



CJNU Nostalgia Radio
Community Newsletter

JANUARY 2023



Manitoba winter explorer guide: 10 places to hike and skate

MANITOBA CANADA'S HEART IS CALLING

Strap on your snowshoes or ice skates and stay active this winter by venturing out onto some of the province's top winter hiking trails and skating rinks.

Whether you want to challenge yourself by skating the length of a river or you just want to embark on a beginner hiking trail with the family, there are options for every skill level. Bundle up and brave the great outdoors!

Trans Canada Trail

Winter is a great time to explore one or more sections of the world's longest network of multi-use recreational trails. One notable route found along Manitoba's portion of the trail is known as the Crow Wing Trail, which was originally built to link the Red River Settlement (Winnipeg) with the Crow Wing Settlement (St. Paul, Minnesota).

Another portion of the Trans Canada Trail to hike this winter is the Neepawa Langford Trail. The trail winds through the charming town of Neepawa and passes by landmarks such as the Stony Creek School No. 133 and the Canada 150 commemorative loop.



Kinosao Bridge at Riding Mountain National Park

Birds Hill Provincial Park: Cedar Bog Trail

Choosing a trail well protected from the wind on cold days helps eliminate that windchill factor! Dress in lots of layers, always come prepared with food and water.

Just a tip—have one person keep their

phone nice and warm inside layers. Cold phones tend to die and aren't helpful if an emergency arises.

Located in Birds Hill Provincial Park, Cedar Bog is an easy, 3.5-kilometre loop that is suitable for beginners. Keep your eyes and

...continued on the next page.

Manitoba winter... *continued from previous page.*



Exploring Hecla Island East Quarry

ears peeled for the sights and sounds of winter birds such as the black-capped chickadees and the ruffed grouse. Walk carefully and quietly and you just might also catch a glimpse of other critters like white-tailed deer and snowshoe hares.

Whiteshell Provincial Park: Pine Point Falls

There are several hikes to choose from when planning your trip to Pine Point Rapids. Families may favour the easier trail that goes directly to the rapids, while more avid hikers can opt for the second section that offers a more challenging and longer trek.

With either option, you'll be treated with beautiful winter scenery as the powerful, rushing water of the falls continues to flow through ice and snow.

Pinawa Dam Provincial Park

Head east from Winnipeg to explore a Manitoban ruin of days gone by. The Pinawa Dam was Manitoba's first hydroelectric generating station, powering Winnipeg homes and businesses from 1906 until it was closed in 1951.

A wintry day trip to the site includes a walk along the Old Pinawa self-guiding trail to learn about the history of the dam via interpretive signage and to take in breathtaking views of the structure and the rapids surrounding it.

Riding Mountain National Park: Brûlé Trail

If there's anywhere to soak in the beauty of the season, it's Riding Mountain National Park. Watch the snow sparkle on branches of the surrounding forest as you hike through the picturesque Brûlé Trail.

Continue along the trail until you reach a photogenic boardwalk, which leads to Lake Kinosao. With a total distance of 4.2 kilometres (round trip), the trail takes just under 1.5 hours for most hikers to complete.

Hecla/Grindstone Provincial Park: Lighthouse Trail

A visit to Hecla just wouldn't be complete without a hike or snowshoe to the iconic lighthouse. This short trail will lead you through a forested area until you emerge onto the lighthouse peninsula. Built in 1898, the heritage lighthouse was once vital to those navigating the narrows of Lake Winnipeg. Today, it is an integral piece of the region's history and a beloved photography subject for those who trek out onto its shores.

Portage La Prairie: Crescent Lake

When Crescent Lake freezes over, locals and visitors alike gather with skates in tow to enjoy the paths and rinks carved out on the ice. The oxbow lake curves around Island Park—a popular recreational area in all seasons.

Brandon: Skating Oval

Brandon keeps finding ways to ensure you get out and enjoy winter, and one of the best spots for doing that is at the skating oval located at the Parks Complex on McGregor Avenue. If you've been hibernating all winter long, a trip to this rink will change that mindset with the warmth of its fire pits and ambient music that the entire family can enjoy.

The rink is well lit and includes a Manitoba Hydro Waterfall of Lights display, which encourages skaters to stay out as late as 11 pm.

