

Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER
OCTOBER 2025

The Colours of Fall

CJNU Looks to “Keep It Real” for 12th Annual Pledge Drive

Here at CJNU, we want to *Keep it Real*.

We find ourselves living through a time where it's getting progressively harder to tell what's real and what's not. Between 'fake' news and 'artificial' intelligence, it can be difficult to connect with something genuine. But in this world - a world where trust is often so hard to find and even harder to earn - you have made the choice to place your trust in us, by listening to CJNU. This is something we don't take lightly.

When you turn on your radio and tune to 93.7FM, we are making a promise to you. We are committed to ensuring that what you hear is always going to be real. Real people, real voices, real music, and real stories.

Like when a community leader speaks passionately about how they're helping combat real issues. Or that feeling you get when you hear a song from your past, and you're transported back to a certain place and time. Or even something as simple as when you hear that distinct chime, before a real live human being shares the weather forecast. All of these things - whether tangible or intangible - are ways that we want to *Keep it Real*.

Now a big part of our reality is the fact that CJNU is powered by a team of over 130 volunteers - and growing! - that both produce the programming you hear and work tirelessly behind the scenes to keep the station on the air.

Supported by a small and dedicated staff of just five, in an average year at the station over two hours of volunteer time are contributed for every one hour of paid staff time. At a conservative estimate, that works out to a value of over \$450,000 in donated time - a figure which continues to grow with each passing year.

But while volunteer power keeps CJNU going, the hard truth of our reality is simple. Without donor dollars, none of this would be real. Without you, none of this would be possible.

Our Pledge Drive is the one time each year when we pause and say it to you straight: if you see value in any part of what we do here at CJNU, then we need your help. The math is quite simple - and without your support, things just don't add up. Our incredible sponsors, partners and co-op members do their part throughout the year, but without the direct support of listeners during our annual Pledge Drive we cannot fully cover our ongoing operating costs, nor invest in the future of CJNU.

So, if you can, we ask you to please lend your support to CJNU's 12th Annual Pledge Drive.

And remember: we want to *Keep it Real*... but only YOU make that possible.



93.7
CJNU

KEEP IT
Real!

**Join us October 23, 24 and 25
for CJNU's 12th Annual Pledge Drive**

Stay tuned to CJNU for a special Pledge Drive
Preview on Tuesday October 21st

at noon, as we reveal more about this year's
exciting prizes, incentives, and matching donors!

GREAT MUSIC | GREAT INCENTIVES | GREAT PRIZES!

HELP SUPPORT VOLUNTEER-POWERED, NON-PROFIT COMMUNITY RADIO

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.

Shine a Light in Support of Manitobans with Cancer

Light is a symbol of life, hope, guidance and truth. You can pay tribute to someone you cherish and light up the darkest month with 1250 white lights while supporting CancerCare Manitoba and their mission to provide tomorrow's cancer treatments today for all Manitobans.

"Shine a Light is a meaningful way for people to recognize someone special to them either in memory, honour, or in gratitude," said Sherelle Kwan, Manager, Community Events and Development at CancerCare Manitoba Foundation. "We've had a very positive response from the community to this program since its launch three years ago. It's our hope that the light display will once again inspire and uplift those touched by cancer while raising funds for a brighter future."

When you Shine a Light you support cancer prevention, leading-edge research, clinical trials and enhanced

patient care. All funds raised by CancerCare Manitoba Foundation stay in Manitoba. By Shining a Light, you help light the way to a better future for those in our province facing a cancer diagnosis.

To Shine a Light, make a \$100 donation. Each \$100 donation will represent one of the lights that will shine in CancerCare Manitoba's building on McDermot Avenue starting December 1. You can send a card to let others know who you are honouring and join us for a special lighting ceremony on December 1st at 5:00 pm, where you can see your loved one's light and name shining for all to see.

Lights are available by visiting www.shinemb.ca or by calling CancerCare Manitoba Foundation at 204-787-4143.

Guardian Angel Benefit

Shine Bright Like a Diamond

Sunday, **Oct. 19**, 12:30 p.m.



