

# Nostalgia Notes



**93.7**  
**CJNU**

IN TUNE WITH OUR COMMUNITY NEWSLETTER  
MARCH 2024



*HMS produces this highly acclaimed magazine three times a year.*

## MHS enhances our future by preserving our past

The Manitoba Historical Society (MHS), founded in 1879, is the oldest organization in Western Canada, and the second-oldest in all of Canada, dedicated to preserving our past for future generations.

The MHS holds fast to the mandate of our founders, continuing their legacy of preservation, promotion, research and education. Our award programs recognize

the works of Manitoba youth, and the many farms, businesses and organizations that have operated continuously for 100 years or more.

We are advocates for preserving our province's built heritage. We present field trips throughout our province, host films and lectures, and organize multicultural events where Manitobans can share their rich past.

Over time, the MHS has amassed impressive collections of books and artefacts, which have become the basis of today's Archives of Manitoba, Winnipeg Public Library and Manitoba Museum.

The Manitoba Historical Society produces the highly acclaimed *Prairie History* magazine three times a year. In it, people discover the rich tapestry of Manitoba's past – its fascinating stories, untold secrets and hidden gems.

Through captivating videos, our acclaimed magazine, enlightening field trips and an array of invaluable resources, we offer a journey through time like no other.

For those interested in financially supporting the MHS, and to continue our mission – keeping Manitoba and *Prairie* history alive – donations may be made online at [www.mhs.ca](http://www.mhs.ca) or by mailing a cheque to the Manitoba Historical Society, 710A One Lombard Place, Winnipeg, Manitoba R3B 0X3. Your charitable donation today will help present and future generations understand our history.

Call us today at 204-947-0559 or visit our website at [MHS.ca](http://MHS.ca) and start your adventure with the Manitoba Historical Society.



*MHS members outside Fort Gibraltar for the "Spring into History Dinner" on May 27, 2023, where they tried their hand at hatchet throwing and voyageur games.*

## How many Easter eggs can you find?

**Guess the correct number and win a prize!**

With Easter coming up at the end of this month, CJNU's Nostalgia Notes has decided to hold our "First Ever" Easter Egg Hunt! Are you egg-cited yet?

### Here's how it works:

Hidden throughout the pages of this newsletter are a set amount of Easter eggs. They could be hidden in the design, text, photos, or just be in plain sight! It's up to you to find all the eggs, count them, and email your total, using the subject line "Easter Egg Hunt" to [info@cjnu.ca](mailto:info@cjnu.ca).

If you come up with the correct number, you will be entered into a draw to win:

- A pair of tickets to see the WSO's Oscar-Winning Soundtracks concert, April 7, 2024 at 2 pm

We will announce the lucky winner in the April issue of Nostalgia Notes.

*So, hop to it! And... good luck!*

# Ready to Hop on the Retirement Bus with Me?



If you're ready, there are three things you need to know to protect your retirement nest egg.

How many of us remember the Freedom 55 commercials from the mid-eighties? Successful, relaxed and carefree people vacationing on snow white beaches, golfing or spending time with friends and family, all living the dream of financial freedom. At the time, it seemed idyllic, but a long way off. Fast forward 25 years and guess what? I am on the doorstep of Freedom 55 (and a half).

While I have spent most of my career educating Manitobans on money matters, I can now attest to the fact that when you prepare to retire, there are many money matters that need to be considered.

What I've also learned over the years, working for the Manitoba Financial Services Agency, is that one of the biggest threats to our financial security in retirement comes in the form of frauds and scams. I've heard more stories than you might imagine from people from all walks of life who have lost money. Whether it was a few hundred dollars, or a few thousand, these people worked hard to accumulate their savings, only to lose them to nefarious individuals. These conversations are always heartbreaking.