Winnipeg: The Nestaweya Skating Trail

The Nestaweya Skating Trail at The Forks is one of the longest and best-maintained skating trails in the world. Combining skating with art, the trail also features an amazing variety of warming huts—with new designs added each year.

If the river isn't quite frozen yet, another option is to skate along the Arctic Glacier Winter Park's beautifully illuminated trails that wind throughout the grounds of The Forks.

Winnipeg: Riley Family Duck Pond

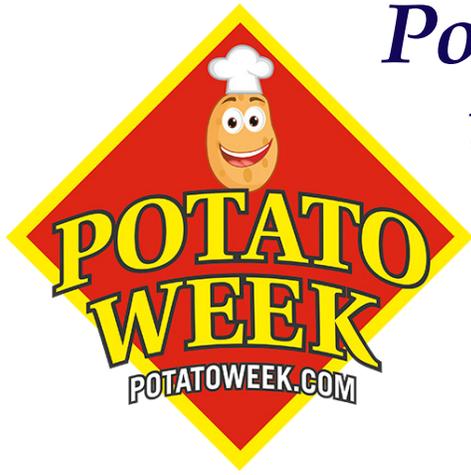
The Assiniboine Park is one of Winnipeg's top attractions year-round. In the wintertime, Riley Family Duck Pond is the perfect family skating spot. Skate against the backdrop of the Park Pavilion and be sure to stop into the Park Cafe to warm up with a cup of hot cocoa.

Find more winter experiences at travelmanitoba.com. ❄️

(Photos credits: Travel Manitoba)



Enjoying the walking trail at Pine Point Rapids



Potato Week celebrates the most versatile vegetable

Peak of the Market celebrates **Potato Week** from January 20 to 29. During this time, we'll be showcasing Manitoba potatoes and encouraging local citi-

zens to visit restaurants to try unique potato dishes. *Potato Week* recognizes the value of Manitoba potatoes, the growers who expertly produce them and the restaurants who creatively prepare them. There is no cost for restaurants to participate and they will be given 100 pounds of free potatoes as thanks for their involvement. Come January 20, diners will be able to try the dishes and vote for their favourite at potatoweek.com.

Peak of the Market is "proud to be an inclusive and diverse company driven by a dedicated group of growers and staff that markets many different varieties of fresh, quality vegetables across Canada and throughout

the United States," said CEO Pam Kolochuk. "We are excited to host **Potato Week** again this year and bring attention to the most versatile vegetable—the potato."

As well, Peak of the Market takes pride in announcing that growers have contributed over \$4 million to schools and daycares across western Canada since *Farm to School* (a healthy and profitable fundraising program) began 12 years ago. In 2022 alone, Peak of the Market donated over \$250,000 to these important community groups.



Healthy breathing starts at home

The winter is an ideal time to be thinking about the air quality in your homes. Everyone's health can be affected by poor indoor air quality, while people with asthma, allergies or lung disease can be significantly impacted. Poor air quality can also affect development in children and has been linked to lung disease later in life.

Radon is the second leading cause of lung cancer. The best time to test for radioactive radon gas are the winter months. Radon comes from the natural breakdown of uranium in soil, rock and water. Radon is an invisible, odourless, tasteless gas so the only way to know if your home has high levels, is to test for it. Find out more at www.mb.lung.ca.

Here is a checklist to follow to improve your indoor air quality:

