

Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER

APRIL 2024 *The Promise of Spring*



Say
"YES"

and take the Challenge
June 1 to support
Manitobans with cancer

Challenge for Life
CancerCare Manitoba
FOUNDATION

Hearing the words "you have cancer" is the moment everything changes. For the 19 Manitobans each day who hear those words, it is crucial to know there is support. You can provide patients and their families with hope by taking part in the Challenge for Life. Your efforts will assist those on a cancer journey by raising critical funds. As well, you'll protect your tomorrows by reducing your own cancer risk through living a healthy lifestyle. The money you raise will support early detection, local research, clinical trials, world-class treatment and patient care right here in Manitoba.



(In front) CancerCare Manitoba Oncology Nurse Jodi Hyman is a participant in Challenge for Life.

Challenge for Life returns June 1 to Assiniboine Park, where you can choose either a 20k or 5k walk, or you can Work It by participating in 200 minutes of exercise. You may also register to do your walk or workout virtually (from anywhere) between May 25 and June 1. As a Challenger, you will have your own personal reason for participating. Be a part of this incredible group of people all moving toward the same goal: a future free of cancer. Since 2008, thousands of Challengers and donors have generously improved the lives of Manitobans with cancer, giving them more tomorrows with those they love.

"I can say first-hand that I can see the difference – how money raised, research and support – has changed the cancer journey for so many patients and their families," said Jodi Hyman, oncology nurse at CancerCare Manitoba and Challenge for Life participant. (pictured)

Register today at Challengeforlife.ca or call 204-927-5433.

Manitoba tradition returns on Grandparents' Day

Teddy Bears' Picnic by Children's Hospital Foundation to be at Assiniboine Park on Sunday, September 8

Dr. Goodbear, Manitoba's mascot for hope and healing, is inviting families to save the date for a beloved community celebration! Children's Hospital Foundation of Manitoba is bringing back Teddy Bears' Picnic after a "paws" due to the pandemic.

Mark your calendars – the 35th Teddy Bears' Picnic will take place on Sunday, September 8, 2024 at Assiniboine Park. This special occasion is also Grandparents' Day – a time to celebrate the bond between grandkids and grandparents. Pack a picnic and bring your family to enjoy this all-ages event.

Teddy Bears' Picnic is a Manitoba tradition started by a group of dedicated volunteers more than 35 years ago. The event features activity tents, including the Dr. Goodbear Clinic, put on by frontline staff from HSC Children's Hospital, where kids' teddy bears are triaged and go through a variety of medical tests and treatments including MRIs, X-rays and casting; and the I Want to be a Scientist tent, put on by the Children's Hospital Research Institute of Manitoba (CHRIM), which encourages imagination in fun, science-based activities, and showcases how they can be used in medical settings.

The goal of Teddy Bears' Picnic is to deliver a fun day for families, while also providing kids with a developmentally appropriate understanding of what may occur in a hospital or research environment, so they will feel comfortable in health care settings.

Since its inception, Teddy Bears' Picnic has welcomed over 1 million children, their teddy bears and families. For 33 years, until the worldwide pandemic, the picnic happened every single year. COVID-19 prompted health restrictions; as well, the staff vital to running the event – like health care teams at HSC Children's Hospital – were needed to attend to urgent needs in the hospital and community. Now, the Foundation is ready to welcome the in-person return of this fun and exciting family event at Assiniboine Park.

PLEASE JOIN
**Children's Hospital
Foundation on
Sunday, September 8**
to celebrate grandparents,
grandkids and our
community at
Teddy Bears' Picnic!

 **\$75M**
GIVE BETTER
FUTURES



DONATE TODAY

Save the date!



35th ANNUAL

**Teddy
Bears'
Picnic**

by Children's Hospital
Foundation of Manitoba

Returns **Sunday, September 8** at
Assiniboine Park

Learn more: goodbear.ca/TeddyBearsPicnic



Welcome to Concordia Connection, Spring 2024!

As we embark on a new chapter filled with inspiration, knowledge, and endless possibilities, we extend our deepest gratitude to our resilient community, dedicated supporters, and the exceptional staff and volunteers who have transformed Concordia into a welcoming and healing haven.

We are thrilled to reintroduce our quarterly publication. Within these pages, you'll discover diverse content curated to introduce you to remarkable individuals who will inspire and instill hope. We've designed a space that celebrates the beauty of shared experiences and the joy derived from serving and giving.

Enjoy the thought-provoking articles, heartwarming stories and insightful features. Beyond being just a publication, we aspire to be a source of inspiration, a platform for meaningful dialogue and a place for like-minded individuals seeking connection.

