# Nostalgia Notes

93.7 CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER

FEBRUARY 2026

We do winter better!

2026 Mega Million CHOICES LOTTERY


## Win big, say YES to St. B

**You could save lives. *You could change yours.***

Tickets are now on sale for the 2026 Mega Million Choices Lottery – a proud partner of CJNU. Tickets support St. Boniface Hospital Foundation, helping to raise critical funds that supportthe treatment of hundreds of thousands of patients at Manitoba’s oldest – and second-largest – hospital.

“Every ticket makes a real difference for patients, staff, physicians, and volunteers at St. Boniface Hospital,” says Karen Fowler, President and CEO of St. Boniface Hospital Foundation. “Proceeds help fund life-saving equipment, attract top medical talent, and drive groundbreaking research that leads to tomorrow’s cures.

When our loved ones’ lives are at stake, we want the very best care possible. Your ticket purchase is a bridge from basic to better, to best.

One patient whose life was saved and changed at St. Boniface is legendary CJOB announcer Bob Irving, who’s one of this year’s lottery spokespeople:

> “The Cardiac Sciences Program at St. B is world-class. We have some of the best doctors you could possibly get, and the cardiac research is fantastic,” says Irving.
>
> “I think those of us who live in Winnipeg and have access to the care are truly fortunate.”

Every ticket purchased helps ensure others receive the same compassionate care Bob experienced.


# The only lottery with cash options on every single prize

*Inside the Vancouver Island Grand Prize home in Victoria-Colwood.*

Of course, every ticket ordered will be entered to win thousands of prizes worth millions. That includes almost $500,000 in Bonus and Early Bird prizes, plus the Grand Prize draw: this year's biggest winner will choose one of five home package options worth over $1.5 million, or $1,250,000 tax-free cash!

The 2026 Grand Prize homes are located in Winnipeg (Bison Run, Prairie Pointe, Highland Pointe), West St. Paul, and Vancouver Island (Victoria-Colwood).

Ticket buyers could also win travel prizes, a brand-new World Cup Experience (with airfare, hotel, and tickets for two to watch Canada take on the world in Vancouver), and with the Big Score PLUS and 50/50 PLUS, there's tons more cash up for grabs – including Manitoba's largest winter 50/50 jackpot (which last year hit $1,449,300).

## So... what are you waiting for!? Become a Mega millionaire, retire early, and help St. B provide Manitobans with compassionate, vital health care.

Purpose, passion, progress. It's all possible: thanks to you.

Tickets start at $100. They can be ordered by phone (1-855-256-7203 or 204-256-7203), online at stbmegamillionchoices.ca, or in-person at St. Boniface Hospital's Everett Atrium, London Drugs (St. Vital Centre or CF Polo Park), and Red River Co-op Food Stores.

Hôpital St-Boniface Hospital
FONDATION • FOUNDATION

MANITOBA

# Exciting Culinary Experiences to Have this Winter in Manitoba

Author: Brenna Holeman

When the temperature drops, Manitoba's food scene heats up. From fine dining on the tundra to sampling the province's best poutines or sipping a caribou cocktail out of an ice glass, there's plenty of amazing foodie experiences to have this winter in Manitoba. Read on for some of the province's most exciting culinary experiences that will keep you warm all winter long.

## Dine In A Snow Den

Not many people can say they've dined in a restaurant made of 500,000 pounds of snow, but that's exactly what you'll experience at The Den at St. Adolphe's A Maze in Corn. Designed and built by renowned snow artist Clint Masse, The Den provides a candlelit gourmet dinner that is sure to be a highlight of your winter. Enjoy Chef Luc Jean's four-course dinner while surrounded by ice sculptures, live entertainment and Manitoba art.

Keep an eye out for this one-of-a-kind culinary experience in February and March, and—pro tip—arrive an hour or so early to explore the snow maze (admission included with your ticket to The Den).

## Feast With Views of the Tundra

Churchill's food scene is small but mighty, with many dining delights to keep you busy throughout your visit. Frontiers North hosts Dan's Diner in February and March, where you'll experience a culinary adventure inspired by land and sea. The unique pop-up restaurant on the frozen tundra features panoramic windows and skylights overhead for optimal northern lights viewing. Back in town, Ptarmigan serves hearty meals featuring flavoursome local ingredients that include elk, Manitoba honey and fireweed jelly.