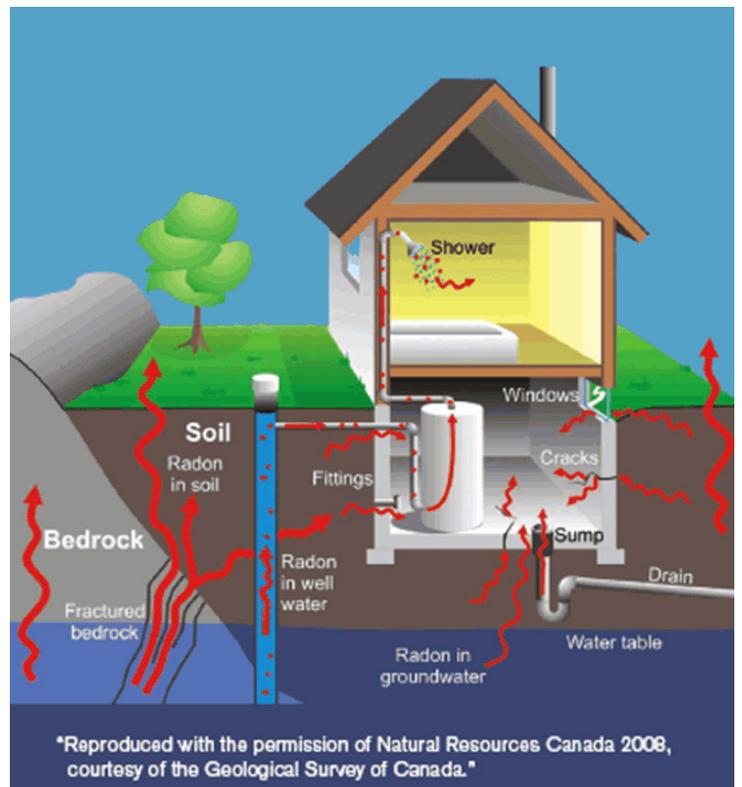
- ✓ Change or clean your furnace air filters according to the manufacturer's instructions.
- ✓ Test your carbon monoxide detector and change the batteries.
- ✓ Monitor your home for excessive moisture by looking for condensation on windows.

Check your humidity level with a hygrometer to make sure it is between 30 and 50 percent. If the humidity is below 30 percent, use a portable humidifier and make sure it is cleaned and emptied regularly, and stop using it if humidity levels go above 50 percent.

Vacuum regularly with an efficient vacuum cleaner. Operate kitchen fans and bathroom fans for 30 minutes after cooking or bathing.

For more information on indoor air quality, and a complete room-by-room healthy-living checklist for your home, visit www.lung.ca/your-healthy-home. ✨

~ **Adam Anderson**, Health programs analyst and government relations officer, The Lung Association, Manitoba



LIKE US ON FACEBOOK

January is Alzheimer's Awareness Month

Support Changes Everything

For people living with dementia, the Alzheimer Society is your first link to a network of support, knowledge and people ready to help.



Alzheimer Society
MANITOBA
Dementia Care & Brain Health

FIND SUPPORT

alzheimer.mb.ca

First Link Premier In

so they don't have to face this disease alone.

On our website at Alzheimer.mb.ca, you'll find easy access to a variety of resources, such as educational materials to learn about the disease, programs to join and find community, support groups to talk with those walking down a similar path as you, and more. With virtual options available for family education sessions and support groups, you can choose to join from the comfort of your own home.

You are not alone in this journey—take the first step and reach out today. We have caring and knowledgeable staff who are ready to listen and help you navigate this new season in your life.

Here are some ways to connect:

- ✓ Call us at 204-943-6622 or toll free 1-800-378-6699.
- ✓ Visit Alzheimer.mb.ca.

Follow the Alzheimer Society throughout January on Facebook, Instagram, Twitter and LinkedIn to hear stories of Manitobans impacted by dementia as well as up-to-date news on our programming. ✨

You are not alone—we are here to help. This January, during *Alzheimer's Awareness Month*, the Alzheimer Society is creating awareness about the many resources available to help support families as they face the challenges of living with dementia.

With more than 18,400 Manitobans living

with dementia today, a number expected to reach 39,100 by 2050, the society continues to enhance support for families impacted by dementia and meet their needs early in, and throughout, their journey. *Their First Link*® program connects people living with dementia and their care partners with community, support, knowledge and expertise

CJNU Personality Corner

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

Sheldon Mindell

Some might call Sheldon Mindell a risk-taker—and they'd be right.

After working in the school system as an educator for 30 years, the newest member of the CJNU board decided to make a career change at age 54. He answered an ad for Director of Development for the Jewish Foundation of Manitoba and the rest is history. Sheldon now refers to himself as a "professional fundraiser" and he loves it. He admits that the key to his success is that he genuinely likes people. "In order for donors to support what you are passionate about, they need to believe that you like them as a person." He sees it like this. "I'm not asking you for money—I'm simply helping you feel better about yourself."

