

Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER
JULY 2025



Celebrating
The Joys of Summer

MANITOBA
CANADA'S HEART IS CALLING

10 Must-Golf Courses in Manitoba, Canada

Author: Brenna Holeman, Travel Manitoba

With more than 100 courses to choose from in Manitoba, it's no surprise that golf is one of the province's favourite warm weather sports.

From forest-lined fairways to lakeside views to granite outcrops in the Canadian Shield, Manitoba is full of excellent courses that can accommodate every skill level. No ifs, ands or putts...here are a few of the must-golf courses to check out this season.

Pinawa Golf and Country Club

PINAWA

Head to the Pinawa Golf and Country Club in eastern Manitoba for a challenging and exciting 18-hole course. Here you'll find tree-lined fairways, plenty of bunkers and water hazards and deceptively tricky par 3, 4 and 5s. Often described as "The Course that Nature Built", the course utilizes the surrounding boreal forest, the Winnipeg River and the Pinawa Channel for a layout unlike any other in Manitoba.

As well as the golf course, the club is home to a family-friendly restaurant with a summer patio, four pickleball courts, two tennis courts, a pro shop and a curling rink, plus stay-and-play packages with the nearby Pinawa Motel. While you're in the area, make sure to check out Pinawa Dam Provincial Heritage Park for breathtaking views of the Canadian Shield.

Minnewasta Golf and Country Club

MORDEN

Located in southern Manitoba, the Minnewasta Golf and Country Club is found on the edge of the Pembina escarpment, giving it a naturally hilly terrain.

The 18 holes provide plenty of opportunity for a challenge, with an array of par 3, 4 and 5s that require precision and strategy. The winding Dead Horse Creek provides a fun twist to the course, while you also have the chance to spot occasional wildlife as you play.

With a new clubhouse as well as a pro shop, the Minnewasta Golf and Country Club hosts numerous tournaments and events throughout the year. In nearby Morden, visit the Canadian Fossil Discovery Centre or catch a summer flick at the Stardust Drive-In Theatre.



CJNU broadcasts from Winnipeg, and can be heard across Manitoba - the traditional lands of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and the homeland of the Red River Métis. Our water is sourced from Shoal Lake 40 First Nation. We are all treaty people - and we respect the treaties that were signed here and across Canada, while acknowledging the harms and mistakes of the past as we work together for a better future.

La Broquerie Golf Course

LA BROQUERIE

La Broquerie Golf Course is a must-golf spot in southeast Manitoba. This 18-hole course was designed by renowned golf course architect David Wagner in 1991 and it is continuously upgraded to give you the most interesting and exciting game possible year after year. Providing an array of challenges for every skill set, you can choose between three sets of tees or two sets of combo tees, ranging from 6,289 yards from the back tees to a manageable 5,057 yards from the

Minnedosa Golf and Country Club

MINNEDOSA

With beautiful greens, a challenging layout, and well-maintained fairways, Minnedosa Golf and Country Club is one of the most popular golf courses in Manitoba. This undulating course is carved out of the Little Saskatchewan River valley and offers elevation changes of more than 120 feet, giving golfers a true test of their game. Known as a stunning golf escape in southwestern Manitoba, it's the

Carman Golf and Curling Club

CARMAN

The Carman Golf and Curling Club features beautiful fairways with an array of water hazards, sand traps and lots of challenges that will get your heart racing. Originally established in 1924 as a five-hole club, its first tournament was held in 1953. It grew into an 18-hole course in the spring of 1984 and has been known as one of the top golf courses

Pleasant Valley Golf Club

PELICAN LAKE

The Pleasant Valley Golf Club has been in operation since 1965 and is known as one of the top golf courses in the province. Found at the south end of Pelican Lake in spectacular Pembina Valley, the course features elevation differences of up to 125 feet, a winding creek and peaceful tree-lined fairways throughout its 18 holes. Family owned and operated, you'll also find a 9-hole putting green at the club.

Granite Hills Golf Club

LAC DU BONNET

Ask any avid golfer in Manitoba about some of their favourite courses in the province and Granite Hills Golf Club is sure to come up. Equal parts thrilling and beautiful, the course is set along the shores of Lac du Bonnet in the Canadian Shield. All 18 holes offer four sets of tees ranging in yardage, accommodating every skill level. With large rock outcroppings, 35 sand bunkers, five lakeside fairways and lush forests surrounding you as you play, Granite Hills is a golfer's paradise.