And for one of the most remote winter experiences in Manitoba, visit Churchill Wild's Nanuk Polar Bear Lodge for winter wolf safaris and northern lights viewings. While there, enjoy sophisticated tundra-inspired cuisine that uses locally sourced meat, fish and produce.

## Sample the Province's Latin American Cuisine

Latin American food is full of warmth and vibrant flavours, ideal for a chilly day. Experience some of the province's best Latin American food in Winkler, where you'll find numerous restaurants to choose from.

The beloved Flavors of Mexico is family-owned and -operated and serves a delicious assortment of enchiladas, tacos, burritos and more, all with house-made guacamole, queso and salsa. Minas Café 1027 is your one-stop shop for authentic Brazilian snacks including pão de queijo and coxinha, as well as imported grocery items. Head to Del Rios for a unique menu of Mexican and Mennonite dishes; it's not often you can order perogies and chimichangas in the same meal, but you can do that here.

## Experience the Northern Lights (and Bites)

Northern Manitoba is home to some of winter's best experiences—and that includes culinary experiences! Enjoy the best of both worlds by visiting Flin Flon in the winter months, where Bakers Narrows Lodge offers Northern Lights Adventure packages to witness the dazzling aurora borealis dance across the sky. Dine on locally caught walleye in the lodge's eatery or catch your own with ice fishing on Lake Athapapuskow. Head into town to try Aurora + Pine Bistro, a modern and inventive restaurant where every menu item is made in-house.

# Winter Walking Safety Tips

By Linda Brown

Manitoba winters can be long, but don't let the weather force you to stay indoors! One of the easiest and most affordable ways to maintain and enjoy physical activity is to go for a walk!

Walking is also one of the best ways to keep your body healthy because it improves fitness and mental well-being. Walking also helps us to avoid falls by improving balance, strength, and posture.

Potential hazards, such as icy surface,s can pose a fall risk; it's important to remember that safe winter movement is possible by being prepared. Here are some tips to help keep you safe and enjoy your time spent outside this winter:

- **If you are walking alone,** be sure to let someone know you are heading out for a walk. Consider a walking buddy – walking with someone else regularly will also get you out for a walk on the days you would rather stay indoors!
- **Choose boots that are well-insulated and have a thick, non-slip, treaded sole** made of natural rubber, that are wide and have low heels.
- **Consider using Nordic poles** that have sharp tips that can dig into the ice and packed snow. Nordic poles can also help with your balance, especially in icy, uneven surfaces. If you use a cane, be sure to buy a tip that is an ice pick.
- **If you have items to carry, use a backpack.** That will keep your hands free in case of a fall.
- **Remember that vehicles might have trouble stopping on packed snow or ice.** If you are using a crosswalk or just crossing at an intersection, walking in a parking lot, ensure that oncoming traffic is stopping and not sliding into your intended path.
- **Winter days are shorter,** so be sure to wear reflective clothing or add reflective strips to your outdoor clothing so that you can be seen, especially when walking near traffic.
- **Keeping your hands out of your pockets** will help you keep your balance
- **Assume all wet,** dark areas on the pavement may be slippery or icy.
- **Walk on cleared pathways** – avoid shortcuts that have not been cleared.
- **Carry your cell phone with you and download a weather app** - Government of Canada Weather Alerts – as the weather can change fast in the winter. This is especially important if you are planning a longer walk.
- **Around your home** – use handrails, spread grit on icy steps and sidewalks
- **Walking on ice sometimes can't be avoided,** so here are some tips to help you prevent a fall by walking like a penguin:
  - *Bend slightly and walk flat-footed*
  - *Point your feet out slightly, like a penguin*
  - *Keep your centre of gravity over your feet*
  - *Take shorter, shuffle-like steps*
  - *Keep your arms at your sides*
  - *Go slowly and concentrate on keeping your balance.*

Making the decision to spend some time outdoors during winter can improve your overall well-being. Walking in the winter can be enjoyable when you are prepared.

Remember to move more and sit less!

Active Aging in Manitoba

MASC

**Tune into 'Insights on Social Connections' with host Jim Feeny on Wednesday, February 25, between Noon and 1 p.m.!**

# You can Help Change the Lives of Manitobans

## THIS WORLD CANCER DAY: February 4th

*Neil is thankful for donors' continued support of screening education programs.*

Cancer touches nearly every family in Manitoba. More than 7,600 Manitobans will be diagnosed with cancer this year. Despite these numbers, Manitobans with cancer are living longer and better lives due to the availability of new treatments and technologies, thanks to the unwavering support of donors. You can help your family, neighbours, and community by supporting local cancer research on World Cancer Day: Wednesday, February 4th.

