

Nostalgia Notes



IN TUNE WITH OUR COMMUNITY NEWSLETTER

APRIL 2026

The Promise of Spring



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YOUR PARTICIPATION IN Challenge for Life Can Change Lives



Debbie Lewis and her family have been participating in CancerCare Manitoba Foundation's Challenge for Life for 18 years. The cause is personal to them. Like so many Manitobans her family has been deeply affected by cancer.

"My father passed away eight years ago from liver cancer, and my mother has also been diagnosed with cancer," says Debbie. "Both of my sisters have also experienced cancer."

This is why Debbie and her sisters who make up Team Schvesters keep fundraising and showing up to walk or do a 200-minute workout in Assiniboine Park every June. Year after year, they come together to raise funds and awareness for Manitobans facing cancer and to share and celebrate stories of hope.

"Having my sisters on stage with me as survivors, makes me so grateful for the continuous care and access to research based treatments that CancerCare Manitoba has provided and continues to provide to Manitobans," explains Debbie.

This year, Challenge for Life takes place on June 13 with three in-person ways to participate. Participants can choose to walk 5 km, 20 km or move for 200 minutes

of non-continuous workouts. This encourages them to improve their own health, while joining an inspiring community determined to create a future free from the fear of cancer. Those interested in creating their own challenge can register to participate virtually by choosing to do any type of physical activity between June 6 and 13.

Challenge for Life is CancerCare Manitoba Foundation's largest annual event and every dollar stays in Manitoba. Your participation or donation in support of a participant helps ensure those facing cancer in our province have access to leading-edge treatments, clinical trials and vital emotional and physical support programs as they navigate the difficulty of a cancer diagnosis.

Every step taken is a step towards a brighter future for and more tomorrows for those we know and love who are impacted by cancer. Join us at Assiniboine Park on June 13th and take the Challenge...because you can!

To register or learn more, visit ChallengeForLife.ca or call 204-927-5433.

Who will you be taking your Challenge for?



Welcome your 2026 Champion and Children's Hospital Book Market sets up spring sale

Ireland spent the first months of her life in silence, unable to hear her parents, Courtney and Will, say, "I love you". She was born a happy and healthy baby, but testing revealed she had profound deafness in both ears.

After months of uncertainty, her family faced a difficult decision. At just 10 months old, Ireland had cochlear implant surgery and became the youngest child in Manitoba to receive them.

Thanks to health care teams at Manitoba's only children's hospital, Ireland finally heard her parents' loving words and birds, her favourite animal.

Today, Ireland is a joyful and kind 9-year-old who loves gymnastics, singing, and spending time with her sister Taylor. As your 2026 Champion Child, Ireland's using her voice to help the over 140,000 kids that visit HSC Children's every year.

For Ireland, her message to our community is clear.

"Please help kids like me!"



Make room on your bookshelves - the Children's Hospital Book Market spring sale returns on April 24-26, 2026, at St. Vital Centre.

Since 1961, this beloved community event has raised millions of dollars for kids in hospital. It's grown into a major fundraiser, now bringing in about \$500,000 each year to support Child Life programs at HSC Children's - providing comfort and joy to young patients through the library program, music therapy, and so much more.

Thanks to dedicated volunteers and generous community support, readers can stock up on thousands of books across dozens of categories. You can give back by shopping the sale or donating your gently used books year-round at Dufresne Furniture & Appliance stores and Winnipeg Fire Paramedic Service stations.

Friday, April 24: 10:00 am - 9:00 pm • Saturday, April 25: 10:00 am - 6:00 pm • Sunday, April 26: 11:00 am - 5:00 pm



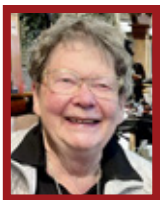
Insights on Aging

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!



The magnificent O'Grady Cup is on permanent display in the Manitoba Curling Museum.

The O'Grady Challenge has been an annual fixture in Manitoba curling since 1908. Two teams play two teams from another club (pictured are Charleswood and Pembina curlers) in a "friendly competition". The winner retains bragging rights until beaten by another club! About 20 games are played each season.



Heather Helston

Manitoba's Curling Museum has a new home at the Charleswood Curling Club. The museum, which opened with a flourish of activity during the January Manitoba Open Bonspiel, provides the first public visibility for an extensive collection since space was lost a decade and a half ago at the downtown Bay.