After seven years with the Jewish Foundation, his passion for fundraising led him to the Riverview Health Centre. Sheldon is quick to praise Riverview for the variety

of health care needs the facility addresses. While it is a long-term care facility, the patient units vary. "In some units, it means the rest of your life, in some units weeks, and in others merely days," he said.

Sheldon has taken risks in other areas of his life as well. He was one of a group of investors in what is now Rumors Restaurant and Comedy Club in Tuxedo Park Shopping Centre. For the first few years, expenses exceeded revenue and, at one point, it was at risk of closing. But Sheldon was one of the few investors brave enough to weather the storm and it paid off. 2022 marked Rumors' 38th anniversary as a comedy club, and over the years, virtually everybody in comedy has played there. "Some of the exciting side benefits of the comedy business was hosting dinners for now famous personalities such as Brad Garrett and Jon Stewart," he said.

Now retired, Sheldon is far from idle. He is still involved with Rumors, and his wife, Tannis, is a former deputy minister for the



Manitoba government and a former Chair of the Board of Directors for Manitoba Liquor and Lotteries. Sheldon, who loves all kinds of music, said joining the CJNU board was the next logical step. The risk-taker asks himself: 'Is there another project on the horizon?' Knowing Sheldon, the answer is 'probably'. ✨

Kildonan Place features new state-of-the-art Cineplex CJNU hosting from KP in January



The new year is upon us and 2023 is looking exciting at Kildonan Place (KP)! We are proud to host CJNU's remote studio in January.

Change in the mall is constant, but Kildonan Place saw one of the biggest changes in its history last month with the opening of Cineplex Junxion.

A first-of-its-kind venue, Junxion spans 35,000 square feet and features six state-of-the-art auditoriums with all-recliner seating, including one UltraAVX auditorium and D-BOX seats. Cineplex Junxion also boasts a 4,100 square-foot gaming area with over 50 amusement games, a party room, and a live entertainment space. Guests can enjoy a variety of popular food options and indulge in a wide selection of beverages, including wines and premium beers.

The mall has also seen other new tenants open since CJNU's last stay. Tip Top Tailors has moved to a new location in the mall's east wing, and Bathala Scents & Wellness—a local small business featuring essential oils, diffusers and other unique items—has opened a cart in the mall near Shoppers Drug Mart.

More change is on the way—LensCrafters will be relocating to a new, state-of-the-art store in 2023 and other tenants, both temporary and long-term, will find a new home at KP in the coming months. Be sure to follow Kildonan Place on your favourite social media platform (Facebook, Instagram or Twitter) for all the latest news.

Kildonan Place has been serving the community since 1980, and continues to bring Winnipeggers together with a unique combination of retail, service, community events and entertainment. ✨



Tune in Wednesday January 18th for the first episode of the *Inside Pitch*—the Winnipeg Goldeyes' off-season show! Join voice of the Goldeyes Steve Schuster every second Wednesday at 7 pm for an hour of information and conversation about the Fish, and news and developments in independent and professional baseball!

Wonderful Winterpeg

Churchill Drive

PHOTO: Corinne M Danard

It's January in Winnipeg and the Sno-birds have already flown the coop for warmer temps in Mexico, Florida, the Caribbean or some other hot spot. Yes, they have their sandy beaches, pool-side cocktails and tanned cabana boys, but look a little deeper and you'll see what they're missing. A fun-filled winter in Winterpeg, a city coined for its extreme weather but often overlooked as a white wonderland where fun and adventure await.

These boots are made for walking...

For those who aren't averse to bundling up and braving the seasonal temps, walking is an invigorating, heart-smart sport that most of us can do. At the heart of the many picturesque walking trails in Winnipeg is the newly named *Nestaweya River Trail* (presented by the Winnipeg Foundation), one of Canada's longest winter trails, typically ranging from 7 to 10 kilometres on the Red and Assiniboine Rivers. Along the trail, you'll find a collection of warming huts with unique new designs from year to year. The Forks marks the river trail's official opening, which is usually in January, and it typically closes in March.