Open since 2007, the golf club is also home to a restaurant and, weather permitting, a snack shack. Another interesting feature of the Granite Hills course is the public dock, which allows golfers to arrive by boat. While in the area, take

advanced tees. The grounds also have a golf pro shop, a large pitching/putting practice green and a 300-yard driving range.

Don't miss the tasty menu at the onsite restaurant, Putter's Grill, where you'll find great views of the course and more than 25 poutine options. To make a full day out of the visit, head to nearby Steinbach, where you'll find the Mennonite Heritage Village and the Steinbach Aquatic Centre.

perfect course for a fun day of hitting the links in the fresh air.

Onsite, there's a terrific restaurant that serves breakfast all day as well as an assortment of burgers, sandwiches, salads and more, while you'll find their pro shop online. If you have time to explore Minnedosa, check out the Minnedosa Bison Park, Lake Minnedosa and the Minnedosa District Museum and Heritage Village.

in the province ever since. Make sure to check out the clubhouse restaurant, where you'll find hearty breakfasts, casual fare and a kids' menu.

Nearby, you can discover the Dufferin Historical Museum, take a walk on Carman's Community Pathway or go for a paddle on the scenic Boyne River.

With events throughout summer - including men's nights and ladies' nights - also make sure to check out the fully licensed restaurant onsite. Combine your time golfing at Pleasant Valley Golf Club with some exploration of Pembina Valley Provincial Park, staying at either Hidden Valley RV Park or Moonlit Canopy nearby.



advantage of the rivers, lakes and hiking trails; swimming, fishing, boating and biking are all popular activities near the Lac du Bonnet Town Dock and Beach.

Swan River Golf and Country Club

SWAN RIVER

The Swan River Golf and Country Club was established in 1934 and is Manitoba's most northern 18-hole golf course. Incredibly scenic and well-maintained, the course appeals to the advanced golfer while still providing opportunity for the amateur to have some success. With a good mix of par 3, 4 and 5 holes, the course offers plenty of bunkers, water features, upslopes and other challenging features that make every game even more exciting than the last. Combine that with the gorgeous Swan River landscape and you can

easily see why this is one of the most sought-after courses in Manitoba!

In the clubhouse you'll find a pro shop as well as a fully licensed restaurant. Enjoy a quick bite in the restaurant, a drink on the patio or a more formal event in the dining room. Combine your golf trip with some time in the Swan Valley area, home to the Swan Valley Historical Museum, Magnet Hill and numerous spots for camping and fishing.

Clear Lake Golf Course

RIDING MOUNTAIN NATIONAL PARK

You can't talk golf in Manitoba and not mention the Clear Lake Golf Course, found at the east end of Clear Lake in Riding Mountain National Park. Arguably one of the most picturesque golf courses in the prairies, the course was built in two stages beginning in 1928; renowned course architects Stanley Thompson and Vic Creed each designed nine holes of the 18-hole course. Today, the course stretches to 6,309 yards and showcases the beauty of Riding Mountain National Park's awe-inspiring landscape.

Extremely well-groomed and a favourite with locals and tourists alike, Clear Lake Golf Course is also home to The Nine Restaurant and Lounge. Plan to stay a while? There are stay-and-play packages with a few resorts and hotels in the area to maximize your time in the national park and its surrounding area.



Lakeview Hecla Golf Course

HECLA/GRINDSTONE PROVINCIAL PARK

Experience the wild beauty of Hecla Island with a day on the Lakeview Hecla Golf Course. With one of the most visually stunning locations for golfing in Manitoba, the course is set alongside Lake Winnipeg; the back nine play toward the beach for truly memorable views. This 18-hole par 72 course is found in the deep forest on the island, providing plenty of challenges while also giving you the chance to spot wildlife as you hit the links.

The Lakeview Hecla Resort offers stay-and-play packages so that you can enjoy the other amenities at the resort, including a restaurant and lounge, a full-service spa and adults-only mineral pools. Also explore Hecla-Grindstone Provincial Park, where you'll find hiking trails, beaches, and birdwatching galore.



MANITOBA
CANADA'S HEART IS CALLING

TAKE A STAND FOR MANITOBANS FACING CANCER -

Host a Lemonade Stand for Hope this summer!

This summer, turn lemonade into life-changing support for people in our province who are facing cancer. By becoming part of **Lemonade Stands for Hope**, you're not just serving up a sweet treat, you're raising essential funds for **CancerCare Manitoba**.