As I prepare to move into retirement, here is my list of three key financial topics I would like you to know about and understand, as you move forward in your retirement:

- 1. Financial abuse** – is the illegal or inappropriate use of a person's money or property. The abuse can be carried out by someone you know or by a stranger. Examples include theft of money or credit/banking cards, someone pressuring you to give them money, or the use of your money for things you do not want or need.
- 2. Financial Frauds and Scams** – happen when someone takes money or other assets from you through deception or criminal activity. Become familiar with the red flags of fraud, such as promises of a high return with low risk, pressure to make a quick decision, or dealing with an unregistered individual or firm.
- 3. Information Accessibility** – In the event of an emergency, death or incapacity, it becomes more critical than ever to have key financial information available to those who may need it. This could be a trusted family member, a friend or your power of attorney. It is, however, especially important to protect this information. Make sure you keep it in a safe place and out of the hands of unscrupulous individuals.

Now that you have some extra time, log on to [MoneySmartManitoba.ca](http://MoneySmartManitoba.ca) where you can download free resources on these and other financial topics. Learning all you can about financial matters will allow you to enjoy retirement in a purposeful, carefree manner that will bring you immense joy. This is what I intend to do!

Ainsley Cunningham  
Manager, Education and Communications  
Manitoba Financial Services Agency



## Report investment fraud:

If you think you may be the victim of investment fraud, please contact the Manitoba Financial Services Agency at 1-855-FRAUD-MB (1-855-372-8362).





Winnipeg  
Philharmonic  
Choir



# ECCE COR MEUM

(Behold My Heart):  
The Music of  
Sir Paul McCartney

17 March 2024, 3 pm  
Cathédrale de Saint-Boniface



## The Phil and the WSO present the Manitoba premiere of Sir Paul McCartney's "Ecce Cor Meum" (Behold My Heart)

Sir Paul McCartney's choral oratorio *Ecce Cor Meum* (*Behold My Heart*) will receive its Manitoba premiere, performed by the Winnipeg Philharmonic Choir (The Phil) and the Winnipeg Symphony Orchestra (WSO), on Sunday March 17, 2024, at 3 pm at Cathédrale de Saint-Boniface on Tache Avenue. Tickets are \$20 to \$40 and available at <https://www.thephil.ca/concerts> or by calling 204-896-7445.

A selection of Beatles tunes, scored for choir, will round out this program.

*Ecce Cor Meum* (*Behold My Heart*) is the fourth classical album by Paul McCartney. The album was released on September 25, 2006. An oratorio in four movements, it's scored for soprano solo, treble and adult choirs and orchestra. The Phil and the WSO will be joined by soprano soloist **Andrea Lett** and **Cantemus** of Pembina Trails Voices. Each of its four movements begins with unaccompanied voices, and the text combines English and, to a lesser degree, Latin.

The album's origins lay in a commission from Magdalen College, Oxford: Paul was asked to compose a piece for the opening of a new concert hall at the college. Following his wife Linda's death in 1998, however, the performance was delayed and eventually premiered in 2001. *Ecce Cor Meum*'s 2001 performance brought to light several areas which needed further refinement.

A studio recording was created in 2006. The work received its world premiere performance at London's Royal Albert Hall on November 3, 2006. Its American première was November 14 of that same year at a sold-out Carnegie Hall in New York City. The Canadian première took place on October 27, 2007, at Metropolitan United Church in London, Ontario.

For more information, visit [www.thephil.ca](http://www.thephil.ca).



**Tune in for  
Wellness Wednesdays**  
every week at 2:07pm  
or listen online any time at  
[CJNU.ca/AgingWell](http://CJNU.ca/AgingWell)



## Nordic Walking with Active Aging in Manitoba!

Walking is the activity of a lifetime! It is one of the most popular forms of physical activity, has a wide range of benefits and is easy and accessible for most people.

Do you want to add a bit more zip and intensity to your regular walking routine? Nordic walking may be just what you are looking for.

Nordic walking is a blend of traditional walking and cross-country skiing without the snow or the skis. It is a low-impact activity that uses a specific technique and specially designed poles to work the entire body. It's an all-season activity and an excellent opportunity to be active outside, which is very beneficial to our mental health and well-being.