Let us introduce you to extraordinary individuals such as Roxy Goudy, who shares her inspiring healing journey from knee surgery, and Rachel Bartel, our co-op student contributing to our Arthroplasty Research program.

We're excited to unveil the expanded vision for Concordia Village – a place that transcends mere residence. Meet Tate Hiebert, a musician spreading the joy of music and familiar melodies to patients, residents and visitors. Additionally, discover Tom Dercola's incredible story—having spent 10 days with us for a hip replacement due to a traumatic injury, he gives back to Concordia meaningfully.

Our sincere gratitude goes out to all the businesses and supporters – many who are featured in this paper. Your contributions make our work possible, and we acknowledge that we can only achieve what we do because of our incredible 'village' of community.

We are so pleased to work with CJNU for the month of April at Kildonan Place and to welcome them again in August at our annual Concordia Classic golf tournament on August 14, 2024 at Elmhurst.

Thank you from our dedicated Board and Staff of Concordia Hospital, The Concordia Foundation, Concordia Wellness Projects Inc. and the Concordia Arthroplasty Research Committee.

Concordia improves quality of life with arthroplasty research

Our mission at Concordia is to accelerate arthroplasty discovery to improve our community's health and quality of life through clinical trials, research studies, implant testing, education and advocacy. Thousands of people have experienced life-changing surgery at Concordia and their stories tell us all we need to know about how lives have been changed.

The Arthroplasty Research Chair was founded in 2021 and built upon 15 years of legacy research by Dr. Eric Bohm, Dr. Tom Turgeon, Dr. David Hedden and Dr. Colin Burnell. Things have changed and grown, and we find ourselves at a point where expansion and growth is definitely 'improving lives.' This is our mission.

Did you know that arthroplasty has a long legacy dating back to 1891, and that a Manitoba engineer/orthopedic surgeon from Flin Flon is credited with the earliest total knee replacement?

Dr. Frank Gunston, an engineer turned orthopedic surgeon, who hails from Flin Flon, Manitoba, is recognized for developing one of the earliest successful total knee replacement systems in the early 1970s. His work contributed significantly to the evolution of knee replacement surgery.

Dr. Gunston introduced a total knee prosthesis, one of the most utilized and successful orthopedic operations performed globally. His initial designs have since undergone several iterations, evolving into the more modern, advanced designs used in contemporary knee replacement surgery. They laid the foundation for continuous advancements in hip and knee replacement techniques, materials and designs, leading to today's highly successful procedures.

We invite you to visit us, tour our research lab, and meet some of the bright minds working hard for us to continuously improve these procedures. Get in touch by email at info@concordiafoundation.ca.

Did you also know that our arthroplasty work extends to our humanitarian mission to Nicaragua through Operation Walk Manitoba?

Every November, more than 60 health care professionals, including our surgeons, volunteer their vacation time, pay their own way and travel to Managua to perform these surgeries for people who would otherwise be unable to walk, work or live their lives. For more information, visit www.operationwalkmb.ca.

We invite you to learn more by reading pages 10 & 11 of our community newspaper, and by visiting our new website at www.arthroplastyresearchchair.com or using the QR code to access the page.



This link will give you access to an online flip-book for Connections, Spring 2024:
<https://issuu.com/concordiafoundation/docs/concordiaconnection-spring2024>



Living Green Show helps you cultivate a more sustainable future

Gardeners rejoice! Manitoba's only show dedicated to gardening and green living is coming up in May. It is a show where passion meets purpose, ideas flourish and innovation blooms.

At Living Green, gardening truly meets green living. Last years' attendees found that the show was a valuable experience by having the opportunity to chat with other gardeners and experts. Everyone at the event believes that every plant you nurture is a step towards a more sustainable future. Last year, guests were delighted with the knowledge shared, the passion for gardening and commitment to environmental stewardship among the crowd and vendors.

With the recent focus on the importance of improving one's physical and mental health, and a push for a healthier environment, it's become obvious that gardening is more than just a hobby—it's a gateway to a greener, healthier lifestyle. It provides physical activity, is a stress reliever, improves mood, encourages mindfulness and being present, gets you outside to enjoy fresh air and natural light, encourages healthy eating, and brings a connection among other like-minded individuals, creating a sense of community. It also instills a sense of purpose, pride and accomplishment.

Sheds has you covered with custom-built greenhouse structures designed to elevate your gardening experience.