Why Celebrating Seniors Should Matter to Everyone

Older adults strengthen our communities in countless ways. They are the storytellers, teachers, and steady hands that guide our communities.

Celebrating seniors is more than a gesture of gratitude, it's a powerful way to combat ageism. Too often, aging is viewed through a lens of limitation, when in reality older adults contribute richly to society as volunteers, workers, caregivers, mentors, and leaders. By acknowledging and celebrating these contributions, we help build a culture that values every stage of life.

October 1st marks National Seniors Day – an opportunity to pause and reflect on the many contributions of older adults. At Victoria Lifeline, along with our friends at CJNU, this is more than a single day on the calendar. It's a reminder of how their contributions are woven into the heart of everything we do.

The impact of older adults is profound and measurable. According to Volunteer Canada, they contribute more volunteer hours than any other age group - an average of 223 hours per year. At Victoria Lifeline, most of our volunteers are retirees who collectively dedicate over 5,000 hours annually to install and maintain our medical

alert systems. Their service is a lifeline, both literally and figuratively, for thousands of Manitobans.

Beyond their time and talents, older adults are also the most generous charitable donors in Canada, according to Statistics Canada. Their financial contributions sustain countless organizations, ensuring communities across the country remain vibrant and supported.

Recognizing these contributions is more than appreciation, it's also advocacy. When we celebrate older adults, we challenge harmful stereotypes about aging and affirm the value of every person, regardless of age.

To all the older adults who give so much of themselves: thank you. You are the mentors, neighbours, volunteers, and caregivers who make our communities thrive.

In recognition of National Seniors Day, Victoria Lifeline is pleased to offer a free month on any service plan for new clients who sign up by October 31. It's our way of honouring the incredible contributions of older adults while continuing our mission to support safe, independent living at home.

Krystal Stokes is the Director of Marketing & Development at Victoria Lifeline and CJNU's biggest fan!

Celebrating National Seniors Month



VICTORIA LIFELINE

Safe and independent living.



Jocelyn House Hospice opened as the first free-standing residential hospice in Western Canada forty years ago on October 20, 1985. Bill and Miriam Hutton donated their family home to the community and founded the hospice in memory of their daughter Jocelyn, who died of cancer at the young age of 17. A remarkable teenager, Jocelyn lived the last months of her life sharing her message of acceptance, purpose and faith. It is our mission as Jocelyn House Hospice to carry on the dream of Jocelyn Hutton: adding life to final days for the terminally ill, and their loved ones, by providing care and comfort in a home-like setting.

Jocelyn House is located in the Old St. Vital area of Winnipeg, on a beautiful riverside lot, surrounded by trees and wildlife. The picturesque and tranquil setting is a reflection of the safe, warm and inviting atmosphere inside. Our staff and volunteers truly understand and

are deeply committed to end of life care. The medical team consists of an attending physician, an RN, LPNs, and Health Care Aides, with support from the Winnipeg Regional Health Authority Palliative Care Program. Residents also benefit from the care given by our Manager of Spiritual Care and a host of wonderful volunteers who provide much needed support to our staff, residents, and their loved ones. Our team ensures that residents and their families receive the physical, emotional, social and spiritual support they need.

There are currently only 16 hospice beds in Manitoba and Jocelyn House is home to 4 of them. Jocelyn House exists due to the generosity of our donors and supporters. More than half of our operating budget is covered by donations from individuals, corporations, foundations and community groups. There are many ways you can support the exceptional care at Jocelyn House Hospice. Make a donation, become a monthly donor, hold a third party event or leave a legacy gift in your will.



JOCELYN HOUSE HOSPICE IS FULL OF LIFE; IT IS MUCH MORE THAN A HEALTHCARE FACILITY, IT IS A HOME. JOCELYN HOUSE IS NOT ABOUT DYING, IT IS ABOUT LIVING AT END OF LIFE - WITH DIGNITY, COMFORT, UNDERSTANDING AND PEACE. FOR MORE INFORMATION VISIT WWW.JOCELYNHOUSE.CA.