Every dollar you raise stays right here in Manitoba to support **life-saving cancer research, patient care and critical services** that help thousands of families through one of life's toughest journeys.

Whether you're a parent, grandparent, teacher or team leader, it's easy to take part.

Just register at **LemonadeForHope.ca** and receive a free starter kit filled with what you need to get going: lemonade crystals, signage, a coin box, sun-bead bracelets and more.

While the official weekend is **July 18-20**, you can host your stand any time this summer.



Every stand brings us one step closer to a world free of cancer.

Sign up today at **LemonadeForHope.ca** or call **204-784-2777** to learn more.

Not hosting a stand? Find one near you and support the cause with a refreshing cup of lemonade!

Happy Canada Day!
July 1, 2025



42nd Manitoba 55+ Games a Success in Steinbach

By Linda Brown, Executive Director, Active Aging in Manitoba

Steinbach was the perfect setting for the 42nd edition of the Manitoba 55+ Games! 1300 participants entered in 20+ events, made new friends and renewed old friendships! This annual friendly competition features a range of activities including golf, 5 Pin bowling, bocce ball, lawn bowling, pickleball, slo-pitch, corn hole toss, horseshoes, swimming, track, 8 and 9 ball pool, and predicted walks. There is something for everyone including “brain games” - Bridge (Duplicate & Contract), Whist and Cribbage. There is also an Arts & Crafts competition to enter.

The evening of Wednesday, June 4th featured the Celebration Banquet and dance with music for dancing by a local group - the Cracked Eggshell. Participants enjoyed dancing and singing along to oldies and classic rock.

Steinbach has a wealth of facilities and that included the new Southeast Event Centre, a beautiful Aquatic Centre, well-manicured diamonds at the A. D. Penner Park, and the beautiful greens and fairways of the Steinbach Fly-In golf course to name a few. The Pat Porter Athletic Centre was the location for headquarters, corn hole toss, cribbage, bridge and whist.

The positive atmosphere of the MB 55+ Games is infectious - everyone is having a good time - participating in activities they love and enjoying sharing that joy with other participants, family members and spectators. Participants enjoy making connections with like-minded Games enthusiasts and that is what keeps many of them coming back year after year.

Volunteers make the Games work! On the average the Games need about 100 volunteers to be successful and that of course includes the hard-working Host Committee, and specific event Chairpersons. The Games would not happen without a crew of dedicated volunteers.

To keep the MB 55+ Games affordable we depend on support from many sponsors and we could not hold the Games every year without them. Thank you to our many sponsors - Presenting sponsor Play Now, Credit Union Central of Manitoba, Manitoba Blue Cross, Hearing Life Canada, Heart to Home Meals, Victoria Lifeline, Sport Manitoba, Senior Scope, Ashams, and Winnipeg Kinsmen.

If you missed the 2025 Games - be sure to enter our Manitoba 55+ Games Summer Challenge that starts on June 30th and ends August 31, 2025. You can participate by tracking your activity during that time and letting us know what you did. Every entry will have their name entered to win some prizes. Information available on our website www.activeagingmb.ca or call 204-632-3947.

Join us in 2026 in Morden & Winkler, June 9 - 11, 2026 and March 3 - 5 for Curling.



Goldeyes 50/50 tickets are available online on game days!

25% goes to CJNU on July 10, August 8 and September 1.



CJNU is proud to team up with your Winnipeg Goldeyes to promote several game-day, 50/50 draws this season – and now it's even easier to get your chance to win big and support your favourite radio station!

As always, you can purchase 50/50 tickets for all Winnipeg Goldeyes home games at Blue Cross Park but, if you can't make it to a game, you can now get your 50-50 tickets online. Just visit **goldeyes5050.com**

We encourage you to buy your tickets on several specific dates - on **July 10, August 8 and September 1**, as 25% of the proceeds on those days only will go directly to CJNU, to help support non-profit radio and the music you love - with the other 25% going to the Field of Dreams Foundation, and, of course, 50% going to the lucky winner - which could be you!

So circle your calendars for **July 10, August 8 and September 1** - and either come on down to Blue Cross Park to take in the game and buy a ticket while you're there, or head to **goldeyes5050.com** on those dates to support CJNU!

And stay tuned to CJNU throughout the summer, as we'll be reminding you about these special dates on the air as they approach.

We really hope you'll get involved in this unique way to support the community, support your radio station, and have a chance to win something for yourself.

Good luck!