The Living Green Education Stage offers an enlightening, inspirational lineup of esteemed experts, eager to share their wisdom and ignite your passion for sustainable living. Among these luminaries are Maggie Wysocki from Soil to Soul and Anna Hunter from Long Way Homestead, along with a multitude of other leaders poised to guide you on your journey.

The Education Stage is not just about showcasing individual expertise—it's about fostering a community of learning and collaboration. Attendees will have the opportunity to engage with a diverse array of experts representing various facets of sustainability, from renewable energy to urban gardening and from zero waste living to eco-conscious consumerism.

If you need a break, visit the Garden Bar – a tranquil oasis where you can reflect on the information you've learned, and unwind with a glass of wine or a beverage of your choice.

TICKETS & MORE INFO AT [REDRIVEREX.COM](https://redriverex.com)



Living Green takes place at Red River Exhibition Park from May 3 to 5. Mark your calendar now and don't miss this opportunity to immerse yourself in a world of greenery, growth and endless possibilities. For a complete list of vendors, event hours, or to purchase tickets now, visit redriverex.com.

Maybe creating your own garden is still on your wish list, maybe you're already an expert or maybe you're somewhere in the middle. Explore Living Green's bustling marketplace, where you'll find a treasure trove of seeds, plants and gardening supplies to help you cultivate your own sustainable paradise.

Need to kickstart your garden? Look no further than T&T Seeds for a wide selection of top-quality seeds to fuel your gardening dreams. Want to nurture your soil naturally? Explore the wonders of Worm Tea Gardening and enrich your earth with their premium castings. Ready to take your green game to the next level? Horizon



Rodarama Car Show revs up for April 26, 27 and 28!

Once again, the Manitoba Street Rod Association and Rondex present the Rodarama Car Show – open to interested vendors and hosted in the fantastic indoor facilities at the Red River Exhibition Park.

What does MSRA do?

Founded in 1972 by a small group of street rod enthusiasts, the Manitoba Street Rod Association (MSRA) was formed: “to promote interest in various types of organized street rod activities among members and to create understanding by the general public, the press and the law enforcement agencies toward such activities.”

Over the past five decades, the MSRA has expanded to include many other styles, models and manufacturers of classic cars. MSRA places great value in supporting its communities through fundraising and donations. Rodarama is the first of MSRA’s major hosted events this year.

Why Children’s Rehabilitation Foundation?

“Children’s Rehabilitation Foundation (CRF) raises funds to improve the lives of children who access services through the Rehabilitation Centre for Children and SSCY (Specialized Services for Children & Youth) Centre.”

Rodarama and MSRA support children’s charity and community agencies such as the CRF, with both cash donations and by purchasing bicycles, which have been customized by Freedom Concepts Inc. to accommodate each child’s needs. These custom bikes give the children greater mobility and a sense of pride. The MSRA’s involvement with the CRF dates back to 2007. To date, the club has donated more than \$250,000 to the centre.

CRF is funded 100% by private donations. For their mission and further information on the CRF, visit <https://crf.mb.ca/about-us/>.

RONDEx
PRESENTS

MANITOBA STREET ROD ASSOCIATION

RODARAMA

26, 27, 28 APRIL 2024
FRIDAY 6pm- 10pm
SATURDAY 10am-9pm
SUNDAY 10am-5pm

RED RIVER EXHIBITION PARK
3977 Portage Avenue, Winnipeg, MB

Public Admission: \$10. Children 14 and under free with an adult.

SUMMITCUSTOMS PARTS+SERVICE+SAFETIES
PISTON RING
PONY CORRAL RESTAURANT & BAR
AMSOIL
MOTHERS
PJ TRAILERS
GW AUTOMOTIVE
BORDER BROKERS
Specialty

MANITOBA STREET ROD ASSOCIATION
Applications and information available on the MSRA website www.msra.ca

How can “you” support this show?

- Book your vehicle spot or vendor booth now! Vehicle spots submitted before April 1 are only \$30 (after April 1 - \$40) and vendor booths start at \$500.
- Provide products for silent auction packages. If you need ideas on what to donate, contact Liz Kitzul (204-224-4664) at MSRA.
- Spread the word through your networks to bring interest to the show.
- Plan to attend. Enjoy a wonderful afternoon of nostalgia, gorgeous vehicles, classic music, kids’ activities and silent auction packages. Restaurant onsite.



Want to learn more?

Check us out on the MSRA website at <https://msra.ca/>. Find us also on Instagram, Twitter and MSRA Facebook.