Research shows that Nordic walking offers further benefits than regular walking. Walking with specialized Nordic poles:

- engages the upper & lower body, while traditional walking mainly uses the lower body
- feels like less of an effort even though the body works harder - you won't notice a big difference in the intensity despite your body working harder
- increases energy expenditure (up to a 20% - 46% increase)
- improves shoulder mobility, strength, and endurance
- strengthens walking gait and improves coordination
- improves posture by engaging upper body and core muscles
- improves balance and stability - think of two extra legs
- protects joints by taking pressure off the lower back, hips, knees, and ankles
- reduces stress and tension in shoulders
- improves cardiovascular fitness level

### Equipment

If you are thinking of purchasing Nordic poles, look for ones with angled rubber feet/boots and handles that are designed specifically for each hand. The rubber feet/boots provide traction on asphalt and concrete. The boots can be removed to expose a carbide tip that will increase stability on wet or uneven surfaces, such as gravel, grass, sand, and snow.

### Walking Technique

The feet/boots on the Nordic Poles increase traction and help reduce vibration. Before you start walking, the poles should be adjusted so that the elbows are bent at 90 degrees when holding the poles with the tips on the ground. When you start walking, the Nordic Poles are held behind you like an extension of your arm, and are used to propel you forward.

It's important to use poles that are specially designed for Nordic Walking to maximize the workout by engaging the muscles and increasing the intensity. (Poles designed for hiking are different as they minimize energy, create stability and balance on rocky or hilly terrains. They are also used at the sides or in front of body and held in a vertical position.)



To learn more about the techniques and benefits of Nordic Pole Walking, or to watch an instructional video, visit our website at [www.activeagingmb.ca](http://www.activeagingmb.ca).

Or call us at 204-632-3947.





# Personality Corner - Al Klymochko

My career began at Palmer Jarvis Advertising (PJ), a new agency at the time, that hired me even before I graduated from Advertising Art at Red River College. At PJ, I was fortunate to work with, and learn from, an amazing group of people (too many to mention without worrying about forgetting someone) on major accounts like McDonald's, CKY Timber, General Motors, and so many more.

We worked hard and had a lot of fun along the way. After 10 years at PJ, I received an opportunity to help a client grow his local marketing/design studio, "The Factory". That relationship lasted 17 years and, again, I had a great run. But the need to run my own shop pushed me to leave, so I started Stare Design Inc. and have not looked back.

My work life journey has provided me with a lot of unique experiences, from working on a variety of TV commercials, including one for the Children's Hospital with Teemu Selänne during his rookie year with the Jets; to creating the City-Wide Running Water Heater superboard (I don't want to say how long that guy's been up there running, but he's still running strong, even today, and that's a long time!). I was also involved in developing "Bennie", the Winnipeg Jets mascot and producing custom awards for Investors Group (originally sculpted in Los Angeles, then cast in Sacramento).

I'm so grateful for the working relationships I've made through the years and am amazed at how things go full circle in life. Many people I once worked with, or for, are now clients of mine. Julie Eccles introduced me to Rainbow Stage and CJNU Radio. Walter Kulyk, my first boss, introduced me to The Shevchenko Foundation. Some sage advice I try to follow is to "never burn a bridge" because you never know where it will lead. That's proven to be true based on the people who've reached out to me later in my career.



Radio has always been a passion of mine, so working with Julie, Adam, Chris and Robbi, and being part of the CJNU team, seems to be one of those full-circle things I talked about. Radio, especially 'CJNU - Nostalgia Radio', is unique because it brings up memories through the music. Developing the CJNU bus bench campaign this summer - Promoting the Classics - was great fun! As well, with CJNU broadcasting the Goldeyes' games, it allows me to be part of sports again in some way, shape or form.

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**We Continue With Our Feature Highlighting The Top 10 Reasons To Support CJNU.**



## NO.8 VOLUNTEER POWERED!

CJNU has the equivalent of four-and-a-half paid staff - with four folks who work full-time, and one part-time. But we are truly a volunteer-powered organization - with a tireless team of over 120 volunteers involved in every aspect of our operation. For every 1 hour of paid staff time, volunteers donate over two hours of their time. At a conservative estimate, that volunteer time is worth in excess of the entirety of our operating budget in an average year. So, whether it's our Board of Directors, our committees and working groups, our on-air announcers and operators, our front-line volunteers, our technical support, or our administrative support team... if something happens at CJNU, a volunteer has helped make it happen!