From that fateful day, it was the dream of longtime volunteer curator Heather Helston to be able to take the collection out of storage and make it available again to the public. She always believed, as do the volunteers of the Manitoba Curling Hall of Fame & Museum, that the nearly 40,000 curling artifacts, documents and historical images (photos) were too special to go unviewed for so long.

In the summer of 2025, the Manitoba Curling Museum accepted the Charleswood Curling Club's offer of about 600 square feet of under-utilized storeroom space. Heather was deeply engaged in the planning space utilization and exhibit development for the new location but sadly, passed away suddenly, before the dream was fully realized. However, her vision is now very much on display.

Visitors to the space on the upper level at 4000 Grant Avenue will find a series of informative exhibits which focus attention on four key elements of the sport of

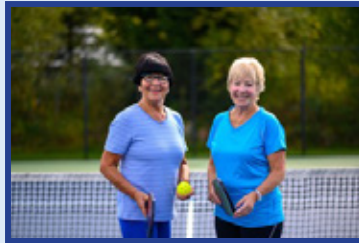
curling: the curlers (obviously), the fans who support them, the volunteers who create the many events from local 'spiels to international championships, and the sponsors who help to make the events happen.

There are artifacts and documents included from the first (1940) Canadian Men's Championship Brier played in Winnipeg to the world championship events hosted in the last 30 years by Brandon, Portage and Winnipeg volunteers. There is also a photo display tracking the construction of the Charleswood Club from the moment of brush clearing at 4000 Grant Avenue. And, of course, there is an extensive collection of curling pins included in the new museum space.

Through the curling season, museum volunteers are striving to have the space open to welcome visitors on Tuesday afternoons. Visitor arrangements can also be made for other times - via email to mbcurlmuseum@gmail.com.

With the museum now open to the public, even on a limited basis, museum volunteers have been gratified by the wide range of questions about Manitoba curling history, by the queries about family artifacts, by the offer of donations of some of those artifacts, and by the offers to get involved as a volunteer.

All are welcome, by email to the same address - mbcurlmuseum@gmail.com.



Manitoba 55+ Games – June 9 – 11, 2026

MORDEN/STANLEY/WINKLER

The Manitoba 55+ Games the largest multi- sport event in Manitoba specifically for adults 55 plus will be hosted in Morden, R.M. of Stanley, and Winkler this June. These communities are home to some amazing facilities such as the Access Event Centre in Morden and the Meridian Exhibition Centre in Winkler. Both The Winkler Centennial and Minnewasta golf courses will provide challenging opportunities for golfers over the three days. Winkler ball diamonds will host three days of Slo-Pitch and the Morden Legion will host 8 ball pool and snooker. Down the road in Carman 5 pin bowlers will participate in individual and teams bowling at the Carman Bowling lanes. The Winkler Arts and Cultural center will display all the entries in the Arts & Crafts portion of the Manitoba 55+ Games. This is just a small sampling of the variety of facilities and locations for the 3-day event that draws over 1,000 participants each year. There really is something for everyone courses This annual friendly competition draws more than 1000 participants from all parts of Manitoba. The Manitoba 55+ Games are designed to be inclusive and affordable. From pickleball to floor shuffleboard there is something for everyone. The Games also includes various card games such as bridge and cribbage, and an Arts & Crafts competition.

The Games kicked off with a two-day curling event in both Winkler and Morden Curling Club – March 18 & 19, 2026. Participants entered teams in men’s, women’s or mixed events in both the traditional four person teams and 2 person stick curling teams. The curling clubs were incredible hosts and provided great ice conditions for all the competitions.

One event that is always part of the 55+ Games is the Predicted Walk. Participants predict their time for walking either 1 Km or 3 Km when they register and then up until 20 minutes before the walk starts, they can change their estimate. The top 3 people closest to their estimated time win gold, silver and bronze medals.

New this year as part of the Games are Equestrian events that will take place at Birds Hill Park on June 9 – 11. Participants 55+ can enter various events and compete with other riders in their own age group. This is a new venture for the Manitoba Horse Council and a great collaboration with Active Aging in Manitoba – 55+ Games.

Not interested in participating. Spectators are always welcome at the Manitoba 55+ Games and of course there is no charge for spectators!

Registration is now open. You can register on the Active Aging in Manitoba website:

www.activeagingmb.ca - look for Manitoba 55+ Games and the 2026 Games. Paper registration forms are also available by calling 204-632-3947 or email- info@activeagingmb.ca

Join us in Morden, the R.M. of Stanley and Winkler June 9 -11, 2026!