Personality Corner: Jim Snell

I am a lifelong Winnipegger, who grew up in River Heights and went to John Dafoe, J. B. Mitchell and Grant Park schools. Because I did well in a Grade-11 math contest, I won the chance to attend a two-week camp at the University of Manitoba (U of M) that introduced me to computer science and actuarial math. I chose actuarial math and graduated from the U of M with a Bachelor of Commerce Honours in 1976.

After spending the summer in Montreal working for Sun Life, then three months in Europe, I returned home and joined Great-West Life in March, 1977. Four years later, I got married and became a full actuary – I was now a member of the CIA (Canadian Institute of Actuaries).

Joanne and I have two wonderful sons, but the marriage ended, and I remarried Irene – who had three adopted sons – in 1995. The five boys mostly got along and are still friends.

My mother introduced me to the big bands when I was growing up and I've always enjoyed music and singing. At 49, I decided to learn to play the clarinet and joined

the Westwood Community Band in 2004. CJNU's Owen Clark was our band director for a couple years and he introduced me to the station.

When Irene and I retired from Great-West Life in the summer of 2012, I was looking for something to do in my retirement and decided to volunteer for the station. For the first year, I answered phones and did odd tasks for Bill Stewart. A year later, in late 2015, I was trained to be an operator by Grant Patterson. I then became Jim Pappas' operator in January 2016. With Adam's (CJNU's manager) help, we were able to continue broadcasting throughout COVID, with me working from my home computer and using SKYPE to get Jim's voice on the air.

I was an avid curler for over 40 years but have not played since before COVID. In my retirement, I keep busy with duplicate bridge and a second concert band, Winnipeg New Horizons – an adult learning band. (Irene is also a member and has learned to play the flute.)

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



NO.7 WE'VE GOT THE POWER

You asked us, and we listened. We've updated and improved our signal on FM, meaning it's now stronger, better quality, and in full stereo. In early 2023, we received approval from the CRTC to increase the power of our FM transmitter from 460 watts to 2500 watts – to better serve Winnipeg and the Capital Region of Manitoba. This wouldn't have been possible without the purchase of a new transmitter – which itself was only possible thanks to the support of contributions to our Pledge Drive.



“In product after product, market after market, plastics challenged traditional products and won, taking the place of steel in cars, paper in packaging and wood in furniture.”

Susan Freinkel
A Toxic Love Story

Our condo, which has over 100 units, runs a major recycling program and has just recently begun a composting program. My husband and I contribute to both.

Celebrate Earth Day every day!

The theme for Earth Day – April 22, 2024 – is **Planet vs Plastics**. It’s a timely theme and becoming more relevant with the growing studies showing the damaging effects of plastics on our world. Not only is it bad for the environment – littering beaches and landscapes and clogging streams and landfills – but it is also proving, increasingly, to be a genuine health risk for all living creatures.

Research has shown the real danger comes from microplastics, and they are everywhere – in our homes, in the atmosphere and in the food chain. These tiny

specks of plastic are used in, or are a result of, the production of thousands of ordinary products, from automobiles to furniture; appliances to electronics; and toiletries to water bottles. The toxic chemicals these microplastics contain have the potential to cause harm to our bodies’ organs.

Increasing awareness is the first step toward making more informed decisions in our lives. Through toolkits, calculators and other resources, EARTHDAY.ORG provides instruction on how to cut plastic use and create a healthier world.

The Earth Day Canada website (Earthday.ca) also has lots of suggestions on how you can participate in improving the planet.

Here are some simple things you can do:

- Reduce food waste: In Canada, 58% of food is discarded somewhere along the food chain. Make soups and leftovers, and freeze and store properly.
- Replace your light bulbs with low-energy light bulbs: Recyclable, low-energy light bulbs consume 80% less electricity than conventional light bulbs.
- Make your own cleaning products: Conventional household-cleaning products contain chemical components that are dangerous for your health and the environment.
- Recycle your batteries: The best way to keep batteries out of our landfills is to make sure they never get sent there. For tips on battery recycling, visit [Call2Recycle Canada](http://Call2RecycleCanada).
- Opt for second-hand purchases: Thrift stores, consignment shops and garage sales all provide excellent opportunities to buy second-hand products.
- Prioritize walking: It’s good for your health and cost-efficient, with zero emissions.

For the more devoted Earth Day enthusiast, consider these major changes you can make in your life:

- Eat organic: Preserve the soil, improve air quality, and protect biodiversity and your own health.
- Switch to a green energy supplier: Wind, solar, or hydroelectric power – there are several green energy alternatives.
- Grow your own vegetable garden (in the city or country): Whether you’re in the country with a sprawling yard or in the city with a balcony, it’s time to start growing your own vegetables and herbs.
- Switch to an electric car: They’re more affordable, silent, and help the planet.

