief because they have now been properly diagnosed and can begin receiving treatment.

At the Winnipeg Military Family Resource Centre, we validate and legitimize

their experiences and provide referrals and support. Through our *Veteran Family Program* and Family Liaison Officer, we help veterans and their families navigate the challenges by raising awareness of its signs and symptoms, destigmatizing it, providing counselling and exploring resources for treatment options.

If you or anyone you know needs more information, contact our Family Liaison Officer Kim Smyrski at 204-833-2500 (ext. 4512 or 4478) or email Kim at kim.smyrski@winnipegmfrfc.ca. ✦