When you make a donation to CancerCare Manitoba Foundation, you support an internationally recognized team of health professionals at CancerCare Manitoba who provide outstanding care for patients and their families. All funds raised by CancerCare Manitoba Foundation remain in Manitoba. Donor contributions help bridge the gap of initiatives and programs not eligible for government funding or where financial resources are not available, including prevention, early detection, clinical trials, and leading-edge research and treatment leading to better patient outcomes.

For Neil, donor support of screening programs ensured his colon cancer was caught early, allowing him to receive minimal treatment. When he was diagnosed with acute myeloid leukemia years later, he knew he could count on donor-supported research to influence his treatment plan. Neil received multiple rounds of chemotherapy. He responded well, and his leukemia went into remission—where it remains today.

Your support can lead to better outcomes and more tomorrows for Manitobans like Neil.

**Please consider making a donation at www.cancercarefdn.mb.ca or by calling CancerCare Manitoba Foundation at 204-787-4143.**

CancerCare Manitoba FOUNDATION

*All funds raised stay in Manitoba.*

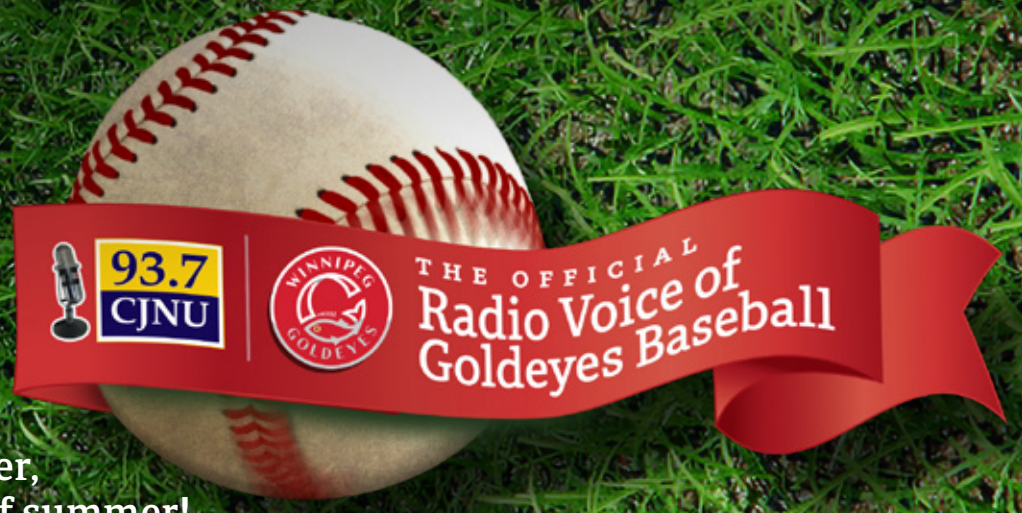
# Missing Goldeyes action? Well, no need to worry!

**The Inside Pitch** returns again to help give you your baseball fill as we await the season.

Join the voice of the Goldeyes, Trevor Curl, at 7PM - 8PM every second Wednesday as he welcomes guests, highlights the recent signings, and gets you ready for the 2026 season.

This month's episodes are on February 11 and 25, so be sure to mark them down on your calendar!

**Even in the depths of winter, we can yearn for the joys of summer!**




## CJNU PERSONALITY CORNER:

# Romey Whitwell

**Every month, we shine a spotlight on CJNU volunteers who've made a significant contribution to our station. February's personality is Romey Whitwell.**

I grew up in Winnipeg, spending most of my early years in West Kildonan. Surrounded by a rich mix of music in my childhood home, from my father's dixieland jazz albums to my brother's 1970s rock 'n' roll—I developed a lifelong love of the arts. Musicals, Elvis movies, and live performances captured my imagination, leading me to appear in Rainbow Stage productions during my years as a U of W theatre student.