And remember... every day is a good day to protect your environment and preserve your health. So however you decide to celebrate Earth Day, don’t just limit yourself to April 22 – go green every day!

Robbi Goltsman-Ferris
Editor

VOLUNTEERS really do make a difference!

Celebrate Volunteer Week with CJNU April 14 to 20

CJNU is powered by volunteers. What does this mean?

CJNU has 2.5 paid staff positions, plus several on contract, equalling roughly 5 per cent of our workforce. The remaining 95 per cent are volunteers. Every volunteer serves the mission of CJNU: To deliver the music and the message with intergenerational radio and programming to serve the underserved in Winnipeg, particularly the 50-plus demographic.

Volunteers with CJNU are giving of their time and talent and expect us to use them appropriately. Every volunteer has a specific assignment and tasks to complete. Individual roles give our volunteers a sense of achievement. They allow them to use their skills, but also provide them with opportunities to learn new skills or build on existing skill sets.

Volunteers today are considerably different from volunteers of yesteryear.

Today's volunteer wants to be actively involved, valued, and seen as contributing to the goals of the organization. Without a purpose – and the deserved respect given towards their time, talent and contributions – volunteers move on. At CJNU, it's all about being part of the TEAM and being proud of our Signature Sound. CJNU's volunteers spend many hours creating and delivering our message to our listeners.

Without our 120-plus volunteers, the sound at 93.7 FM would be silenced. There would be no music with live commentary, community information or advertisements. Just the sounds of silence! Our members and listeners would not hear the many live programs our announcers and operators prepare and deliver every day of the week – not to mention, the many syndicated programs broadcast from across Canada.

Age has never been a barrier to being part of the CJNU family.

CJNU volunteers vary in age. Our demographic in the past few years has shifted, as more young people become actively involved. Currently, our oldest volunteer is 88 – our youngest, 16.

So why volunteer?

There are many reasons. Volunteering gets you out of the house and engaged with others, improves your state of mind (generally makes you happier), and provides a sense of purpose. Volunteering with CJNU will connect you with a community of like-minded people – people who love music and want to share that passion with others. You can share your past experiences, learn new things and, in the process, make a difference.

CJNU values our volunteers.

CJNU extends a heartfelt 'Thank You' to every one of our talented and committed volunteers. Without you, we would not be CJNU.

Want to find out more about volunteering?

Email Susan Earl, Volunteer Coordinator, 93.7 FM
susan.earl@cjnu.ca

Or go to our website at CJNU.ca and complete a volunteer application form (Find it under the Get in Touch tab).

And always remember: Volunteers make a difference!

Susan Earl
Volunteer Coordinator
CJNU 93.7 FM



FACES & PLACES

Thank you!

CJNU wishes to thank **Susan Hamilton** and **Agnes Brydon** for their longstanding support in the scheduling of volunteers. Since the beginning, Susan and Agnes have created monthly schedules for our in-studio volunteers: announcers, operators and studio assistants. This was a mammoth task and had its share of challenges. In light of ongoing changes to our scheduling process, all volunteer schedules are now coordinated by our administrative assistant, Dan Mitchell.

CJNU is forever thankful for the time, work and dedication Susan and Agnes have shown, and continue to show, to CJNU.
THANK YOU!



1. (from L. to R.) Kathryn McBurney, Marketing and Communications Director at Children's Hospital Foundation of Manitoba; Janessa, Manitoba Champion Child; CJNU's Frank Stecky.
2. MoneySmart Fraud Prevention program (from bottom left): Lisa Tinley, Coordinator, Prevent Elder Abuse Manitoba; Orlando Buduhan, Winnipeg Police Service constable; Host Adam Glynn; Ainsley Cunningham, Education & Communications Manager, Manitoba Financial Services Agency (MFSA); Lauren Einfeld, Access Credit Union's Fraud & Compliance Manager.
3. Frank Stecky (middle) interviewed members of the Winnipeg Philharmonic Choir: Program Co-Chair Vivien Laurie (left) and Manager Vijay Chalasani (right).
4. (from L. to R.) CEO Pamela Kolochuk and Director of Marketing and Communications Taylor Fenn of Peak of the Market.
5. Royal Aviation Museum of Western Canada, remote studio for March. (from L. to R.) CJNU board member Dwight MacAulay; Garry Moir, host of CJNU's History Vault.
6. Grant Patterson interviews Terry Slobodian, President & CEO of the Royal Aviation Museum of Western Canada on Community Champions, March 5.