Linda Brown



Tune into ‘Insights on Social Connections’ with host Jim Feeny on Wednesday, April 29, between Noon and 1 p.m.!



GOLDEYES FIELD OF DREAMS FOUNDATION

Children are the living messages we send to a time we will not see....John F. Kennedy

Step up to the plate & support Manitoba's children through the Goldeyes Field of Dreams Foundation

What do Ks for Kids, Sonia's Stand Radar Pitching Booth and 50/50 tickets at Goldeyes home games all have in common? Yes - they all help support the Winnipeg Goldeyes Field of Dreams Foundation. Since 1995, the Field of Dreams Foundation has distributed close to \$4 million to children's charities in Manitoba. Last year, 48 unique, registered children charities shared \$100,000 in donations. With a grassroots focus as the basis of its charitable philosophy, the Foundation focuses on helping smaller organizations where every dollar makes a direct impact.



One such charity is the Toba Centre for Children and Youth. It is a unique organization that coordinates a collective approach to child abuse investigation and response. Funding for Prairie Strides, an adaptive riding program for children with disabilities, was able to assist the cost of individual rider fees. Other

charities provide therapeutic opportunities or support families. The Kidney Foundation was able to sponsor two more children to summer camp. The needs of our community are huge, especially in the face of rising costs and post-pandemic issues.

So, how can we help? Fan involvement and commitment are critical factors in the Goldeyes Field of Dreams Foundation's success. At every home game (and online too), the Goldeyes hold 50/50 draws. Half the pot goes to the winner. The other half goes to support the Goldeyes Field of Dreams Foundation and other charitable organizations. Ks for Kids, sponsored by Fillmore Riley, is a great win win support. Just pledge an amount that you will donate every time a Goldeyes pitcher gets a strikeout during the season. And, as a donor, there is a tax receipt at the end for your tax return! Go to Field of Dreams Foundation | Winnipeg Goldeyes and click on the link for your pledge form.

For some fun at the game, for your family or friends, there is Sonia's Stand Radar Pitching Booth, where you can test your pitching speed.

Listen daily between now and the Goldeyes Home Opener on May 19th and hear from a number of very deserving charities who have received support this year from the Field of Dreams

The Goldeyes Home Opener takes place at Blue Cross Park on Tuesday, May 19 at 6:30 p.m. CJNU will be on hand to sell 50/50 tickets.

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 April 8, 22, and 29, so be sure to mark them down on your calendar!

Now that Spring has Sprung, we can yearn for the joys of summer!



Manitoba Celebrated International Social Prescribing Day!

Strengthening Connections to Improve Health & Well-Being Across the Province!



Winnipeg, MB – March 26, 2026 – Manitoba joined a global movement to recognize International Social Prescribing Day, which highlights the growing importance of connection as a key factor in health and well-being. Social Prescribing is an international initiative that supports primary healthcare providers in connecting older adult patients to a range of resources in their community which improve social engagement, and well-being.

The Manitoba Association of Senior Communities (MASC) continues to play a leading role in supporting the rollout of social prescribing across the province. Social prescribing recognizes that health is shaped by more than medical care alone. By linking individuals to local supports such as senior centres, community programs, and social services, it helps address isolation and improves quality of life.

“Loneliness is a major health concern for older Manitobans, with research showing it can increase the risk of stroke, heart disease, depression, and dementia,” said Dr. Nichelle Desilets, President of Doctors Manitoba.

“Social prescribing allows doctors to help patients at risk of social isolation by referring them to personalized supports and resources. We deeply appreciate the extended provincial resources to support social prescribing, and we encourage patients to connect with their local senior centre or talk to their doctor about loneliness and isolation as part of their routine check-up.”

Older adults who are experiencing isolation or loneliness can self-refer, and primary healthcare providers can also connect patients to a Senior Resource Coordinator in their community—ensuring individuals receive the right supports at the right time.

As Manitoba continues to strengthen its social prescribing network, collaboration between primary healthcare providers, community organizations, and local leaders remains essential to building healthier, more connected communities.

Contact:

Joanne van Dyck

MASC Consultant - Social Prescribing

204-479-3949

joannevand3@gmail.com

socialrx@manitobaseniorcommunities.ca

For more information or to arrange an interview.



Prairie Theatre Exchange presents **Tiny Beautiful Things**, BY NIA VARDALOS

This month at Prairie Theatre Exchange, Academy Award nominee and Winnipegger **Nia Vardalos** returns to her roots, in more ways than one.

