



# Nostalgia Notes

March 2023

CJNU Nostalgia Radio  
Community Newsletter

## \$15-million Capital Campaign to help child abuse victims

Child abuse is anything that intentionally endangers the development, security or survival of a child; the act of emotionally, sexually or physically harming a child. As a community, we all have a role to play in protecting children.

It is Toba Centre's mission to restore the health and wellbeing of those affected by child abuse through a coordinated, community response. We are creating an environment where the community can not only support children and youth impacted by abuse but also their families and the professionals who dedicate their lives to this critical work.

### History

Toba Centre is a child advocacy centre in Manitoba, focusing on the needs of children and youth who have experienced physical and/or sexual abuse or witnessed violence. Our model is child-focused and designed to foster best practices in child abuse investigations. We coordinate and collaborate with our partners (police, child and family services, victim services) to address the needs of children and their families at the time of the child's interview, providing a better and less traumatic response. In common with other child advocacy centres, Toba Centre shares the belief that the combined wisdom of professional knowledge and disciplines will result in a more complete understanding of the case.

Currently, Toba Centre's primary role is to support child abuse investigations by providing child-friendly spaces for victim and witness interviews. There are approximately 4,000 child abuse investigations in the province of Manitoba every year. With limited space, Toba Centre interviews fewer than 10 per cent of these child abuse victims.

### WE WILL – Capital Campaign

On April 19, 2022, Toba Centre for Children & Youth announced the launch of a \$15-million capital campaign to create a new, multi-disciplinary child advocacy centre in Manitoba. This move will ensure every victim of child abuse, and every child witness to violence, is heard, helped, and healed.

The We Will Capital Campaign will support Toba Centre's relocation, expansion, and evolution into a first-of-its-kind child advocacy centre at a city-owned facility at 710 Assiniboine Park Drive in Assiniboine Park. The campaign will enable Toba Centre to expand to 19,000 square feet, enabling integration and co-location of child-centered services.



**toba**  
Centre for  
Children & Youth

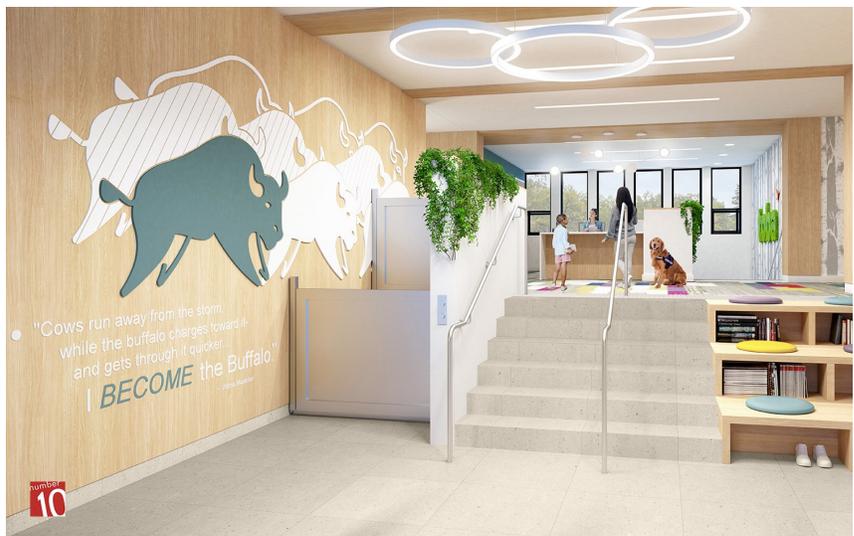
**SAFETY, JUSTICE & HEALING**

The new Toba Centre will adopt best practices and learn from other established child advocacy centres to create a made-in-Manitoba centre of excellence. Services, including police, medical, social work, and other supports will be provided on site. Each discipline will be a critical element in the multidisciplinary team that works together to serve children and families.

This coordinated response will reduce potential trauma to children and families and improve services, while preserving and respecting the rights, mandates and obligations of mandated agencies.