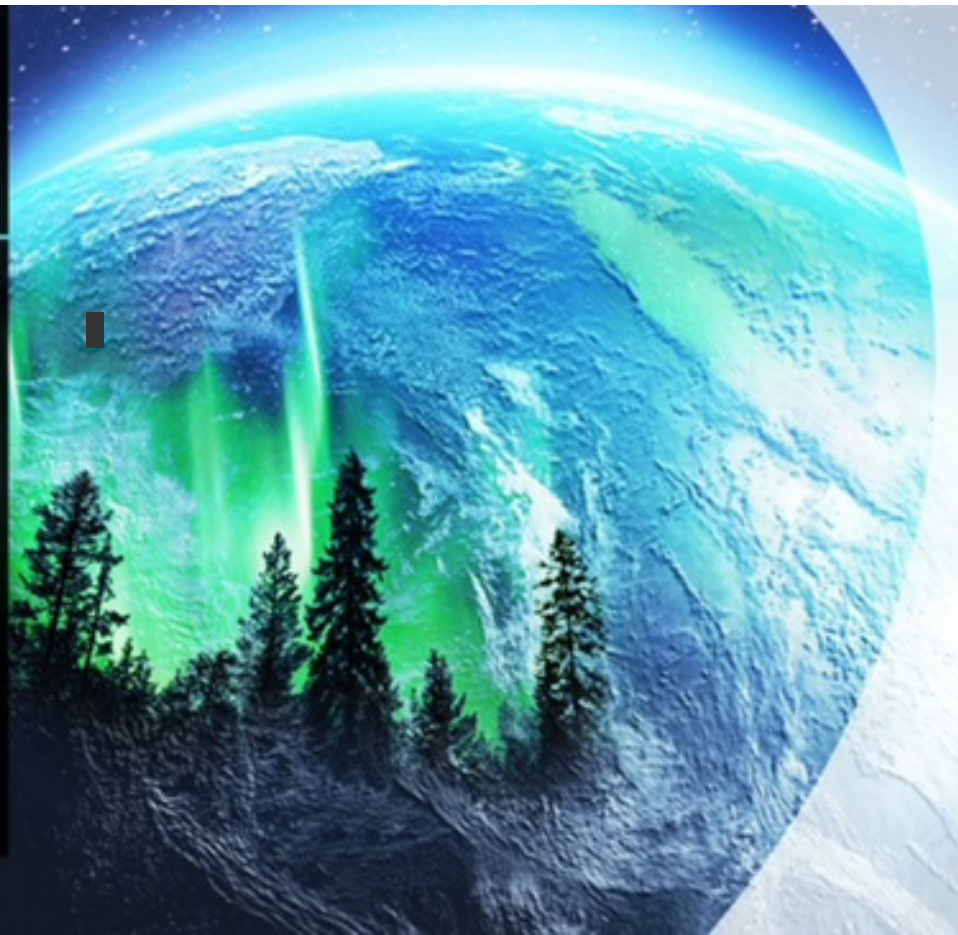
Winnipeg
Philharmonic
Choir

A NEW EAARTH

Music for Spring

5 May 2024, 3 pm

Crescent Arts Centre
(Crescent Fort Rouge United Church, Nassau & Wardlaw)



A New Eaarth: Music for Spring

**May 5, 2024 – 3 pm Crescent Arts Centre
(Crescent Fort Rouge United Church, Nassau & Wardlaw)**

No, that's not a typo in the title! It is named after the concert's central work, composed by Robert Paterson in honour of famed environmentalist Bill McKibben, who writes that we may as well call this planet "Eaarth" because it is still recognizable but fundamentally different, as climate change is already underway.

We are proud to partner with the International Institute for Sustainable Development and local scientists who

will share the work they are conducting to address these important matters. Like the rest of the world, all of us in the Phil are touched by climate issues and this concert sings of our love, our concern and, ultimately, our hope for our planet.

To purchase tickets for this concert, please order online at thephil.ca or call our office at 204-896-7445.

Hope to see you there!

APRIL REMOTE – KILDONAN PLACE

CJNU's remote studio will be located at Kildonan Place for the month of April. We'd love to see you! So please stop by and say hello, as we broadcast on behalf of CancerCare Manitoba Foundation.



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



Support Services for Older Adults

Missed an Aging Well Together update? Catch up on Saturdays at 10:07 am.

The power of collaboration/partnerships today

The Manitoba Association of Senior Communities (MASC) has partnered with CJNU for many years. The idea started with a conversation over coffee at San Vito's Coffee Shop. Tom Dercola and I, with a couple of others, were talking about wills, power of attorney, health care directives and much more.