Discover the St. James Assiniboia 55+ Centre



The St. James Assiniboia 55+ Centre is a welcoming community hub where older adults can stay active, engaged, and supported. Located in the heart of St. James at 203 Duffield Street, the Centre has been enriching lives for decades by offering programs and services designed to meet the diverse needs of older adults.

Our Centre is more than just a place to gather—it's a community where friendships flourish, wellness is prioritized, and lifelong learning is encouraged. Members enjoy access to a variety of programs including

fitness classes, educational workshops, arts and culture activities, and social events that make it easy to stay connected. The Centre also provides valuable support services through our Seniors Resource Coordinator, helping individuals and families navigate housing, caregiving, and many other community resources.

Becoming a member comes with many benefits: reduced fees on select activities, access to our fitness centre & members lounge, and the opportunity to be part of a supportive network of peers. Annual membership is affordable at only \$40 per year, making it an excellent investment in your health, happiness, and social well-being.

Joining is simple—drop by the Centre to register, give us a call at 204-987-8851, or explore membership online at www.stjamescentre.com. Whether you're interested in trying a fitness class, joining a group, enjoying a meal and entertainment or simply meeting new friends, the St. James Assiniboia 55+ Centre is your place to connect, belong, and thrive.

A new home for Agape Table!

For over 45 years, Agape Table has shown unconditional love to those that need a meal.

We believe there is hope in nutrition, dignity in choice and power for change in our community.

We are an independent, charitable organization dedicated to feeding our city's most vulnerable.

In 2022, a new home for Agape Table was envisioned, with an increased capacity to feed more people and with the potential to service the high demands of food insecurities within our community.

The new building on Furby Street is well underway and will open in the spring of 2026. It will provide accessibility for all!

We are proud to say that we are the first building and first community kitchen in Manitoba to receive the prestigious pre-construction Rick Hansen Foundation Accessibility certification gold standard.

Since Covid, the numbers of individuals and families requiring support has continued to increase. In 2024, Agape Table served 173,000 meals and provided 15,000 food hampers. The numbers for 2025 will surpass last year's need.

Our Advisory Committee has been hard at work fundraising for the \$8 million dollars required for the new building. We are so grateful for the kindness of our volunteers, our donors and our supporters who are stepping up to support this initiative.

This fall, show us your Agape (unconditional love), with a donation to our Cup of Kindness campaign.

For \$25 you can provide a hearty cup of soup to ten hungry people and also support our new expanded home. Every dollar counts and will make a difference in the lives of those with food insecurities.



*Give
A Cup Of
Kindness*



Join our journey as we envision a brighter future for Agape Table's guests and realize our dream of a future without hunger.

For further information, please visit our website at agapetable.ca.

National Seniors Day is October 1, and it's a great reminder to celebrate the older adults in our life in the month of October.

That celebration can take many forms, and can be something as simple as a "thank you" or even just a quick phone call to say "hi" to check in. This could also come in an act of service, like running errands or doing some yardwork with them. These may not be difficult tasks for everyone, but it could mean a lot to someone to have that extra hand or that additional support. The bottom line is, when you get the chance to give them a little extra love this month, you should.

Looking for additional inspiration on how you can play your part in celebrating the seniors in your life? The Government of Canada has a wealth of resources and spotlights on aging.

Visit canada.ca/en/employment-social-development/campaigns/national-seniors-day for more information.



Photo Credit: Photo by Isaac Quesada on Unsplash

**Tune into 'Insights on Social Connections' with host Jim Feeny
on Wednesday, October 29, between Noon and 1 pm!**

YOUR PATH FORWARD



Find guidance and support
through the Alzheimer Society.

World Alzheimer's Month 2025

#WAM2025



alzheimer.mb.ca

This past September, during World Alzheimer's Month, the Alzheimer Society of Manitoba encouraged all Manitobans to increase their understanding of dementia and the supports available through their First Link® Dementia Helpline, education sessions, community programming, support groups and more. Currently, over 20,300 people live with dementia in Manitoba. Having a globally coordinated World Alzheimer's Month sends a strong message to our governments, policymakers and communities that dementia is a serious health issue which will have overwhelming effects on services and health systems as our population grows older. The more care we can provide, the more inclusive and compassionate our society can become.