# Easter egg hunts hold bittersweet memories

Seeing it's March, my thoughts naturally drift to Easter and I find myself reflecting on how different my kids' childhood memories are from my own.

Growing up in a Jewish household, Easter held no real meaning for me. Although the store shelves were stocked with colourful, weaved baskets and every kind of chocolate egg and bunny imaginable, and the seasonal greeting cards screamed Happy Easter from halfway down the aisle, I was immune to the holiday's prevailing power. After all, I was not the target audience – people who celebrated Easter were.

At 30 years old, I married outside the faith and had two children who my husband and I raised much differently than my parents raised me. Tradition trumped religion in our little family, so getting together with relatives on both sides for all the holidays was a priority. My children have some memories that are similar to mine – like asking “the four questions” at the Passover seder – but their memories also include decorating the Christmas tree and hunting for Easter eggs.

The annual Easter egg hunt also became a new adult memory for me – and a sweet one, at that (pardon the pun). I still remember Kevin and I trying to convince the

kids to go to bed at a decent hour the night before Easter morning, so they'd be wide awake for the hunt. But it rarely worked out that way, and it was usually close to midnight when we found ourselves frantically looking for the best places to hide our collection of egg-shaped goodies (places where they'd never think to look).

Of course, the sun had barely risen the next morning when the kids invaded our bedroom with their plaintive pleas to start the hunt they'd been dreaming about all night. In a fog, we stumbled down the stairs in our pyjamas and listened to the coffeemaker gurgle while the kids tore the house apart looking for the eggs.

Of course, the next best part, for my son and daughter, was eating the chocolate delicacies. The next best part, for Kevin and me, was drinking the coffee!

We still look forward to inhaling the java every morning, but Easter egg hunts... they are now just one of the wonderful memories of young parenthood.

Robbi Goltsman-Ferris  
Editor



**CJNU presents *The Inside Pitch* – the Winnipeg Goldeyes' off-season show- Wednesday, March 6 and Wednesday, March 20 from 7 to 8 pm.**

Join the 'new' radio voice of the Goldeyes, Trevor Curl, for an hour of information and conversation about the Fish, and news and developments in Independent and Professional Baseball!







## March Remote – Royal Aviation Museum

CJNU's remote studio will be located at the beautiful Royal Aviation Museum of Western Canada, right by the airport, throughout the month of March - as we broadcast on behalf of the Manitoba Historical Society. There's so much rich aviation history in our province, so it's a perfect match for the month. We'd love to see you at the museum - so come and say hello if you can!

**Daylight Savings Time is Sunday, March 10, 2024.**

**Don't forget to Spring Ahead  
– set your clocks 1 hour forward!**

# Potato Week celebrates local fare



From local fields to local restaurants, Potato Week celebrates hardworking growers and the versatility of this beloved vegetable. From March 1 to 10, restaurants throughout Manitoba will transform themselves into potato palaces, crafting mouth-watering dishes that showcase their culinary creativity.

Picture yourself heading to your favourite local restaurants and exploring a variety of yummy creations, from classic comfort foods to avant-garde culinary delights, all centred around the beloved potato.

But the fun doesn't stop at just tasting. During Potato Week, YOU become the judge! Sample the delectable offerings from participating eateries and cast your vote for the dish that captures your heart and palate. Your choice could determine the coveted title of Potato Week 2024 Champion!

Beyond the gastronomic delights, Potato Week is a celebration of local growers and restaurants. By partaking in this event, you're not just treating yourself to delicious meals – you're also supporting the hardworking individuals who cultivate the very potatoes that inspire these culinary marvels.



So, spread the word and invite your friends, family, and fellow foodies to join in the spud-tacular celebration! Let's come together as a community to revel in the joy of good food and shared experiences.

