

Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER
SEPTEMBER 2025

The Colours of Fall



**Manitoba's All-Canadian
Hospital Lottery is Back!**



Get your HSC Millionaire Lottery tickets today to support our heroes at Health Sciences Centre Foundation – and become an instant millionaire! Tickets start at just \$100.

You can save a life – today.

Your Millionaire Lottery ticket purchases help Health Sciences Centre Foundation provide the best possible care for patients and make life-changing – and life-saving – technological advances.

Your support makes life better for the patients and families who visit HSC every day. Your tickets will help transform healthcare in Manitoba.

6 Grand Prize options – and so much more!

This year's Millionaire Lottery features a record-breaking number of prizes for early buyers – with 32 Early Bird draws and 11 Bonus draws, including a brand-new Grey Cup Bonus! Win tickets to the 112th Canadian classic, right here at Winnipeg's Princess Auto Stadium.

HSC is Manitoba's hospital. The Millionaire Lottery is for all Manitobans.

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.



The lottery also features hundreds of 'Made in Manitoba' prizes from restaurants, resorts, and boutiques all around our province, including The Forks and Inn at the Forks, Royal Winnipeg Ballet, Manitobah, Rae & Jerry's Steakhouse, Red River Co-op, and so much more – plus the Manitoba Moose, Winnipeg Jets, and The Bomber Store.

Of course, you can't forget about **The Grand Prize!**

**HSC is offering this year's biggest winner the chance to win the all-Canadian dream, with homes in Winnipeg, Oak Bluff, and West St. Paul, or an oceanview Vancouver Island home. Each home package comes with extra prizes and is worth over \$1.5 million.
Or, take \$1,250,000 tax-free cash!**

An UNLIMITED 50/50 Jackpot

For just \$25, you could win half of Manitoba's biggest fall 50/50 – and for the first time ever, the jackpot is *unlimited*.

Last year's winner took home half a \$1,390,700 pot. This year, it could be even bigger – and you could be the winner!

There's also the Extra Cash PLUS game (tickets start at \$25) with 125 winners and \$170,000 in all-cash prizes.

**NOTE: Main Lottery tickets must be purchased to purchase 50/50 and Extra Cash PLUS tickets.*

For more information and to purchase tickets, visit **hscmillionaire.com**. You can also order by phone at 204-253-5688 (or toll-free at 1-855-999-5688) or in-person at London Drugs (St. Vital Centre) and Red River Co-op Food Stores in Winnipeg and Selkirk and the Main Street Pharmacy.

Life-saving cause. Life-changing prizes. ***Thank you for purchasing your HSC Millionaire Lottery tickets.***

LICENSE NUMBERS: LGCA 1822-RF-48322, LGCA 1822-RF-48503, LGCA 1822-RF-48504

Winnipeg Goldeyes and CJNU Wrap Up Another Season Together

On September 1, CJNU teamed up with the Winnipeg Goldeyes for the final time this season to promote the game-day 50/50 draw.

We would like to thank everyone who supported CJNU at their 50/50 games this season! 25% of the proceeds on those days went directly to CJNU, helping your favourite station while also supporting a wonderful cause in the Goldeyes Field of Dreams Foundation.

We can't wait for next season!





"Miracle Garden Party" Celebrates 10th Anniversary on Sept. 11

This September 11th, Victoria Hospital Foundation proudly marks a decade of caring with its 10th Anniversary Miracle Garden Party — reimagined as “Miracle in the Market”, hosted under the canopy of Le Marché St. Norbert Farmers’ Market. As the Foundation’s biggest fundraiser of the year, the Miracle Garden Party makes vital mental health and patient care initiatives possible.

For over 50 years, Victoria Hospital Foundation has supported the health and well-being of our community. In response to the rising need for mental health care, Victoria Hospital introduced innovative, patient-centered approaches to better meet these needs. The Manitoba Blue Cross Mental Health Assessment Unit, a specialized six-bed unit in Urgent Care, provides a safe, healing environment for those in crisis. Alongside this, Will & Mavis Tishinski Tranquility Trail offers a serene outdoor greenspace for patients and the community, where therapeutic patient programs, such as gardening and art therapy, promote mental wellness through connection with nature.

This year, contributions will support patient care through projects like Companion Pets— lifelike, interactive pets that bring comfort, joy, and a sense of purpose to patients living with dementia. These therapeutic companions ease anxiety, spark meaningful memories, and offer peace in unfamiliar hospital settings, making a powerful impact for patients, families, and care teams alike.