Film star Nia Vardalos, best known for lighthearted, effervescent comedies like **My Big Fat Greek Wedding**, was born and raised in Winnipeg (a graduate of Shaftesbury High School), before moving on to Toronto's Metropolitan University and Chicago's Second City comedy club. She began her career in theatre, first performing **My Big Fat Greek Wedding** live as a one-woman show before it premiered on screen in 2002.

Tiny Beautiful Things – a heartfelt drama based on the “Dear Sugar” advice column (and subsequent book) by Cheryl Strayed – is in some ways a departure from the Vardalos we’ve come to expect. Powerful, emotional and moving, the show explores difficult themes of heartbreak, loss and abuse through true stories submitted by “Dear Sugar” letter writers. These narratives, while sometimes harrowing, are treated with careful understanding and radical empathy, highlighting the importance of connection and hope through life’s darkest moments.

Tiny Beautiful Things was adapted for the stage by Vardalos in 2016. It first premiered with Vardalos in the lead role of “Sugar” (to be played by Laura Olafson in PTE’s production). Since then, it has appeared on stages around the globe. For Vardalos, the show’s premiere in Winnipeg represents both a return to her hometown and a return to the theatre where her career began.

“Reading the artistry of Cheryl Strayed changed my perspective on everything,” said Vardalos, “I learned to get out of my own way and stretch and grow. Adapting the book into the play **Tiny Beautiful Things** was the challenge of my life, equal parts satisfying and terrifying... And now, the play comes to Winnipeg, my hometown. How extraordinary!”

Due to its sensitive subject matter, **Tiny Beautiful Things** is suited for audiences ages 16+. The show runs from April 7–19 at Prairie Theatre Exchange, with tickets and information available at WWW.PTE.MB.CA. Senior discounts available.



With Love, Wolfie: Letters from Mozart

Step into Mozart's world as his letters come to life through dramatic readings by "Nannerl", Wolfie's sister, in this joint performance of The Phil, the Winnipeg Singers and musicians of the Winnipeg Symphony Orchestra.

Discover the man behind the music, his creative process, humour and humanity as Winnipeg-born performer Laura Kolisnyk plays the role of Nannerl. Mozart's letters and melodies intertwine, revealing the genius, wit and emotion of this timeless composer as 2026 marks the 270th anniversary of his birth (1756) and 235th anniversary of his death (1791).

26 April 2026, 3 pm
Desautels Concert Hall
 (150 Dafoe Road. University of Manitoba Fort Garry Campus)



25/26 SEASON

GET YOUR TICKETS TODAY!
WSO.ca | 204-949-3999

TICKETS START AT **\$25**



BECOMING A CJNU MEMBER HAS ITS PERKS!

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.





Ride For Dad 2026 – Riding For a Reason

What do Elton John, Rod Stewart, Robert De Niro and Andrew Lloyd Webber have in common? They are all prostate cancer survivors and living proof of early diagnosis and new medical advances.

Prostate cancer is the most common cancer among Canadian men. While the number of deaths may be small, the incidence rate is rising as the male demographic ages, 1 in 19 for ages 60-69 and 1 in 11 for ages 70 or older. Successful treatment depends on early detection—a simple PSA (blood test) and a physical examination by a medical practitioner. Among Canadian men, the five year survival rate in stages 1-3 is almost 100%. The survival rate drops significantly in stage 4. Early detection is the key.

Tune in Monday mornings at 9:30 starting April 20 through May 25 to hear inspiring stories of well-known personalities who are survivors years after their diagnosis. You will also hear what lifestyle changes your man can make to decrease the odds of prostate cancer.

Support organizations, such as the Manitoba Prostate Cancer Support Group (manpros.org), and research being conducted at CancerCare Manitoba, are funded in part, by the annual Ride For Dad. Over the 17-year history of the Manitoba Ride, more than \$5.7 million has been raised with all funds remaining in Manitoba.

You can help, perhaps, for yourself, a family member, or an important man in your life by registering as a rider or supporting a rider or supporting CJNU's Media Easy Rider, Mark Havens and the CJNU team.. All donations over \$20.00 are tax receiptable. Go to ridefordad.ca/chapter/manitoba/ and follow the links. Then cheer on

the riders on Saturday morning, May 30th as they parade on Portage Avenue from Polo Park to the Perimeter.

Supporting the Manitoba Ride For Dad means contributing to vital research and spreading awareness. Whether you're a rider, a donor, or an advocate, your involvement matters.