Other popular trails wind through Assiniboine, Kildonan and St. Vital parks, along with the lesser-known Henteleff Park, featuring 30 acres of walking trails (1964 St. Mary's Road); the *Bois des Esprits* urban forest, which spans 117 acres (650 Shorehill Drive); centrally located Whittier Park, home to the historic Fort Gibraltar; Kings Park in Winnipeg's south end, featuring a Chinese pagoda and off-leash dog area (198 Kings Drive); Lagimodiere-Gaboury Park, where you can explore Winnipeg's Francophone history (363 Notre Dame St.); Transcona Bioserve, a 2.3-kilometre looping trail (38 Whiteshell Ave.); and the *Niakva Trail*, where you'll have the chance to check out stops along the way like Papoose Park and the Royal Canadian Mint.

Many of these trails also accommodate skating, cross-country skiing and snowshoe-

ing. But before you begin your trek, be sure to check out trailsmanitoba.ca/trail-info/ for trail conditions.

Lace up those skates

Ice skating continues to be a popular winter activity, with many rinks across the city eager to accommodate skaters of all ages and skills. The *Nestaweya River Trail*, of course, offers miles of ice skating fun, and in *Arctic Glacier Park*, at The Forks, you'll encounter land trails across the rail bridge, the rink under the canopy and the CN Stage Rink. The scene is particularly magical at night when skating under a galaxy of lights strung from overhead trees. *The Riley Family Duck Pond* at

Assiniboine Park is also an ideal place for ice skating, with plenty of benches and picnic tables to rest at between laps.

In other parts of the city, the huge duck pond in St. Vital offers more experienced skaters the opportunity to skate fluid figure eights. In La Barriere Park, a large, volunteer-made skating trail surrounds the foot-bridge, and Kildonan Park offers a colourful, illuminated duck pond. Roblin Park Community Centre has a large outdoor skating loop that can be enjoyed by all, and Bunn's Creek Centennial Park, a hidden gem in North Kildonan, provides a spacious, well-lit rectangular rink for your skating pleasure.

Fort Whyte has all the 'white' stuff

There's no better place for an outdoor winter adventure than Fort Whyte, which is all about connecting people to nature. Activities at this natural playground include horse-drawn sleigh rides, igloo building, cross-country skiing, snowshoeing and ice fishing. The guided tours last about 45 minutes and participants are rewarded with hot chocolate, s'mores, and a roaring bonfire. And thrill-seekers will love tobogganing down the famous *Richardson Rrrun* (no, it's not a typo!) right onto the frozen lake.

Croki curl can be addictive...

As the name suggests, *Croki curl* combines the popular game of crokinole with the sport of curling. Swap the board for a sheet of ice and use curling rocks for shooting discs, and you've got *Croki curl*. The game debuted in 2017 and now has a home at The Forks. It has quickly become one of the top fun—and addictive—activities in Winnipeg!

The places I've mentioned above are just a drop in the ice bucket of what Winnipeg offers in terms of winter fun and adventure. So stop envying those sno-birds on their beaches, and give Winnipeg a chance to show you what winter is really about! ☀

~ Robbi Goltsman-Ferris, Editor



Kevin Ferris heads out on his walk through Osborne Village.

FACES AND PLACES



Evans Coffieman of the WSO performed on Host **Tom Dercola's** show. (November 28th)



Liz Wilson, President and CEO of Fort Whyte Alive, on the air with Host **Grant Patterson**. (November 29)



Vince Barletta, CEO of Harvest Manitoba, joined **Grant Patterson** for Community Champions at the Harvest studio. (December 6)



Barbara Best was CJNU's media representative at the RWB performance of *The Nutcracker*. (December 28)

Performing arts poised to celebrate

Any Winnipegger can tell you that the city's performing arts community, per capita, is second to none. Well, there must be something in the water this year, because a great many performing arts organizations are celebrating notable anniversaries in 2022/2023.

The *Winnipeg Philharmonic Choir* (WPC) is pleased to announce its centenary year (100 years and counting!) while the *Winnipeg Symphony Orchestra* (WSO) celebrates its 75th anniversary this season. The *Manitoba Opera* (MB Opera), *Prairie Theatre Exchange* (PTE) and the *Manitoba Chamber Orchestra* (MCO) are all marking their 50th anniversaries this year, and the *Royal Winnipeg Ballet* (RWB) is celebrating its 80th season in 2022/2023. The *Winnipeg Jazz Orchestra* (WJO), meanwhile, is delighted to observe its 25th anniversary this season.