Join us in celebrating a decade of caring by attending the Miracle Garden Party or making a donation online. Your support ensures Victoria Hospital Foundation can continue to transform mental healthcare and provide hope to individuals and families across Manitoba.

Together, we can build on this milestone and continue making a lasting difference in our community. Learn more or donate today at TheVicFoundation.ca or by calling 204-477-3513.

Sound of Silence 50/50 Winner



We want to extend a massive congratulations to **Dennis** from **Westwood** for winning the first-ever *Sound of Silence* 50/50! **Dennis** won half of the **\$9,710 jackpot!**

We want to thank everyone who purchased a *Sound of Silence* 50/50 ticket to support CJNU! While not everyone was able to have their name called, everyone is truly a winner when you support community radio.



A LIFELINE TO COMMUNITY AND HEALTH

Two years ago Cathy Domenco felt like her world was shrinking. She was losing her eyesight and it was affecting every aspect of her life. She could no longer drive, and even walking outside by herself felt precarious. Her once active and independent life was now in the shadows.



“I felt like I didn’t have any purpose, and lost confidence in myself,” said Cathy.

Cathy found the strength to share how she was feeling with her doctor, Dr. Krystal Montgomery, who as part of her treatment, wrote her a prescription. It wasn’t one Cathy could fill at her local pharmacy — it was a social prescription.

Social prescribing can take various forms and involves connecting a patient to resources in their community based on their individual needs. In Cathy’s case, she was referred to Colleen Tackaberry, the resource coordinator at the Transcona Council for Seniors. The not-for-profit organization provides driving, exercise, meal, and support programs.

Colleen invited Cathy to participate in a program designed for people experiencing vision loss. “I was nervous at first, and self-conscious,” said Cathy, but she soon realized people there were dealing with similar issues, and she could learn from their experience. After settling into the group, she began participating in other activities and making new friends. “They were so welcoming. It was easy to fit in.”

Cathy’s experience is not unique. “We live in an increasingly disconnected and isolating world, and it’s hard to both first feel comfortable asking for help and then find available services,” said Dr. Montgomery. “Social prescribing removes both of those barriers to seeking and finding connection.”

Risk factors and transitional life events, such as retirement, the death of family or friends, or changes in living arrangements may contribute to the risk of social isolation and loneliness of patients. Other contributing factors can include poverty, lack of transportation, gender and sexual identity, sexual orientation and ethnicity.

- 20% of Manitobans aged 65 years or older are socially isolated.
- One in four (26%) are lonely.
- One in three older Manitobans would like to participate in more social activities.

Health Implications

For older adults, loneliness and social isolation can increase the risk of heart disease and stroke, as well as dementia, depression and overall decline. Loneliness and social isolation are also associated with an increased risk of death of 26% and 29% respectively, according to the U.S. Centers for Disease Control, similar to the effects of smoking 15 cigarettes a day or having an alcohol use disorder, according to a meta-analysis covering decades of studies on the issue.

“There are obvious benefits to mental health by combating isolation and loneliness,” said Dr. Montgomery. “Clinically though, I have even seen the beneficial effects go as far as reducing medication burden/dependency as a direct result of patients’ new engagement, support, and community connections.”

How It Works Here

In Manitoba, social prescribing is led by the Manitoba Association of Senior Communities (MASC), an organization dedicated to enriching the lives of seniors in the community.

Through social prescribing, a Manitoba health care provider will refer a patient/clinic to a Senior Resource Coordinator, who will work with the client to identify and consider community-based programs or services that can improve the client's social connections, health and well-being.

Five health regions in the province have started the process of approving and uploading a Social Prescribing Seniors Referral form into local electronic medical record systems. When primary healthcare providers meet with patients and observe they may need support from the

community, the provider completes the referral form and sends it to the SRC, who meets directly with the referred person.

The introduction of social prescribing in Manitoba aligns with broader national and global trends of promoting holistic care and preventive measures, said Dr. Michael Routledge, Medical Advisor for MASC.

“As a public health physician, my work involves addressing the overall health and well-being of older adults. Social prescribing connects individuals to community resources that improve their quality of life, reduce isolation, and enhance their health outcomes. This approach is especially important for our aging population, as it has the potential to reduce strain on our healthcare system while supporting seniors in living healthier, more fulfilling lives.”