Virtual Museum Celebrating Manitoba Radio History Launches Online

A virtual museum, dedicated to the history of Manitoba radio, is now up and running!

The museum utilizes vintage photographs and audio recordings to tell the story of the evolution of local radio since its inception in 1922.

Former CBC radio host Agatha Moir built the website, while her husband Garry provided the historic photographs and audio recordings from a large personal collection.

"The museum is a work in progress," says Garry, who volunteers at CJNU radio and also wrote a book on the history of Manitoba radio.

Over the decades, radio has played a very important role in the life of the province. The dollar value of products sold by radio is incalculable, as is the amount of money raised for charities.

Throughout times of crisis, radio has been a vital source of information. The medium has helped shape public opinion. It has also played a key role in launching the careers of numerous musicians and artists. There was a time when farmers would decide when and where to sell their products based on market reports heard on the radio.

"The list is endless," says Agatha. "Just look at what local radio did recently to raise money for the victims of forest fires...which, by the way, emulated a similar effort mounted by Manitoba radio stations many years ago to help victims of the devastating 1950 flood."

One portion of the website provides historic recordings of events and voices that helped shape Manitoba radio from its beginnings until present day. Another section, titled "We Remember",

pays tribute to former broadcasters who are no longer with us, by offering brief recordings of their work in the industry.

"These people should not be forgotten," says Garry. "Their work helped shape radio and touched a huge number of people."

The organizers of the museum are hoping it will expand, as more vintage recordings and memorabilia become available.

"It's far from the definitive history of local radio, but it is a start," says Moir. "We just hope visitors to the site enjoy it and perhaps learn a little local history in the process."

The Manitoba Broadcasting Museum may be accessed at radiohistory.ca.



An Unforgettable Trip Back in Time

Fresh from playing their 1,000th show, retro musical collective Postmodern Jukebox (PMJ) is coming to The Burt on July 12, 8 PM on their “MAGIC & MOONLIGHT” World Tour. Concertgoers can expect to enter a parallel musical universe where modern day songs and iconic pop hits alike are reimagined in genres like 1920s jazz, Swing, Doo-wop and Motown, and brought to life by some of the world’s best singers, dancers, and instrumentalists.

Think “The Great Gatsby” meets “Sinatra at the Sands” meets “Back! ...To The Future”. When Bradlee started making YouTube videos that remade the hits of today in the classic styles of yesterday, a “viral” success story was born — one that quickly led to sold out shows across North America and Europe in the Summer of 2014. The touring act received rave reviews from industry publications and world-renowned artists alike. In the years that followed, “PMJ” built a reputation as the “Saturday Night Live of singers” by introducing audiences to dozens of exceptional musical artists and turning them into bonafide stars.

Ten years later, a Postmodern Jukebox show has become something of an annual musical tradition for hundreds of thousands of dedicated fans, all over the world. The rare concert act that appeals across generations; older audience members will fall in love with the timeless sounds and nostalgic sensibilities, while younger fans will be thrilled by the fresh take on current pop culture and the sheer virtuosity of the performers on stage.

DID YOU KNOW...?

- Postmodern Jukebox has played over a thousand shows on six continents, including Radio City Music Hall and the Sydney Opera House.
- Postmodern Jukebox has amassed over 1.9 billion YouTube views and 6.2 million YouTube subscribers since its introduction in 2011.

Get your tickets at burtoncummingstheatre.ca



CJNU in the Community!

It was a busy stretch near the end of June for CJNU, but nothing beats getting out into the community!

Baby Boomer Day at the Ex took place on Wednesday, June 18, and was an incredible afternoon filled with great music and great prizes.

The festivities kicked off with an amazing performance from Beyond Blondie, a Blondie tribute act that rocked everyone's socks off. Going above and beyond, they did a great job of capturing the spirit of Blondie while also being interactive with the crowd. The band warmed everyone up for the rest of the afternoon!

They were followed by the award-winning Joey Gregorash, who kept the energy high. Mixing in some comedy in between his songs, he had the entire Red Barn tent area laughing and made sure the dance floor was occupied.

To close things out, it was an absolute treat to hear the "rockers of tomorrow" as the School of Rock played some classics to end off the afternoon. It was the perfect way to send everyone off as things moved into the evening.

A huge thank you everyone who came out to listen to the music, and to those who visited our tent and won a prize!

From the Ex to the ballpark, CJNU was also happy to be on-site at Blue Cross Park on Sunday, June 22 for our annual Dance Party game! With plenty of CJNU listeners in attendance for the game, they got to see a big Goldeyes win!