Mark your calendars, clear your schedules and get ready to embark on a potato-filled adventure from March 1 to 10. Whether you're a potato aficionado or simply looking to indulge in some culinary delights, Potato Week 2024 promises to be an unforgettable experience for all. Learn more at [www.potatoweek.com](http://www.potatoweek.com).

## IT COULD BE YOU!

CJNU loves to run contests that give you, our listeners, the opportunity to win a variety of prizes.

### Here are our lucky winners from February's contests.

*Keep listening for your chance to win!*

- **CJNU's Valentine's Day Contest**

Marcy in East Elmwood won a one-night stay for 2 at the Hampton Inn Airport and dinner for 2 at Preservation Hall Restaurant.

- **Bill Nye Tickets**

Bev in East Kildonan, Virginia in Seven Oaks, and Lorraine in Southdale.

- **Women in Jazz tickets**

Karl in Lord Roberts

- **Remote studio prize draws**

Lloyd in Transcona, Janet in Oakbank and Diane in Charleswood.

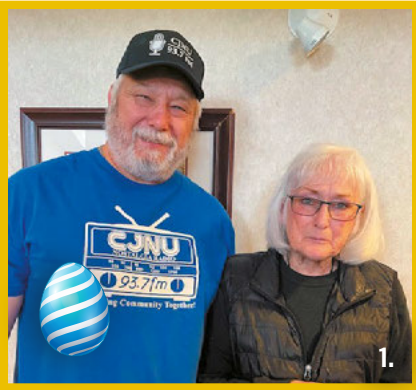
- **PTE tickets**

Richard in Tuxedo

***Next month, it could be you!***



# Faces & Places



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1. CJNU's Wed. & Fri. morning host and production assistant Doug Andrews (left) with Judy Smith, Executive Director of Before the Bridge K9 Pet Rescue. 2. Fergus looking dapper in a blue bandana. 3. Little Miss Jellybean, one of the beautiful little dogs up for adoption from Before the Bridge K9 Pet Rescue. 4. Elena Tupyseva, Executive Director of the RWB, was Tom Dercola's guest on Feb. 5. (photo courtesy of Brady Corps) 5. Susan Hamilton (left) interviewing Amanda Younk, supervisor of "Her Heart Her Way" program at the Reh-Fit Centre. 6. Evan Van Dale, Reh-Fit Centre's head of 'Exercise is Medicine' program. 7. Joshua Stolar, Reh-Fit Centre's Membership Services Supervisor. 8. (from L) Dr. Inna Rabinovich-Nikitin, Principal Investigator, Women's Heart Health and Cardiometabolic Function, Institute of Cardiovascular Sciences; Jackie Ratz, Former cardiac patient, St Boniface Hospital; Karen Fowler, President & CEO, St Boniface Hospital Foundation; at Kildonan Place on Jan. 30. 9. The folks at the Portsmouth Chili Cook-Off who made the day an incredible success! 10. Christina Dolinski, Acting Executive Director of Prairies Strides, was Tom Dercola's guest on January 29. 11. Jason Friesen, Reh-Fit Centre's Donor Relations and Community Engagement Officer. 12. Sue Boreskie, CEO of Reh-Fit Centre, host sponsor for February. 13. Thomas Morgan-Jones, Artistic Director of Prairie Theatre Exchange, was Tom Dercola's guest on February 12.

**Tune in to CJNU all month long to hear and learn more about the unique Hans Kai Program at NorWest Community Health, and how it may be of benefit to you!**



*Happy St. Patrick's Day!*



***At CJNU, your opinion counts!***



**93.7  
CJNU**

***Your Comment  
Could Win A Prize!***

At CJNU, radio isn't just a one-way conversation. We want to hear from YOU!

***Do you have any questions, comments or suggestions  
you'd like to share with us - good, bad or otherwise?***

Simply email your questions or observations to [info@cjnu.ca](mailto:info@cjnu.ca) with the subject line **"Feedback"**. We'll do our best to answer your questions. And... if your comment is published, ***you'll win a prize!***