There are many programs available at the Alzheimer Society to explore this fall, including free education sessions for care partners and families, support groups for both people living with dementia and care partners, a Minds in Motion® program for people living with dementia and their care partners and community programs taking place at Fort Whyte, Assiniboine Park Zoo, Dalnavert Museum and more.

The annual Care4u Family Conference is also coming up, taking place on Saturday, October 18, at the Victoria Inn Hotel & Convention Centre in Winnipeg. This day of education and support offers care partners the chance to gain practical tools for navigating day-to-day challenges, plan for the future and help build their confidence.

Visit alzheimer.mb.ca/wam-2025 to learn more about dementia awareness and everything going on at the Society this fall. Follow the Society on social media and share your story with dementia online using the hashtag #WAM2025.

If you need someone to talk to about dementia or support finding the right resources for you, call the Society's First Link® Dementia Helpline at 204-943-6622, email alzmb@alzheimer.mb.ca or visit alzheimer.mb.ca.



The Value of Senior Volunteers

Volunteering has its benefits - an avenue for social interaction, a renewed sense of purpose, improved physical health, and a means to combat isolation. On the flip side, organizations gain talented, reliable, and diverse volunteers who enrich the scope and effectiveness of projects.

Many of our CJNU volunteers are seniors. They come from all walks of life and experiences. Their rich backgrounds provide fresh insights into problem-solving and creating innovative solutions. Their well-honed skills come from years of professional and personal experiences. CJNU benefits from the wealth of knowledge and skills they possess in every aspect of our organization.

Our senior volunteers are a group of very talented, committed, and ever learning individuals. Together, they bring the listener the best of what CJNU has to offer – the music of yesteryear and the news of our community.

In addition to their invaluable contributions on air, senior volunteers serve as mentors to newer members, fostering a supportive and collaborative environment within CJNU.

Their dedication inspires others and helps maintain the strong sense of community that defines our station. By sharing stories, traditions, and practical knowledge, they help preserve community heritage and strengthen the bonds that tie CJNU together.

Senior volunteers also play a pivotal role in representing CJNU at local events and outreach initiatives, helping to build relationships with community partners and listeners alike. Their passion for radio and commitment to service make them outstanding ambassadors for the station, ensuring that CJNU remains relevant and responsive to the needs of the broader community.

In recognition of their efforts, CJNU continually seeks ways to celebrate and support senior volunteers, offering opportunities for ongoing training, appreciation events, and channels for their voices to be heard in station planning. By valuing their contributions, CJNU not only honours the rich legacy of its senior volunteers but also ensures a vibrant and inclusive future for all.

CJNU appreciates our over 140 volunteers who contribute their time and talents to CJNU. Without them, the airwaves would be silent.



Insights on Aging
Tune in DAILY at 10:37 a.m. and 3:37 p.m. for Insights on Aging,
presented by the Manitoba Association of Senior Communities!



Harriet Street
Affordable Seniors'
Housing project in the
core of Winnipeg.



25 Years of Poverty Reduction

By Peter Cantelon

This year marks the 25th anniversary of Jubilee Fund and its efforts to reduce poverty in Winnipeg and throughout Manitoba.

For more than a quarter century Jubilee Fund has been Manitoba's only non-profit charitable social finance, impact investment group. Over the years Jubilee has used loan guarantees in partnership with Assiniboine Credit Union and sometimes direct loans where guarantees just aren't enough.

Most recently Jubilee launched its Rent Guarantee Program working to co-sign leases for qualified applicants facing systemic barriers to safe and affordable housing. Initially the program was opened to At-Risk women and children, today various demographics facing barriers can apply including recently incarcerated individuals, youth aging out of care, senior citizens, 2SLGBTQ+, newcomers, people facing barriers related to mental and physical disability, and more.