Communities are healthier places when health and care systems are seamlessly connected and collaborate to address the social determinants of health.

Doctor to Doctors

Dr. Montgomery encourages other physicians to consider social prescribing. “It’s impossible for us as clinicians to keep up with all the things going on in our communities that might help our patients. This is a fast, easy referral form (with two clicks!) to someone who acts as the in-the-know “coordinator” to match patients to ALL the services, programs, social gatherings and more in the community.

“When asked about services I used to feel lost and unable to help. Now I tell patients that I don’t know, but I know the person who knows! And I additionally have something to offer when invariably part of the presenting problem is the isolation itself.”

Ripple Effects

“Families trying to support their aging loved ones also benefit from the service as it helps reduce their care burden. I have many multigenerational families where I have seen this effect,” said Dr. Montgomery.

What is Social Prescribing?

Social Prescribing is a Global movement with initiatives in over 20 countries. While it can take various forms, all involve connecting a patient, based on their individual needs, to resources in their community. Health care professionals and social service providers work collaboratively with clients to connect them with services that support basic needs, social and emotional.

Impacts of Social Prescribing

The Canadian Institute for Social Prescribing engaged KPMG LLP to assess impacts of Social Prescribing in Canada. They found that:

- Every dollar invested into social prescribing programs may return \$4.43 to society through improved well-being and reduced costs incurred on the health system and government.
- Social prescribing leads to better health outcomes for two key populations in Canada— older adults and youth — improving overall well-being with significant reductions in healthcare utilization.
- Social prescribing supports aging at home, and can lead to fewer hospital admissions, emergency visits, and ambulance calls— resulting in improved quality of life and \$268 million per year in healthcare cost savings.
- Social prescribing can support the mental health of young people, improve education attainment, and result in an additional \$59 million in employment income per year.

Learn more

The Canadian Institute for Social Prescribing (CISP) at socialprescribing.ca is a new national hub to link people and share practices that connect people to community-based supports and services that can help improve their health and wellbeing.

Social Prescribing: a Resource for Health Professionals is also available at or by scanning the QR code.



This resource is designed to support health professionals working in the primary care sector to implement social prescribing into their practice. It includes practical tips, talking points, and tangible next steps to integrate social prescribing into practice.



Music and Performing Arts 2025-2026

The season is upon as we look forward to Manitoba's Arts community 2025-2026 season.

CJNU is a proud promoter and sponsor of Winnipeg's vibrant cultural organizations. We understand that each of these groups contributes to our unique Winnipeg

identity...together they foster our sense of community. On a more personal level, these organizations allow us to connect with one another and, through this process, enhance our well being.

HERE IS A LIST OF PERFORMING GROUPS, WITH THEIR OPENING PERFORMANCE AND BOX OFFICE INFORMATION.

PERFORMANCE THEATRE

ROYAL MANITOBA THEATRE CENTRE	LIFE OF PI (MAINSTAGE)	OCTOBER 15	204 942 6537
PRAIRIE THEATRE EXCHANGE	LIARS AT A FUNERAL	OCTOBER 14	204 942 5483
WINNIPEG JEWISH THEATRE	JOB THE PLAY	SEPTEMBER 11	204 477 7515
HOOD AND DAGGER	THE HAUNTING OF HILL HOUSE	OCTOBER 23	HOODANDDAGGER.CA
RAINBOW STAGE	AFTERLIGHT	OCTOBER 23	RAINBOWSTAGE.CA
LE CERCLE MOLIÈRE	GALA "LE SIÈCLE MOLIÈRE"	OCTOBRE 4	204 233 8053

DANCE

WINNIPEG'S CONTEMPORARY DANCERS	GAME ON	OCTOBER 24	204 452 0229
ROYAL WINNIPEG BALLET	HANSEL AND GRETEL	OCTOBER 9	204 956 2792

MUSIC

WINNIPEG SYMPHONY ORCHESTRA	VOLODIN PLAYS TCHAIKOVSKY 1	SEPTEMBER 27	204 949- 999
MANITOBA CHAMBER ORCHESTRA	SEASONS ASCENDING	OCTOBER 8	204 783 7377
MANITOBA OPERA	TOSCA	NOVEMBER 22	204 944 8824
ASPER JAZZ SERIES	BENNY BENACK III	OCTOBER 4	204 477 7534
WINNIPEG JAZZ ORCHESTRA	WHAT THE WORLD NEEDS NOW: MUSIC OF BURT BACHARACH	OCTOBER 4	204 632 5299
WINNIPEG SINGERS	SKYSCAPES	OCTOBER 5	204 944 9100