CELEBRATING THE 25TH YEAR OF RODARAMA

Rev up your engines for April 24, 25 and 26!

The Manitoba Street Rod Association and Piston Ring present the Rodarama Car Show – open to the public and hosted in the fantastic indoor facilities at the Red River Exhibition Park.

What does MSRA do?

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

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

Why Children's Rehabilitation Foundation?

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

Rodarama and MSRA support children's charity and community agencies such as the CRF, with both cash donations and by purchasing bicycles, which have been customized by Freedom Concepts Inc. to accommodate each child's needs. These custom bikes give the children greater mobility and a sense of pride. The MSRA's involvement with the CRF dates back to 2007. To date, the club has donated more than \$330,000 to support this great cause.

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

How can “you” support this show?

- Our heartfelt thanks to those who are featuring their unique vehicles and to the participating vendors.
- Provide products for silent auction packages. If you need ideas on what to donate, contact Liz Kitzul (204-224-4664) at MSRA.
- Spread the word through your networks to bring interest to the show.
- Plan to attend. Enjoy a wonderful afternoon of nostalgia, gorgeous vehicles, classic music, kids' activities and silent auction packages. Restaurant onsite.

25TH ANNUAL SHOW
APRIL 24-26, 2026
Friday 5pm - 10pm
Saturday 10am - 9pm
Sunday 10am - 5pm
Saturday RETRO DRESS DAY 50% - 60%

PISTON RING PRESENTS
RODARAMA
MANITOBA STREET ROD ASSOCIATION

Sponsors: BLUMFELDS PROFESSIONAL SERVICES, AMSOIL, PISTON RING 1953, Speciality, BORDER BROKERS, CHEVROLET, MSRA, GW AUTOMOTIVE SERVICE, CATTONS, MERAUGHT CADILLAC, PJ TRAILERS, BRAZIER RACE AND MACHINE, MOTHERS, WARRIORS, Auto Custom Collision and Glass, Car Post.

RED RIVER EXHIBITION PARK
3977 Portage Avenue, Winnipeg, MB

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

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

WANT TO LEARN MORE?

Check us out on the MSRA website at <https://msra.ca/>.

Find us also on Instagram, Twitter and MSRA Facebook.

10 Questions With...

Change is the only constant, and at CJNU, we're always evolving.

We wanted to find a new way to get you inside the heads of our volunteers - beyond the usual bios of our Volunteer Spotlight feature. So, we're shaking things up with a new monthly feature: "10 Questions With..."

No fluff. No long-winded bios - just 10 rapid fire questions designed to uncover the habits, hurdles and lightbulb moments of your favorite CJNU Volunteers. We hope you'll enjoy it!

KICKING US OFF THIS MONTH, IT'S SWINGIN' SUNDAY EVENING'S

Alex Regiec



Alex at the mic for Swinging Sunday in the CJNU studio in January 2026.



As described in Question 2 - the best gift Alex ever received.



1) What do you think makes Winnipeg a special place to live?

It's people. They're hardy, kindhearted and pragmatic optimists (i.e. dreamers and doers.)

2) What is the best gift you have ever received?

A framed and numbered painting by A.M. Pollock of trolley buses stuck in the snow blizzard of 1966 to honor my retirement after 36 years' service at the City of Winnipeg (Transit & Public Works).

3) What, in your opinion, is your greatest achievement?

Seeing many plans from my drawing table become reality in the built environment.

4) How did you find CJNU and what got you involved with the station?

My late father-in-law listened, and it was John Panting who encouraged me to volunteer.

5) If you could relive any period of time in your life, when would it be and why?

Childhood. It was such a wonderful and innocent time of life. Full of promise. I loved riding my bright yellow banana seat bicycle and listening to CKY, CKRC and CFRW on my transistor radio.

6) What was the first LP or 45 you bought with your own money?

LP was "Desolation Boulevard" by Sweet, 45 was "Changes" by David Bowie.

7) What was your first concert?

Billy Joel at the old Winnipeg Arena early 1980s.

8) If you could have one superpower what would it be, and how would you use it?

To cure cancer. I would use it to save many people who have suffered its ravages.

9) What is something you own that might seem trivial to others, but is a prized possession?

My collect of miniature 1:87 scale model buses. I have 52 model buses in my "fleet".

10) What is your Philosophy on life?

As you travel the highway of life, remember that the red lights eventually turn green. Stay alert and be patient. Oh, and be kind to fellow travelers because they're on the same journey.