Over the years Jubilee has had a measurable impact on poverty in the province and the only way we've been able to do that is through investments and donations from individuals. People purchasing Jubilee Investment

Certificates or signing up for our 25 for 25 donation drive (\$25 donation per month for 25 months) make the difference.

By stewarding such investments and donations Jubilee was able to lend \$550,000 to the Harriet Street Affordable Seniors' Housing project in the core of Winnipeg. Without Jubilee's donor and investor driven support Harriet Street would not be the reality it is today.

Supporting Jubilee Fund is one of the most direct and impactful ways to help reduce poverty in Manitoba. Jubilee has supported the development of affordable childcare, affordable housing, decarbonization by assisting Peg City Car Coop in converting its fleet to electric and electric hybrid vehicles, assisting Red Road Lodge in purchasing its build to secure its future, and much more.

Visit www.jubileefund.ca to learn more.



Back by Popular Demand! See it again or for the first time!

Yes, the musical “Afterlight” returns to the stage from October 24-November 2 at CCFM, 340 Provencher.

At the height of the pandemic, playwright Sharon Bader and musician Duncan Cox worked on a project for over four years and unveiled it in the fall of 2023. Just in time for Halloween, they are back with a reworked version; expect a tighter run time and some new surprises.

“Afterlight” is the story of an aged woman who has misplaced her husband, and a sad immortal vampire whom she saves from burning up in the sun. The two misunderstood souls bond over shared experiences of loss and time, creating a soul connection that blossoms into an impossible, unorthodox romance.

As the wrinkles of memory begin to unfold, the couple is forced to confront the realities before them and the mystery of what lies beyond the light at the end of the

tunnel. A fantastical story about memory, love, loss and what it means to experience a life well-lived, “Afterlight” is funny, touching, entertaining and thought-provoking.

Quinquagenarian, Sharon Bader said she struggled, as we all do, about getting older and those things we lose in that process. As part of the writing, she interviewed octogenarians about their experiences of getting older.

Duncan wrote more than a dozen songs including “Vampires in my Piano” and “Faces in Photos” and “Warts and All.”

AFTERLIGHT

Evening performances start at 7:30
and weekend matinees at 2 PM

Tickets may be purchased at rainbowstage.ca.

Mature subject matter, recommended for audiences 10+
Theatrical haze and flashing lights throughout.

BEFORE YOU GO:

LISTEN to AFTERLIGHT before the show on SPOTIFY, YOUTUBE MUSIC, APPLE MUSIC, AMAZON MUSIC, BANDCAMP or purchase the album at Rainbow Stage





The Winnipeg Jazz Orchestra has got the World on a String this October as they team up with the Agassiz International Cello Festival to bring you the music of Gershwin, Ellington and more!

On Thursday, October 30th, the Winnipeg Jazz Orchestra will join forces with the Agassiz International Cello Festival for a one-of-a-kind concert experience. Head to the University of Manitoba's new Desautels Concert Hall for an evening that will both tug at your heartstrings and get you swinging in your seat. This unique performance will blend the rich, romantic sound of the cello with the grandeur of big band music.

Strings meet swing in this must-see concert featuring the music of American songbook legends like George Gershwin, Harold Arlen and Duke Ellington; with music orchestrated by WJO's team of writers, plus a new commission by Juno award-winner Jocelyn Gould. Cellists Matthias Bartolomey, Raphael Weinroth-Brown, Zander Howard-Scott and Sam Nadurak take center stage for a one-of-a-kind listening experience.

In November, the WJO will have you shimmying into a Bossa Nova Craze with a tribute to the iconic music of Stan Getz and Astrud Gilberto. In 1964, Getz and Gilberto introduced American audiences to Bossa Nova with their Grammy-winning album, Getz/Gilberto. Join the WJO, featuring vocalist Amber Epp, saxophonist Paul Balcain, and Brazilian guitarists Emmanuel Bach and Marco Castillo, as they tell the captivating story of Bossa Nova's North American debut. Catch them on Thursday, November 20th at the West End Cultural Centre.