**For Children. For Families. For Manitoba.**



A rendering of the interior of the new Toba Centre. This will be made possible with your support.

# The Fish make a great catch!

The Winnipeg Goldeyes have hired Greg Tagert as their new Field Manager for the 2023 season. Tagert brings almost three decades of managerial experience to the team and, more significantly, a winning record.

Following the decision by Rick Forney to accept a managerial position closer to his home in Maryland, owner Sam Katz and General Manager Andrew Collier selected Tagert who was with the Arizona Complex League (San Francisco) Giants Orange. Tagert is a "baseball man" through and through. He was a Detroit Tigers scout and pitching coach at the University of New Mexico. He went on to manage in the Frontier League for nine years, amassing a record of 412-336. At one point, he held the Frontier League record for most managerial wins.

In 2005, he began a 16-year run as pilot of the Gary SouthShore RailCats. During that span, his teams were 835-744 and won championships in 2005, 2007 and 2013. In addition, he earned Manager of the Year accolades on three occasions.

Tagert comes with an optimistic philosophy. "We'll provide a club that is entertaining and plays the

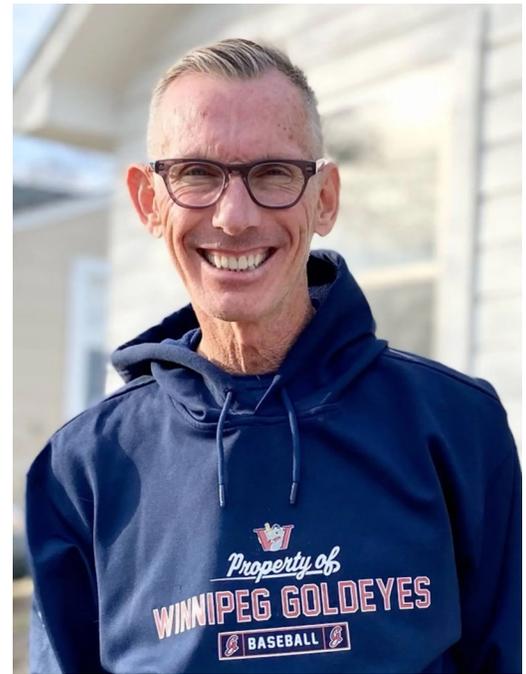
game, hopefully, in a manner that the fans love to come see. And my goal is always to have a ball club that spends every amount of effort they have on the field, in terms of the way they approach the game and play it, and so those things I don't think will change."

The veteran skipper has hired Tom Thornton as his pitching coach. Thornton joins the Goldeyes after having served in the same capacity with the RailCats for the past three seasons. Amos Ramon will return as hitting coach, a role he has held since 2021.

The 60-year-old Tagert and his wife Mary reside in Fort Worth, Texas and are the proud parents of four adult children.

The Goldeyes open the 2023 season on Thursday, May 11th on the road against the RailCats. The home opener is scheduled for Friday, May 19th versus the Lake Country DockHounds at Shaw Park.

For information on Goldeyes season tickets, group outings and 10-game mini packs, visit the team's official website at Goldeyes.com.



Greg Tagert, new field manager of the Winnipeg Goldeyes, is a "baseball man" through and through.

## It's easy being Green!

If you ever received a St. Patrick's Day card in March, chances are you're of Irish descent. After all, it's an Irish thing. But if you've ever worn green on the day itself, March 17, well, you could be anyone - lots of folks wear green on St. Paddy's Day! It's a special day that's far older than Canada itself and all can partake. Fun fact: St. Patrick and Attila the Hun were contemporaries (in the 400s). Who was a nicer guy? I'm going with St. Pat.

Moving from the dark ages to the 1960s, I remember St. Patrick's Day always falling on a school day. Hundreds of kids wore something green to school, and why not? It was easy - boys threw on a green shirt or sweater, or green socks. Girls had green stockings, green pins, green tunics. Irish culture was in the public eye. Thanks to the birth of Lucky Charms breakfast cereal, everyone knew what a leprechaun was, and thanks to the Irish Rovers saturating TV and radio, everyone knew a good Celtic tune when they heard it.