As described in Question 9 - perhaps trivial to some, but not to Alex - his large fleet of small buses!

Faces & Places

Radio legend, and former voice of the Winnipeg Blue Bombers, Bob Irving (L) joined CJNU's Adam Glynn (R) as one of a number of Community Champions featured during the program on March 3rd, speaking on behalf of the St. Boniface Hospital Foundation's Mega Million Choices Lottery - live from our remote studio in the Everett Atrium at St. Boniface Hospital.



Juliette Mucha
President and CEO,
Manitoba Lung
Association



CJNU wants to express its appreciation to Justin Baraniuk who, over seven years, acted as CJNU's Easy Media Rider. His efforts earned him a place in the Captain's Club and a Platinum Award and Badge.



Gordon Goldsborough, Lawrence Prout - Manitoba Historical Society joined CJNU's Adam Glynn



CJNU's Casey McKay (L) and Adam Glynn (R) were joined in-studio by the new Champion Child for the Children's Hospital Foundation of Manitoba, Ireland, along with her mum, Courtney (C), on March 5th.

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

Sheryl F. • Ron H.
Emond J. • Maureen T.

Goldeyes Tickets

John H.

International Volunteer Year 2026 Canada - National Volunteer Week April 19th -25th

CJNU Volunteers Make It Happen

International Volunteer Year (IVY) 2026 is the United Nations' (UN) call to celebrate all that our volunteers achieve, especially towards the 2030 Agenda for Sustainable Development and creating a more equitable society for all Canadians.

Over the course of this year, the efforts of volunteers in addressing societal challenges and fostering positive change will be celebrated. IVY2026 emphasizes the power of community engagement in creating the sustainable change of the UN's 2030 Agenda to eradicate poverty, promote social inclusion and protect the planet. It is through collective action and the individual contributions of individuals working for the common good that real change can happen.

Here at CJNU, community engagement is integral to all we do. We play a vital role in partnering with the many community organizations to spread the word of their valuable work being done and of the varied resources available to our listener base. Through our programs Community Champions, Insights into Social Connections, Insight on Aging, and Aging Well Together Coalition and with our sponsorships and partnerships with organizations and businesses, CJNU supports our community.

Behind it all, stand CJNU's 120 + volunteers who work tirelessly everyday serving the Mission of CJNU

“ To deliver the Music and the Message with intergenerational radio and programming to serve the underserved in Winnipeg, particularly the 50's demographic”

What we do every day supports the UN's Agenda of emphasizing the power and value of community engagement and in promoting social inclusion. In addition to our community programs, with our live on air programming we invite our listeners to call in, make a music request or to comment on what they are hearing. We foster an environment of social connection. Our listeners tell us how much they learn about their community, what is available if the need arises and how they can access these resources. Many tell us how important we are to them - their "Port in the Storm", their "Friend" on the radio.

None of this is possible without our volunteers who make it all happen. CJNU values our volunteers. We say THANK YOU to each and every one of our talented and committed volunteers. Without you we would not be able to do what we all work so hard to do.

While CJNU celebrates our volunteers everyday of the year, it is especially important to do so during National Volunteer Week April 19th -25th. This year's theme is IGNITE VOLUNTEERISM . During Volunteer Week we celebrate the ways in which people in Canada have ignited volunteerism in their communities, aligning NVM 2026 and deepening our collective impact.

If you are reading this and want to know more, email

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

Or go to our website CJNU.ca and complete a volunteer application form found under the Get In Touch Tab.

Susan Earl
Volunteer Coordinator
CJNU 93.7 FM

**NATIONAL
VOLUNTEER
WEEK 2026**

**IGNITE
VOLUNTEERISM**

APRIL 19-25



**Volunteer
Bénévoles
Canada**



Photo Credit: Dave Mahussier/Winnipeg Goldeyes

Step into Spring with the Winnipeg Goldeyes!

The snow is melting and baseball season is just around the corner! The roster is filling up, the field is thawing, and tickets are becoming available!

Winnipeg Goldeyes Single Game Tickets are on sale NOW!

Plan out your summer at Blue Cross Park today, and secure your seats! Plus, the 2026 Promotional Schedule was released, and you can check out all of your favourite promotions!

Visit Goldeyes.com for more information.



Here Comes The Sun...

THE PROMISE OF SPRING IS IN THE AIR, FILLED WITH THE MUSIC YOU GREW UP ON



Music, Memories and Great Conversation

Generational radio to fill your day, and brighten your week, whether you might be indoors or enjoying the great outdoors.