A Charlie Brown Christmas returns to celebrate the 60th anniversary of this beloved holiday classic! Join special guest comedian and Snoopy stand-in Quinn Greene, along with guest vocalist Katie German, as the WJO brings Charlie, Linus, Lucy, and the whole Peanuts gang to life at the Winnipeg Art Gallery on December 14th. Our 2:00 pm matinee is perfect for school groups and families, offering a fun, kid-friendly experience with live big band jazz performed by some of the best musicians Manitoba has to offer!

Our 2025-2026 season doesn't end there, the jazz orchestra has much more music to share with you in the new year! Please visit the Winnipeg Jazz Orchestra website and join our newsletter to hear about upcoming concerts, exciting news in the music community, and more!

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.

Holly Cole

Noreen • Trinity • Ryan

**Ultimate Escape:
The Music of Journey**

Ed • Paul • Maria

Herb Alpert

Sharon • Peter



Step Into a Candy-Coloured Fantasy with the RWB's Hansel & Gretel

This Thanksgiving weekend, the Royal Winnipeg Ballet invites audiences to leave the ordinary behind and step into a world where fairy tales leap off the stage with cinematic flair. From October 9–12 at the Centennial Concert Hall, **Hansel & Gretel** makes its Manitoba premiere, transforming the Brothers Grimm classic into a high-energy dance adventure bursting with Vaudeville style and Old Hollywood charm.

Originally created for the Royal New Zealand Ballet, this imaginative production now comes to life in Winnipeg with the extraordinary dancers of the RWB. Choreographer Loughlan Prior and composer Claire Cowan blend jazz-infused music, candy-coloured costumes, and whimsical storytelling to create a must-see performance. The lavish set and costume design are by Kate Hawley, a New Zealand-born designer whose Hollywood credits span **Suicide Squad**, **Crimson Peak**, and Peter Jackson's **The Hobbit** trilogy. Hawley's artistry is currently on the world stage as costume designer for Guillermo del Toro's **Frankenstein**, which just earned a 13-minute standing ovation at its Venice Film Festival premiere. Her designs bring a cinematic scope and visual richness that elevate this production into a feast for the senses.

What begins in a monochrome silent-film world soon explodes into a kaleidoscope of colour, where gingerbread

men dance, fairies glitter, and a delightfully wicked witch plots her mischief.

"It's one of those rare productions that sweeps you away the moment the curtain rises," says RWB Artistic Director Christopher Stowell. "For families, friends, and anyone who loves live performance, this is a joyful, high-energy spectacle that pairs world-class artistry with sheer fun at the theatre."

Every performance offers something extra. Enjoy complimentary pre-show chats, a free Meet the Dancers event, and community celebrations. You can also add on experiences like backstage tours and the exclusive Dinner & Ballet evening.

With tickets starting at just \$40, **Hansel & Gretel** is the perfect way to celebrate Thanksgiving weekend with loved ones and share an unforgettable night of dance, music, and magic.

Hansel & Gretel takes the stage from October 9–12 at the Centennial Concert Hall. Reserve your tickets today at wb.org or 204.956.2792.



Photo credit - Keesha's Kitchen on Unsplash

Full disclosure, when I wrote about moving into Autumn in the September newsletter, I anticipated that happening by the end of the month. Well, September stayed warm and extended those Summer activities just a tad longer into the year.

Now that the temperatures appear to be dropping slowly, I want to take a moment to talk about my favourite part of the impending autumn season. It's not the colourful leaves or the fact it's nearly hockey season that does it for me, in fact, it's much more simple than that.

Soup is synonymous with the changing of the seasons for me, as it was often something I came home to when I was a child getting home from school. I'd enter my childhood home after a long day at school, still cool from the walk home, and smell something amazing simmering on the stove.

My mother had this incredible sense of when it was a "soup day," because it always seemed to be ready when I needed a warm pick-me-up. Even today, she still knows exactly when I need a mug of chicken soup to warm the soul.

So, my piece of advice for Autumn? Make soup. It's easy to make and comforting to drink, making for a great way to keep cozy as the weather cools.