After school, various sweets were waiting for many of us lucky enough to have some Irish ancestry. At my Windsor Park home, I could count on cupcakes topped with green frosting or green Jello, and maybe even whipped cream and green sprinkles. Sometimes, I'd hear a story about my grandfather arriving in the Canadian west via New York City in the early 1900s.

When the 60s became the 70s, I drifted from green Jello to green beer, then even better - Harp beer, and the tradition goes on. I haven't sent or received any St. Patrick's Day cards since my mother died in 2009, but hopefully, there are many others who keep this fine tradition alive. (Hallmark is counting on it!)

St. Patrick's Day is open to all. Whether you believe he drove all the snakes out of Ireland or not, wear something green this March 17, eat a sweet that's green, buy a pint of Guinness and check out what's special on CJNU.

Kevin Ferris



## THANK YOU!

A big THANK YOU to our great community sponsors who made our Valentine's Day celebrations such a success:



# HANS KAI initiative at NorWest Co-op Community Health is looking for research participants

**H**ANS KAI is a peer-led health promotion program developed by NorWest Co-op Community Health. It is a self-sustaining, preventative health promotion program that empowers people to manage their health and wellness. It empowers community-led groups to influence their health through healthy eating, physical activity, social support and physical health.

Research begins with an eight-session health school led by various health professionals such as doctors, nurses and other experts. The sessions cover various topics; however, there is a focus on four specific health pillars.

## HANS KAI's Four Pillars of Health

**Diet:** A focus on healthy eating, food safety, meal planning and grocery shopping, including portion size and understanding labels, healthy recipes and cooking demos.

**Fitness:** Training on how to set goals, fitness plans (mobility and strength) and provision of information and training for cardiovascular health.

**Sleep & Stress:** Discussions about the impact of sleep

and stress on health, mental health, stress management, sleep plans, conflict resolution and positive communication.

**Social supports:** This topic includes conflict management, boundaries, consensus building & social connectedness.

## What is the research for?

NorWest has partnered with the University of Manitoba to conduct this exciting research study. This study is a clinical trial that will help us determine if HANS KAI is effective in improving participants' physical and mental health, and who benefits most from participating in the program. We are also investigating participants' experiences in the program by conducting some illuminating photography activities.

## What does the research consist of?

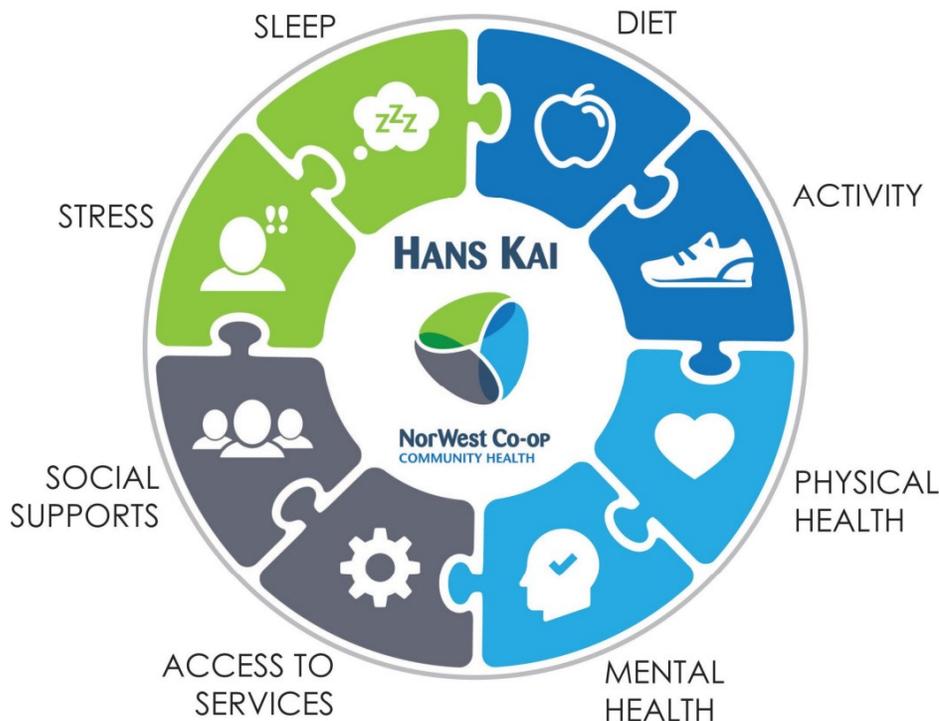
All HANS KAI research participants will take part in regular visits during which they will complete a physical assessment and some questionnaires about their mental health, sleep, health habits and more. These visits will be completed every six months for