OTHER EVENTS

GAS STATION THEATRE	BEHIND THE CURTAIN	SEPTEMBER 12	GSAC.CA
CLUB REGENT	HOLLY COLE	SEPTEMBER 20	TICKETMASTER.CA
THE BURT	HERB ALPERT AND THE TIJUANA BRASS	OCTOBER 2	TICKETMASTER.CA
CLUB REGENT	THE ULTIMATE ESCAPE: THE MUSIC OF JOURNEY	OCTOBER 3	TICKETMASTER.CA
CLUB REGENT	THE SUITS: HIT SONGS	OCTOBER 9	TICKETMASTER.CA



Herb Alpert: Experience the Magic

The legendary Herb Alpert and his new Tijuana Brass are coming to The Burt on October 2 at 7:30pm.

Herb along with his six great musicians will be playing all of your favorite TJB hit songs just as you remember hearing them.

This year marks the 60th anniversary of the iconic album, "Whipped Cream & Other Delights". Herb and the band will be performing many of those great songs in addition to many other hit songs; "The Lonely Bull", "Spanish Flea", "Taste of Honey", "Tijuana Taxi", "This Guy's In Love With You", "What Now My Love", "Zorba the Greek", "Rise" and many other delights.

With Alpert playing trumpet, arranging, and often composing songs, Herb Alpert & the Tijuana Brass offered an alternative to the sound of the 1960s. The 1965 album Whipped Cream & Other Delights sold more than six million copies with that risqué image that would later become one of pop music's most memorable and iconic covers. The album features the tracks "Whipped Cream," "Bittersweet Samba," and the hit song "A Taste of Honey," which won three Grammy Awards.

His A&M record label he co-founded in 1962 included The Carpenters, Joe Cocker, Carole King and Sergio Mendes. The same year Alpert's first album as a performer, The Lonely Bull was released.

Did you know? Herb Alpert

- co-produced Jan & Dean's "Baby Talk" in 1959
- is the only artist in history to hit #1 on the Billboard charts with both a vocal ("This Guy's in Love With You" in 1968) and an instrumental ("Rise" in 1979).
- has fifteen Gold albums, fourteen Platinum albums and has sold over 72 million records.
- is an accomplished sculptor and painter.

**Tickets for one memorable night,
October 2, 7:30 at The Burt are available
at [ticketmaster.ca](https://www.ticketmaster.ca) and follow the links**



MANITOBA
OPERA

MANITOBA OPERA'S 2025/26 SEASON A Season of Secrets and Seductions

Manitoba Opera will present a season of secrets and seductions in 2025/26, the company's 53rd season, with two of the greatest operas ever written, performed by world-class artists at the height of their craft. The season opens with **Tosca** **November 22, 26 and 28, 2025**, and **The Marriage of Figaro (Le nozze di Figaro)** will be presented **April 18, 22, and 24, 2026**. Both productions will be sung in Italian with projected English translations and will be presented at the Centennial Concert Hall.

"Opera is a world of passion, power, and intrigue, and our 2025/26 season is brimming with all three," commented Larry Desrochers, General Director & CEO upon announcing the season this spring. "Whether you crave high-stakes drama or delightful mischief, we have two extraordinary productions that promise unforgettable nights at the opera."

Puccini's *Tosca* is an electrifying thriller packed with love, jealousy, and betrayal. With some of the most breathtaking music ever written, this opera grips you from the very first note and doesn't let you go. In the spring, political treachery is traded for comic chaos with Mozart's *The Marriage of Figaro*, a masterful blend of wit, romance, and mistaken identities. This great ensemble comedy is a whirlwind of clever schemes and unexpected twists, set to some of the most exquisite music ever composed.

For tickets and more information go to mbopera.ca or call 204-944-8824.

Izzy Asper Jazz Performances Celebrate 26th Season

The Izzy Asper Jazz Performances celebrates our 26th season with three weekends of brilliant music!

Our season kicks off October 4/5 with BENNY BENACK III, a young artist who channels the spirit of Sinatra when he sings, then performs the same magic on the trumpet. He's definitely a rising star with vintage charm!