My relationship with CJNU began 20 or so years ago with CKVN. Inspired by Gren Marsh, a close friend of my father, Gren thought I had a voice for radio and invited me to join him on a few of his live broadcasts. Those first experiences behind the microphone were unforgettable, and I soon found myself hosting my own program and sharing my love of music. After some time, raising my young son and volunteering in local schools had me stepping back from my radio show. I continued contributing by recording "Top of the Hour" segments—a tradition I enjoy to this day, recording monthly. Over the years, I worked with many more radio greats such as Gary Robertson, Ed Henderson, Ron Rochester, Glen Miller, and Harry Taylor. I felt honoured to work with such experienced radio alumnae at CKVN, CHNR, and CJNU.

Professionally, I have built a meaningful career as the Executive Assistant and Human Resources Administrator at a national insurance company's head office. My commitment to community and connection extends well beyond the workplace. I have volunteered with elementary schools, Variety, Habitat for Humanity, AMI (Voice Print), and, most recently, the Christmas Cheer Board. I am a subscriber to Manitoba Opera and am an active participant in the local dance scene, including the Argentine Tango community, Ted Motyka's ballroom, Shirley's Studio, and 1100 Pembina dance. In addition, I proudly serve as a new member of the Board of Directors at CJNU.

I firmly believe that a thriving community is built by the people within it—and that the best way to truly know your community is to show up and give back.

# Head Around the World in 80 Minutes with The Phil!


Take a musical journey around the globe with choral gems from every point of the compass—North, South, East and West. The Phil will feature a Filipino folk melody arranged by Winnipeg composer Philip Lapatha alongside vibrant contemporary and classical pieces from across continents. Join us for an afternoon of song, harmonies, rhythm and unity. One world; many voices!

Tickets are available at the link below, or at the door. Children 12 and under are free when accompanied by an adult.

**1 March 2026, 3 pm**

**Westworth United Church**
**(1750 Grosvenor Avenue, Winnipeg, MB)**



# Becoming A CJNU Member Has Its Perks!


## If you don't have a Perks membership card yet, what are you waiting for?

CJNU is a not-for-profit broadcasting cooperative, owned by our members. Membership is open to all, and membership dues are a huge part of what keeps the radio station on the air.

Want to learn more about what our memberships look like and the perks that accompany them?

**Visit CJNU.ca/perks for more.**

# Be Energy Conscious this Winter

*Photo by Centre for Aging Better on Unsplash*

As winter tightens its grip and temperatures plunge, staying warm becomes more than a comfort but instead a necessity. Prolonged exposure to extreme cold can increase the risk of frostbite, hypothermia, and respiratory issues, especially for children, seniors, and those with existing health conditions. But staying warm doesn't have to mean cranking up the heat and watching your energy bills soar. With a few smart habits, you can protect both your health and your energy use.

One of the simplest and most effective strategies is layering. Wearing multiple thin layers traps heat more efficiently than a single bulky one. Indoors, cozy sweaters, socks, and slippers can make a big difference, allowing you to keep your thermostat a few degrees lower without sacrificing comfort. At night, extra blankets or a warmer duvet can reduce the need for overnight heating.

Sealing your home is another key step. Drafts from windows and doors can let precious heat escape. Using weather stripping, draft stoppers, or even heavy curtains helps keep warm air inside where it belongs. During the day, opening curtains on sunny windows can let natural heat in, while closing them at night helps retain it.

When it comes to heating, focus on efficiency. Lowering your thermostat by even one or two degrees can significantly cut energy use. Programmable or smart thermostats make this easy by adjusting temperatures automatically when you're asleep or away. Finally, remember that staying warm isn't just about heat—it's about smart choices. By combining practical warmth strategies with energy-conscious habits, you can stay safe, comfortable, and efficient all winter long.

Stay warm and toasty, everyone!

Brian Finlayson
Editor

# Faces & Places

*Members of The Picklr Winnipeg South joined host Johnny Mac for a special episode of 'Community Champions' on Wednesday, January 7th, for a panel to chat about their club and Pickleball.*


*(L-R) CJNU's Johnny Mac, Brent Bernas, Mark Lloyd, and Doug Buss from The Picklr Winnipeg South*

*Travel Manitoba CEO Colin Ferguson (left) joined host Adam Glynn (right) for Community Champions in January.*


*(L-R) Host Adam Glynn was joined by Rabbi Matthew Leibl for Community Champions on January 27.*

## Louis Riel Day

Monday, February 17, is Louis Riel Day, a provincial holiday celebrating the man who paved the way for the province's entry into Confederation in 1870. Officially acknowledged as the first leader of Manitoba in 2016, Riel was also recognized as the province's first honorary premier in 2024.