about two years. Additional activities include wearing a Fitbit for a one-week period to measure daily steps and sleep. Participants will be able to keep the Fitbit when they complete the study. Some participants will also be interviewed and asked to take pictures.

## Am I eligible?

You are eligible if you are 18 years or older, reside in Winnipeg and are in relatively stable health. NorWest is hoping to represent a diverse cross-section of Winnipeg, including a variety of ages, ethnic backgrounds, gender, and fitness levels to form up to eight groups of 15 participants each. The use of a diverse sample will help organizers better understand how HANS KAI may positively influence health outcomes and whether it is more effective in certain groups (i.e.; newcomers). People with chronic health conditions are encouraged to join.

If you have questions, or are interested in joining the study, please contact Maggie Cameranesi at 431-335-4391 or e-mail [hanskai@umanitoba.ca](mailto:hanskai@umanitoba.ca).



## On Location!

CJNU's remote studio is at Kildonan Place Mall throughout March—come and visit us if you can!



## March is Fraud Prevention Month

Recognize. Reject. Report.



MoneySmart  
MANITOBA



DON'T FORGET TO  
**SPRING FORWARD**

Spring is just around the corner—Daylight Savings Time begins on Sunday March 12th 2023

Follow us on social media! You can find us @CJNU937 on Facebook, Twitter and Instagram

# The Sound of Musicals

If you love musical theatre as much as I do, the theatrical spring production schedule will not disappoint. Everywhere you look, musicals are on the menu.

The season starts with Winnipeg Studio Theatre's (WST's) production of *Fame the Musical (Reimagined)*, which runs at the Gas Station Arts Centre from March 31 to April 8. *Fame* takes place in New York's Theatre for the Performing Arts and follows aspiring singers, dancers and actors as they pursue their dreams despite the personal and professional obstacles that block their path. It is the first production under the WST's new leadership of artistic director Erin McGrath and promises to be a harmonious juggernaut.

Manitoba Theatre for Young People is treating audiences to *Urinetown: The Musical*, a satirical musical comedy about a town in the not-too-distant future that faces a horrible water shortage and a 20-year drought, resulting in a government ban on private toilets. It gets sillier from there while parodying a wide range of social attitudes and norms. It was nominated for 10 Tony Awards and is playing at the MTYP Mainstage Theatre from April 14 to April 16. We seriously urge you to go!

The Royal Manitoba Theatre Centre (RMTTC) and the Manitoba Bar Association have chosen *9 to 5 – The Musical* as this year's "Lawyers' Musical" (to be cast

entirely by attorneys). This fundraiser, which runs at RMTTC from May 9 to May 13, features the famous tune by Dolly Parton, who also wrote the other music and lyrics for this crowd-pleasing musical. Directed and choreographed by Jillian Willems, with musical direction by Phil Corrin, the show follows three female coworkers as they concoct a plan to get even with their sexist boss. Hilarious antics ensue, as Violet, Judy and Doralee live out their wildest fantasies.