To commemorate these anniversaries, the organizations will be presenting some special productions in their winter season, as depicted on the calendar. ✨

Date	Arts Group	Concert
January 21	WSO	Peer Gynt
January 25 to February 12	PTE	Pandora
February 1 to 19	PTE	Our Fathers, Sons, Lovers and Little Brothers
February 11	WJO	Swing Fundraiser
February 11 & 12	WSO	Breakin' Classical
February 25	MB Opera	50th Anniversary Concert
March 24 & 25	MCO	with guest Lizzy Hoyt
March 8 to 12	RWB	Swan Lake
March 9	WJO	Women's Day
March 15 to April 2	PTE	Space Girl
March 19	WJO	Ensemble
March 24 & 25	WSO	Harry Potter and the Order of the Phoenix™ in Concert
April 1	WPC	Anniversary Gala Concert



PHOTO: Winnipeg Symphony Orchestra

A warming tale for a cold December night

I arrived early at the Centennial Concert Hall (CCH) on December 8 to drop off two tickets to *Rocky Mountain High Christmas* for CJNU's contest winner, Dave, and then was escorted to the lower level of the CCH to meet Rick Worrall.

I first 'met' Rick in 2018 when he performed *An Evening With John Denver* with the Winnipeg Symphony Orchestra. That performance created in me a deep feeling of nostalgia and feeling for our planet. I was particularly moved by Rick's interpretation of Denver's composition *Calypso* and the on-stage video of Jacques Cousteau and his works on our oceans.

Fast forward through the dark days of the pandemic and no live stage performances. I was really excited when Rick contacted me from British Columbia in the spring of 2022. He was planning on bringing *A Rocky Mountain High Christmas* to Winnipeg. So, our planning began for an anniversary concert—50 years ago that John Denver penned *Rocky Mountain High* and 25 years since Denver perished in a plane crash.

Rick heads Geek SOS Productions, a music production company formed initially to promote *Rocky Mountain High — An Evening of John Denver* concert series. In addition to this role, Rick was the lead singer and host for the evening of memorable Denver

tunes—*Rocky Mountain High*, *Thank God, I'm A Country Boy*, *Sunshine on My Shoulders* and *Take Me Home Country Roads*.

Emmy and Grammy-award-winner Lee Holdridge conducted the WSO. He's best known for his arrangements of Denver's songs but has also arranged for Barbra Streisand, Neil Diamond and Diana Ross.

Along with Rick and his brother Steve, there were several special guest stars—soprano Lara Ciekiewicz, tenor Nolan Kehler and the Winnipeg Youth Choir. The Christmas music unfolded in the second half of the show with songs taken from John Denver's Christmas specials. One of the funniest songs was *The Twelve Days of Christmas* with all the guests and the members of Steve's band taking a chorus. The highlight was the interplay between Steve's understated lead and Delphine Litke's overstated chorus.

Closing out the evening was a heart-warming version of *Silent Night* by all the members on stage. I dropped by after the show to shake hands with Rick, and I said, 'You took me to a different place tonight'.

CJNU wishes to thank Rick, the Winnipeg Symphony Orchestra and Gerry McDougall of the Centennial Concert Hall for facilitating a special evening for CJNU personalities and our many contest winners. ✨

~ Charles Lumin



Home of the
Winnipeg
Goldeyes

Pledge Prize Draw winners

Gerry, Windsor Park
Marilyn, Tuxedo
Diane, St. Boniface
Barb, Windsor Park
Bonnie, Charleswood
Judith, North Kildonan
Louise, Westwood
Joan, River Park South
Judith, Assiniboia
James, Fort Garry
Mary, St. Vital
Tracy, Transcona
Robert, West Broadway
Cliff, Tuxedo
Romey, River Heights
John, East St. Paul
Gary, The Maples
Bruce, East Kildonan
Bill, St. James
Julie, North Kildonan
Pat, Fort Garry
Frances, North Kildonan