While the weather may have been a little damp, that certainly didn't lower the mood as the fans stayed loud all afternoon as the Goldeyes beat the Sioux City Explorers 12-4.

The CJNU table was set up all afternoon, and we were so happy to interact with everyone! Can't wait to see you all when we're set up on the concourse again for our next 50/50 night on July 10.



Blaine and Josette at the CJNU tent on Baby Boomer Day at the Ex.



Joey Gregorash performing at Baby Boomer Day.



(L-R) Marilyn Lyons, Shirley Strain, and Susan Earl at the CJNU table during the June 22nd Goldeyes game.



Wind Beneath My Wings

JOIN CJNU AS WE EXPERIENCE THE JOYS OF SUMMER AT THE ROYAL AVIATION MUSEUM.



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Music, Memories and Great Conversation

Come say hi during the months of June & July, as we broadcast remotely from the northwest corner of the Royal Aviation Museum. Join us in memory filled music and engaging stories amongst the planes of yesteryear.



ROYAL
AVIATION MUSEUM
OF WESTERN CANADA



Photo by Alisa Anton on Unsplash

International Self-Care Day is in July, and it's a good reminder to try and find time to put yourself first for the sake of your health. "Self-Care" can take many forms, and it isn't always as involved as people might think. So, to make things easier, here are five ways you can practice "Self-Care" in your day to day life!

Stay hydrated.

It's simple, I know, but it is one of the most important parts of your day. By ensuring you're intaking enough water, it helps you feel more refreshed throughout the day. It also has wonderful benefits in the longer term as well, working to better regulate digestion, body weight, and cognitive function.

Take a walk.

Another simple one, and it's something that you can plan for in advance. Taking quick walk or multiple short walks can greatly improve your energy levels and mood while also having other cardiovascular benefits.

Get lost in a book.

Self-Care isn't always about the physical, which is why doing something that stimulates the brain is just as important. Find something that you want to read and dive in. Immersing yourself in a book is a great way to keep your mind active without doing anything too involved.

Make to-do lists.

One of the most stressful things is when you feel like you're not on top of everything. A great way to try and reduce that stress is to write down to-do lists. It is a simple, yet effective way of keeping you in control of the priorities that lay in front of you while also stimulating the brain.

Tidy up.

Living and working in a clean space does wonders for how you operate. Even by starting your day with something as simple as making the bed sets a standard of tidiness that you can then continue throughout your day. It's simple, gratifying, and results in a clean space for you and others to work or live in!

Don't discount how important it is to treat yourself with kindness and care for mind and body. It helps you be the best version of yourself!



**Thursday, July 24th
is International
Self Care Day!**



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NEWS & VIEWS!

Summer is Now in Full Swing!

Ominnik Marsh Trail (Photo: Brian Finlayson)

It's no secret that the wildfires in Manitoba this summer have made the start of the warm months feel a little different. Most people swing into summer beginning in late May, but that just wasn't possible for so many.

Now, it feels like a bit of a return to normalcy thanks to some favourable weather conditions and some much needed rain. Many have returned home after being evacuated from their respective communities, and the popular summer destinations are once again welcoming visitors.

While this has cut the summer short for many, it appears that July will be the month that everyone starts to make their way to the many outdoor riches this province has to offer.

For myself, I'll finally be getting out to the family cabin for some much needed rest and relaxation. In talking to friends and colleagues, that seems to be a common theme in terms of what their plans look like for the summer, and who can blame us? Nothing beats a warm day outside on the lake.

For others, it's seeking those seasonal activities that really ramp up as the summer goes on. The Ex just wrapped up, and many see that as the gateway to summer activities.

Among the many things that will be keeping Manitobans busy this summer, one can expect a lot of camping, entertainment, and everything in between. I just know

that several people will be combining those when they check out the 50th Winnipeg Folk Festival taking place in July, as it has become a staple of the summers in the province.

After so many closures, many campgrounds and a lot of cottage country have reopened and are welcoming visitors from all over. Perhaps after such a tumultuous start to the season, people will celebrate the beauty of the outdoors just a little more (and extra carefully!) knowing that the fires had such an impact.

Speaking of celebrating, as always, Canada Day celebrations will take place all over the province including some of the most popular locations in Winnipeg and surrounding areas.