On November 29/30, we welcome T.K. BLUE, a soulful saxophonist and flute player who will also mesmerize you with the kalimba, or African thumb piano. He fronts a band called the African Rhythms Alumni Ensemble, a group of legendary musicians who've toured the world sharing their mix of blues, jazz, and Latin music. You'll be riding waves of joy with this band!

Our season closes March 21/22 with Grammy-nominated vocalist CYRILLE AIMÉE, who brings fearless curiosity and a tender heart to a broad spectrum of music. From the Roma music of her childhood to fresh takes on jazz standards to sweet-natured originals, her music is expressive, intimate, compelling—not to be missed!

Performances take place Saturday evenings and Sunday afternoons at the Rady Jewish Community Centre. The

Berney Theatre has beautiful acoustics, and parking is both plentiful and free! Walk-ups are welcome but you can save some money if you buy a subscription to the whole series. Find all the details at IzzyAsperJazz.com!





Ultimate Escape THE MUSIC OF JOURNEY

The iconic music of Journey dominated the pop charts from 1977-1983. And that music is coming to Club Regent on October 3 at 8 pm.

Robert Fleischman, who co-wrote and recorded several songs for the band, wrote "...Journey wasn't doing too well at the time, and bands like Boston and Foreigner were becoming popular." To create a new sound, it was decided to add a new lead singer. That was the formula! Over the next few years Journey would score hit after hit.

The arrival of Steve Perry as lead vocalist marked a change in the band's music from progressive rock to

rock with a sophisticated melodic development. It was a! Perry's powerful vocals, both smooth and poignant, made their music more "radio-friendly" and commercially successful.

"Open Arms" from 1981 sold over four million copies. Music magazines described it as one of the greatest love songs ever written. "Don't Stop Believin'" in 1981 was a gold record that had an astounding eighteen million online sales and streaming downloads. "Who's Crying Now" (1981) was a Number 1 Adult Contemporary hit in Canada and sold two million copies in the United States.



Among their Albums:

- Escape (1981): Peaked at #1 on Billboard's 200; included "Don't Stop Believin'", "Open Arms", "Who's Crying Now"
- Frontiers (1983): Peaked at #2 on Billboard's 200; features "Faithfully" and "Separate Ways"
- Overall, Journey had twenty-five songs chart on the Billboard Hot 100 and 11 platinum-or-better albums. Two of their albums "Escape" and "Greatest Hits" sold more than ten million copies. Their worldwide sales exceed 100 million records, making them one of the best-selling bands of all time.

Ultimate Escape: The Music of Journey is a stellar evening of all the best music from one of the world's top bands performed by some of Canada's leading musicians.

Tickets are available at [ticketmaster.ca](https://www.ticketmaster.ca)



Those Were The Days!

MUSIC FILLED WITH MEMORIES



Re-live The Moments Of The Week With Community Café Each Friday at Noon on CJNU

in partnership with the Free Press Community Review
as we chat about what's making news in our community.

WWW.CJNU.CA | @CJNU937 | [Instagram](#) | [Facebook](#) | [Twitter](#) | BELL MTS TV CHANNEL 725 | **POWERED BY YOUR MEMBERSHIP**



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NEWS & VIEWS!



Falling into Autumn

Photo by Nico Ruge on Unsplash

Forgive the pun in the title of this, but it's exactly what it feels like as we hurtle toward the cooler months. As quickly as summer rolled in, we're getting set to move into the season of colourful leaves and chilly temperatures.

Now, I'm biased as autumn is my personal favourite of the seasons, but it's hard not to appreciate the warmer months that we've been enjoying. After all, we can't exactly head to the beach when we're waking up with temperatures in the single digits. So, think of this as more of an "ode to summer" instead of a "gear up for autumn" type of thing.

When things get cooler, our minds often drift toward the even colder season that follows autumn, but I say, we fight those feelings off even for a little while. When you find yourself thinking about the impending drop in

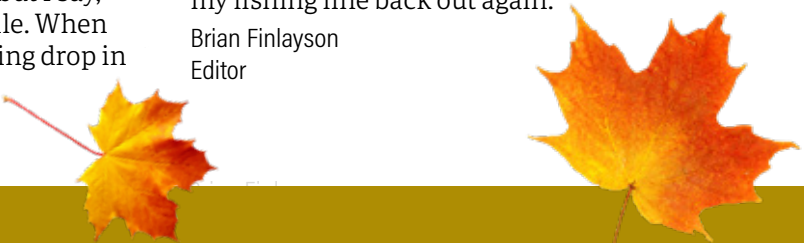
temperatures, instead think of the warmth of the sun on your skin, or the feeling of spending time outside with friends and family.