The idea – short sound bites to educate listeners on a regular basis on knowledge we all needed to know – became “Coffee & Conversation with Connie”, then evolved into “Insights on Aging”.

Learning continued with the Active Aging Coalition – Aging Well Together – a partnership of five organizations based in Winnipeg that had a lot of knowledge to share with older adult listeners.

Working together, this coalition reached out to 311, 211, Heart to Home Meals and others, enabling more Winnipeggers, and those beyond our city, to have continuing information as we all age. Over the years, members of the coalition also participated in the Pros Knows Expos, spreading even more knowledge to older adults. Remember – “Knowledge is one’s own personal power” – my favorite tag line.

Priorities for the coalition include food security, volunteer driving programs, healthy aging programs like the ‘take a minute to move’ series, intergenerational connections, senior resource finders, senior centres/groups and, most recently, social prescribing.

For more information on members of the *Aging Well Together* coalition, check out:

A&O: Support Services for Older Adults:
<https://www.aosupportservices.ca>

AAIM (Active Aging in MB):
<https://activeagingmb.ca>

MASC (MB Association of Senior Communities):
<https://manitobaseniorcommunities.ca>

TONS (Transportation Options for Seniors):
<https://tonsmb.org>

ONLINE LEARNING:

Targeting Isolation:
<https://www.targetingisolation.com/modules>

MASC – SP:
<https://manitobaseniorcommunities.ca/creating-connections-through-social-prescribing/>

Connie Newman,
Executive Director (MASC)





50 YEARS



Help Cerebral Palsy Association raise funds in 35th annual Stationary Bike Race

Whether you're in it for the cause...in it for someone special...in it for that post-race treat... or in it to win it – whatever brought you here, we're in it together!

The Cerebral Palsy Association of Manitoba's (CPMB) Stationary Bike Race is our major annual fundraiser. Each 25-minute ride enables CPMB to continue to enrich the lives of Manitobans affected by cerebral palsy (CP) through programs, advocacy, education and peer support.

CPMB receives no government funding. It's only due to your generous support that we can continue to supply our membership with grants for communication devices such as iPads with specialized software, mobility equipment like Freedom Concepts adaptive bikes, Hoyer Lifts and van modifications. Our association also provides post-secondary education scholarships, and works with others advocating to remove barriers for our members. This continuing support makes life easier for all of us.

Join us at this year's 35th Annual Cerebral Palsy Association of Manitoba's Stationary Bike Race on Saturday, May 11, at Blue Cross Park, home of the Winnipeg Goldeyes. #2024CPMBBikeRace

CPMB, established in 1974, is celebrating our 50th Anniversary as an association. Join us for the party! Supporting you for 50 years – ready for the next 50! #CPMBCelebrates50years

Funds raised stay in Manitoba to support individuals and families affected by cerebral palsy. Your help is truly appreciated. Give the gift of freedom. Donate today at SupportCerebralPalsy.ca #CPProud #MilestonesAreOurMission

Give the Gift of Freedom!

Cycle for CP!



Please consider giving generously!



Thank you!
#CPProud

Thank you! Each 25-minute ride enables CPMB to continue to enrich the lives of Manitobans affected by Cerebral Palsy through programs, advocacy, education, and peer support.

Saturday, MAY 11, 2024
Blue Cross Park, Winnipeg, MB



DONATE HERE



Thank you!

Celebrating our 35th Bike Race • cerebralpalsy.mb.ca

MATT DUSK SINGS TONY BENNETT



UNBELIEVABLE ENTERTAINMENT

– Chicago Tribune



The best is yet to come! One special night with Matt Dusk...

Five-time Juno award winner is “Back in Town” for a one-night performance at Club Regent on Tuesday, April 30.

On that night, the multi-award winning, platinum-selling artist will pay homage to musical legend, Tony Bennett. For one special night, Matt will bring to life the essence of Bennett’s unique style, and honour his musical legacy with classics such as *The Good Life* and *I Left My Heart in San Francisco*. It will be a great night of nostalgia and entertainment.

CJNU wants you to celebrate Matt Dusk’s Winnipeg performance. Tune in to your community radio station

as Tom and Lorne play one of Matt’s many hits on each of their programs throughout April. Lorne will have a special interview with Matt on **Sunday April 21 at 8:15 pm** and we will have ticket giveaways. What a great musical way to say goodbye to winter!