Looking to escape the heat for a bit? Museums and indoor activities are just as plentiful! Between the incredible collections at the Winnipeg Art Gallery and the stunning history contained at the Manitoba Museum, you can wander for hours and keep learning more about how amazing this province can be.

Summer is what you make of it, and like so many others, I'm excited to spend it enjoying everything I can around Manitoba!

Brian Finlayson
Editor

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 recent contests.

Winnipeg Goldeyes vs. Sioux City Explorers

Maria Jim Lori Diane
Ute Kristina Carrie

The Ex

Peter Sylvana Robert



CJNU PERSONALITY CORNER: Jeff Sinnock

I was born and raised in Winnipeg, specifically St. Vital. More specifically near St. George School where I attended grades K-9 (Glenlawn Collegiate after that).

I have many interests, but one that might be of interest to readers is that my wife and I create world-class crossword puzzles. We have been into crossword puzzle construction for five years now, and have been published by the likes of The New York Times, The Wall Street Journal, and the L.A. Times. We have also published themed crossword puzzle books. As music is a real passion for me, I created and published a book called "Name That Tune – Crossword Puzzles for Music Lovers." I'm very proud of the work that I did there. It's available on Amazon now.

I have been teaching for 29 years... wow! Most of those have been in a middle years classroom, but I am also qualified to be a Physical Educator. Lately, I have been specializing in literacy instruction. So much so that the River East Transcona School division has asked me, as of this year, to act as a Literacy Support Teacher.

I often tell my kids that my superpower is knowing the right song for the mood. I have acted as a middle school DJ for over 20 years. When I had a job as a marriage commissioner, I often stuck around and DJed the event as well. Growing up, my childhood home was rarely quiet. My mother always had the radio on, and she would often play albums from the likes of Anne

Murray, Rod Stewart, Abba, and most often Elvis. I have carried this tradition on for my kids. When they get quizzed by their teacher at school and can answer questions about Stevie Wonder or Paul Simon, they have me to thank for that.

I started listening to CJNU about 15(ish?) years ago when I was scanning the car radio dial to see if there was anything else out there. And there was. It was probably a song like "Who Put the Bomp" that sparked up a long-forgotten nostalgia.

Three years ago when I heard they were looking for announcers, I thought that CJNU would be a good fit for me, although I didn't have much time to spare. You see, I have five kids. Who all play sports. And need me to be their full-time chauffeur. Even though I can only volunteer every other Saturday morning, I look forward to that time.

Like I mentioned earlier, I like that we can play music that no one else does. I enjoy the challenge of trying to find new musical selections to add to my arsenal of songs. I keep the app "Shazam" on my phone busy. It helps me to keep a record of songs that I want on my show, or to learn new songs that I had never heard before.

My wife and I are both teachers. We look forward to summers so that we can spend more time with our five kids. Eventually when I retire from teaching, I plan on volunteering more of my time with CJNU.



**ROYAL
AVIATION MUSEUM**
OF WESTERN CANADA

Since the Royal Aviation Museum of Western Canada has been such a wonderful location for CJNU's remote broadcast, we will remain here throughout the month of July!

If you haven't spotted us yet, we are situated in the North West corner of the Museum.

Please stop by for a visit – we'd love to see you!

Faces & Places



CJNU's Adam Glynn (centre-rear) was joined by (L-R) Connie Newman, Serena Bittner, Hank Ross, and Graham Todd to discuss the CarFit project on May 20.

CJNU's Frank Stecky (top left) was joined by (L-R) Joey Gregorash, Beyond Blondie's Helen White, and members of School of Rock (top right & front row).



Carson Nattrass, Artistic Director of Rainbow Stage, joined Tom Dercola as a guest on June 16 to discuss "Rock of Ages."



(L-R) David Feniuk, General Manager, and Jim Steep, Executive Director of Agape Table joined Tom Dercola on June 2.



(L-R) Jessica Miller, CEO of the Victoria Hospital Foundation joined host Adam Glynn for an episode of Community Champions on June 3.



Trevor Kennerd from Ride For Dad, the Fight Against Prostate Cancer, joined Tom Dercola as a guest on May 26.



(L-R) Diana Rasmussen, Executive Director of the ALS Society of Manitoba, joined Frank Stecky as a guest on June 3.



(L-R) Host Frank Stecky was joined by Krystal Stokes, Lorne Kearns, and Maor Tsitrun to discuss Victoria Lifeline on May 20.



(L-R) Linda Brown, Executive Director of Active Aging in Manitoba joined host Frank Stecky on May 27.