Think of the moments by the water with either a fishing rod or a cold pop in your hand, just taking in the incredible weather we can sometimes be so blessed to have. After all, September is still halfway in summer, so savour the moments you can before we start even pondering how cold it can get in this province.

I swear, thinking about winter makes me cold already, so keep yourself warm all year round by thinking about the great summer we've had this year. I know I will be.

Now, if you'll excuse me, I think it's about time to cast my fishing line back out again.

Brian Finlayson
Editor



**CJNU's AGM will be taking place on Thursday September 25th,
at 6:30pm, at the Bill and Helen Norrie Library.**

Capacity is limited, so you'll need to RSVP ahead of time to let us know if you're coming. For more information, to RSVP, and for the full meeting notice, head to CJNU.ca/AGM.

Faces & Places



(L-R) CJNU hosts Frank Stecky, John MacLise, and Adam Glynn were joined by several guests live at the Concordia Classic Golf Tournament on August 13, 2025.



CJNU's Adam Glynn (right-rear) was joined by (L-R) Sandra Holmberg, Board Chair John Harris, President and CEO and Judy Anderson, Board Member of Prairie Public Broadcasting for an August program discussing the importance of public media.



Karen Burgoyne, President of the Retired Women Teachers' Association, was a guest with Tom Dercola on Aug. 25, 2025.



(L-R) Samantha Loxton, Executive Director and Jeannette Golletz, Board President - both of the Good Neighbours Active Living Centre - were CJNU's Community Champions on August 26th, as we broadcast from our remote studio at the Centre!

Join host Jim Feeny between Noon and 1 p.m. on September 24th
as the panel welcomes special guest Dr. Michael Routledge for
Insights on Social Connections.



CJNU PERSONALITY CORNER: Curt Smith

Raised on a 160-acre farm in Central Alberta that produced championship hogs and sheep, Curt's childhood was idyllic. He had his own horse by age eight, and during a year at Elk Island National Park, where his father served as assistant superintendent, he played baseball with neighborhood kids—after shooing George the buffalo off the field.

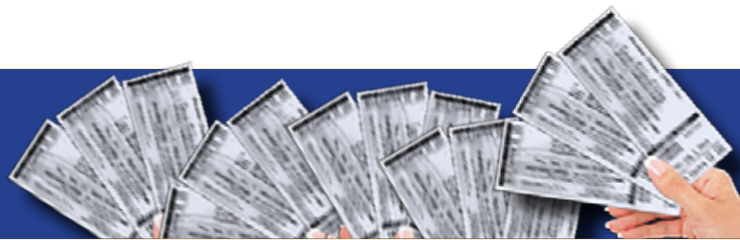
He later graduated from Cornell University with a degree in Hotel Administration, launching a career that spanned Jasper, Ithaca and the Catskills of New York, Niagara Falls, Montreal, Toronto, Edmonton, Copenhagen and Winnipeg. Providing service to an array of customers brought Curt into personal contact with many musical legends of the 60s and 70s, including Harry Belafonte, Tom Jones, Kenny Rogers, Doc Severinsen, and Ella Fitzgerald, whose grace and artistry deepened his appreciation for music's lasting influence.

Winnipeg changed everything—a pivotal moment when a hotel client introduced him to the woman who became his wife. They've now shared more than 50 years together, raising two children: a daughter in Raleigh, North Carolina, and a son based in Winnipeg, enjoying their growth and success as adults.

Among Curt's varied interests, one enduring passion is Frank Lloyd Wright's architecture, which he's explored at over 25 sites, including multiple visits to the iconic Fallingwater in Pennsylvania.

A product of the 1960s, Curt recalls a time when the radio was always on—spinning the hits of the day and shaping the soundtrack of his life. Sharing that joy and the stories behind the songs, venues, and artists through CJNU is more than volunteering—it's a deeply personal reward. The music, the memories, and the connection are all part of the mix.

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.

Gift Certificates

Martin • Shirley

Ultimate Escape: The Music of Journey

Don • Laura

Holly Cole

Don

National Day for Truth and Reconciliation is on Tuesday, September 30, 2025