Now in its 22nd season, Dry Cold Productions is pleased to present the Canadian premiere of the Broadway hit, *The Prom*, at the Gas Station Arts Centre from May 16 to May 21. In this modern musical, four eccentric Broadway stars get involved with a town that wants to keep their prom on the straight and narrow, until one of the students, Emma, decides to bring her girlfriend as her date. After the stars help shine a spotlight on the issue, the story undergoes some major twists and turns, but ends on a message of hope and acceptance Dry Cold is confi-

dent will be embraced by Winnipeg audiences.

WST (Winnipeg Studio Theatre) Studioworks Musical Theatre Academy presents *The SpongeBob Musical*, featuring a cast of 25 emerging artists. Directed and choreographed by Brenda Gorlick, the musical is a family-friendly adaptation of the Nickelodeon hit series, *SpongeBob*. It runs May 17 to May 20 at University of Winnipeg's Asper Theatre.

As the frigid temps begin to wane, Winnipeg stages will be turning up the heat with musicals old and new. I can almost hear the orchestra warming up!

*Robbi Goltsman-Ferris, Editor*



# Faces and Places...



Left: Kyla Walton, Executive Director of Prairie Strides (formerly Manitoba Riding for the Disabled) who joined Tom Dercola on January 30th

Centre: Aisling from the Reh-Fit Centre who joined Tom Dercola on February 13th

Right: Erica Wood, Senior Living Director of Bergen Gardens, who joined Tom Dercola on February 27th



Left: Michelle Kirkbride and Dano Tsouras of Norwest Community Co-op, with Frank Stecky, on February 1st

Right: Dr. Margherita (Maggie) Cameranesi, Clinical Psychologist at the University of Manitoba—and leader of the HANS KAI research program—with Frank Stecky on February 21st



Membership Has its Perks! If you're not already a CJNU member, join our co-op today for just \$25 a year at [CJNU.ca](http://CJNU.ca)—and bring a friend!

## Personality Corner—Frances Biela

Hello, CJNU members and volunteers. My name is Frances (I'm also known as Franny).

I am always happy to get your song requests on the phone on Monday afternoons.

I have been a volunteer at CJNU since September of 2022. A friend suggested I might have fun, and that I have a pretty good memory for song titles, lyrics and artists (especially from the 60s, 70s and 80s). For me, radio (first a transistor in my room, and then of course, in the car) was a background to whatever was going on in life.

Like millions of others, I fell hard for the Beatles when I was 10, and watched their famous appearance on the Ed Sullivan Show. My bucket list is short...a trip to Liverpool!

I worked for nearly 40 years in daycare centres and have a certificate to teach English as a second language. (I volunteer with the Immigrant Centre of Manitoba facilitating conversation circles).

I am most proud of my son, my brothers, my long-time friends from Brandon, and the wonderful memory of my husband.

Thanks to all of you for reading, and thanks to the people at CJNU who are making me feel so welcome!



## Personality Corner—Dan Mitchell

Hi there. My name is James Daniel Mitchell, but you can call me Dan. I've lived in Winnipeg for 34 of my 35 years. I'm a bit of a jack-of-all-trades. An actor. A writer. A Royal MTC sales, front of house, and marketing representative. And now, an Administrative Assistant for the best dang radio station in Winnipeg. As someone who spent much of my life in the company of my grandmother, and raised by my parents to love the movies and music that came before me. I've spent most of my time listening to the hits and forgotten greats from the 1920s to the 1980s. And beyond. When I first heard CJNU I was hooked.

I've been a performer all my life. I was a Drama Major in high school and performed in the Master Playwright Festival during Albee-fest and O'Neill-fest. After I graduated, work was necessary, and my love for the great movies and music was expressed in writing online recommendations for others. Composer of the Week has since been put on indefinite hiatus, but Cinema Sessions is going strong...if on an irregular schedule.

In 2021, I started at Herzing College in Broadcasting and Copywriting. I had high hopes, but I never expected it would be the thing that landed me a job with my favourite station. My time with CJNU has been outstanding and I look forward to every day I spend with the wonderful staff, volunteers, and listeners of 93.7 fm. I'm so grateful to the welcome I've received and am excited for years of providing the best radio programming in Winnipeg.