If you're wanting to get a bit more involved than just pulling a can out of the pantry, just know, making broth for your own soups is remarkably easy.

The formula is simple, and was something I was taught at a young age.

For a chicken soup, all you need to start with is a pot of water and the bones of a chicken. Whether that's from a Thanksgiving meal or an easy weeknight plan with a Costco rotisserie chicken, it's all you need. Then surround that with a smattering of vegetables. I tend to use carrots, cauliflower, potatoes, and a whole whack of onions. From that point, aside from seasoning the way you'd like, all you have to do is simmer that for a while to build flavour and suddenly you're left with a great, flavourful broth that you can use to make your soup with. This can be done with beef bones, ham bones, or no bones at all! I've made a veggie broth using frozen onion, mushroom, and celery scraps. It's so easy!

The easiest option is just to throw some addition diced veggies, noodles, and chicken for a classic Chicken Noodle, but that part is up to you.

Stay cozy!

Brian Finlayson
Editor

Happy Thanksgiving! From the team at CJNU,
we want to wish everyone a very happy thanksgiving!



Faces & Places



Crystal Hood, Executive Director and co-founder, Hood and Dagger Productions, joined Tom Dercola as a guest on September 9.



Jonathon Lyon, President & Chief Executive Officer of Health Sciences Centre Foundation, joined host Adam Glynn (rear) for the September 23 edition of Community Champions



Peter Cantelon, Executive Director of Jubilee Fund, joined Tom Dercola as a guest on September 22.



CJNU was live all day at the 2025 Teddy Bears' Picnic on September 7.

LIVE ON LOCATION
CJNU is broadcasting LIVE from Kildonan Place in October!
Come stop by our remote studio near the food court and say "hello"!



CJNU PERSONALITY CORNER: Ron Elander

Every month, we shine a spotlight on CJNU volunteers who've made a significant contribution to our station. October's personality is Ron Elander. This is his story.

I was born and raised in Minneapolis, Minnesota. I spent my childhood playing many sports; hockey in the winter months, football and soccer in the fall, and baseball and golf in the summer. Summers were punctuated with cherished family vacations to northern Minnesota and Wisconsin.

It seemed the radio was always on in our house, as well as great musical acts on TV. My older sister had a big musical influence on me as she was always bringing home the latest music to play on the phonograph. A fond memory of my teenage years was my first live concert and seeing the wonderful Janis Joplin before she died in 1970. I tried my hand at playing guitar, eventually playing in a couple of rock bands. I still play to this day, but, alas, I was never destined for a musical career, so as they like to say, don't quit your day job - and I didn't.

I worked in the Minneapolis area for many years and was employed

in the printing industry. In 2004, I moved to St. Petersburg, Florida, where I worked in desktop publishing and graphic design until my retirement in 2019. In Florida, I met my wife Kathryn, who was born and raised in Winnipeg and despite the challenge of a long-distance romance, we stayed together and were married in 2021. We decided to live in Winnipeg, and after moving here, I became a permanent resident of Canada in 2023.

Upon coming to Winnipeg, I searched the radio dial and discovered CJNU. After getting my permanent residency, I decided to do some volunteering, and, CJNU was one of the first places I thought of. To my surprise, they offered me an opportunity to work 'on air' and I decided to give it a shot.

I have always been a fan of non-profit, member-supported radio. I lived in two places in the U.S. that had terrific non-profit radio stations: KFAI in Minneapolis, and WMNF in Tampa, FL. Being at CJNU has turned out to be a great decision for me, and I'm truly grateful for the opportunity to be able to work alongside some of the most talented, friendly and warm-hearted people in Winnipeg!



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](https://twitter.com/CJNU937) | [Facebook](https://www.facebook.com/CJNU937) | [Instagram](https://www.instagram.com/CJNU937) | [YouTube](https://www.youtube.com/CJNU937) | [BELL MTS TV CHANNEL 725](https://www.bell.ca/mts) | **POWERED BY YOUR MEMBERSHIP**