Tickets for this one special night are available at:

<https://www.ticketmaster.ca/event/11005F63BF0D39ED>





PTE offers two shows to brighten up spring

Along with April showers and May flowers, Winnipeggers can expect some great theatre, as Prairie Theatre Exchange (PTE) gears up for the final two plays of the 2023-2024 season.

Running from April 9 to 21, *The Year of Magical Thinking* takes the stage, based on the internationally acclaimed book by Joan Didion, and adapted by the author herself. Joan Didion lived a charmed and affluent life, with a loving husband and a daughter who recently got married – until her husband died at the dinner table a month before their 40th anniversary, while their daughter lay in an induced coma in the hospital. This is a beautifully honest and painstakingly remembered examination of Didion's first year of grief, told with vulnerability and passion, offering a path through the unimaginable.

Closing the season is a comedy, *The Outside Inn* by Elio Zarrillo and Sharon Bajer, about a mother and adult child, each going through a personal medical journey. It's a funny, messy tale about two souls struggling to understand each other... while stuck in a vintage camper in the middle of nowhere.

PTE offers generous ticket discounts to seniors, as well as accessibility supports like hearing assist, described audio and accessible seating. Find this information and more at PTE.MB.CA.

*Artistic Director Thomas Morgan Jones speaks to appreciative audience at PTE.
(photo courtesy of PTE.)*

CJNU presents *The Inside Pitch*

The Winnipeg Goldeyes' off-season show- Wednesday, April 10 and Wednesday, April 24 from 7 to 8 pm. Join 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!



THE OFFICIAL
Radio Voice of
Goldeyes Baseball

“Every Moment Matters”

Victoria Lifeline celebrates special week dedicated to volunteers

From April 14 to 20, Canadians will be celebrating National Volunteer Week to honour the incredible impact of volunteerism. Every single day, Manitobans across this great province volunteer their valuable time in the service of others. Narratives on the importance of helping others date back to the philosopher Aristotle and Victorian author Charles Dickens, who once wrote, “No one is useless in this world who lightens the burdens of another.” Research has shown that volunteering has a multitude of health benefits, including lower levels of stress and improved overall quality of life. However, the true value of volunteerism is altruism or the selfless act of helping others without expecting anything in return.

The theme of Volunteer Week this year is Every Moment Matters, and not a truer statement could be made about the volunteer team at Victoria Lifeline. Every interaction with a client matters and we had more than 4,000 of them last year. It’s an opportunity for a meaningful connection

with someone who may be otherwise alone and isolated. It’s an opportunity to show someone you care, to listen to their stories, to share a smile or two and hope for a brighter tomorrow. Volunteering creates a ripple effect beyond the interaction itself – it promotes personal growth and inspires others to help make the world a better place. It strengthens communities and builds bridges to overcome social challenges. Victoria Lifeline’s staff are incredibly grateful to witness these little miracles every day, and for that, we salute all volunteers!

Victoria Lifeline would also like to acknowledge the many volunteers who keep CJNU on the air. On behalf of our staff, THANK YOU for making a difference in the community through your on-air programming, designed to connect with older adults, and, of course, the phenomenal music you play every day.

Krystal Stokes is the Director of Marketing at Victoria Lifeline and one of CJNU’s biggest fans!

The graphic features a colorful geometric background with sections in green, purple, and yellow. In the top left, the Victoria Lifeline logo is displayed with the text "VICTORIA LIFELINE" and "Safe and independent living." To the right, the National Volunteer Week logo includes a red stylized figure and the text "NATIONAL VOLUNTEER WEEK APRIL 14 - 20, 2024" and "#NVW2024 #EveryMomentMatters". The central text "EVERY MOMENT MATTERS" is written in large white letters on a purple background. At the bottom, a group of seven diverse volunteers is shown smiling.

NOSTALGIA NOTES' MARCH EASTER EGG HUNT:

You were close! But no one actually guessed the correct number of eggs, which was 23. So we decided to award the prize to whoever got closest, without going over. Since several listeners guessed 22, their names were entered into a draw.

And the winner is:

Susan Finlay

Susan has won 2 tickets to the Winnipeg Symphony Orchestra's Oscar-Winning Soundtracks.

Congratulations!

It could be U...

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!

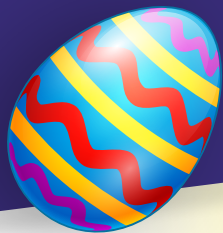
Women in Jazz Tickets

- Claude in Osborne Village

PTE Tickets ('Diggers')

- Helena in Corydon Village

Next month, it could be U!



HAPPY EASTER!



Feedback

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 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!**