

Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER

MAY 2026 *The Promise of Spring*



TRI 
HOSPITAL
2026 DREAM LOTTERY

Dream Big, Win Big - Give Back

Your Tri-Hospital Dream Lottery tickets could make you an instant millionaire – and save lives at Manitoba’s three big hospitals.

One Ticket, Triple the Impact

Your Tri-Hospital Dream Lottery tickets serve three causes at once – and help save lives right here in Manitoba.

Every ticket sold supports St. Boniface Hospital Foundation, Health Sciences Centre (HSC) Foundation, and Children’s Hospital Foundation of Manitoba. Every year, these three hospitals treat almost 1,000,000 patients and help deliver close to 11,000 babies.

From labour and delivery to palliative care, our hospitals are here for you – for life.

Win the biggest Grand Prize...EVER!

This year’s Dream Lottery isn’t just a Tri-Hospital record-breaker. It’s the biggest in Manitoba history!

For \$110, your tickets get you in to win a Dream Home package worth over \$1.7 million, with choices in Forest Grove (Headingley), Winnipeg, or Vancouver Island. In fact, the Winnipeg Grand Prize package features two homes! Or, become an instant millionaire with \$1,350,000 tax-free cash.

Whatever your dreams – early retirement, debt-free living, a brand-new home, endless travel with friends and family – your Tri-Hospital Dream Lottery ticket is the fast-track to a life you’ve always wanted!



*Stefano Grande, President and CEO
of The Children’s Hospital Foundation of Manitoba, at the
2026 Tri-Hospital Dream Lottery launch in April.*



There are also more than \$410,000 in Bonus and Early Bird draws, plus 50/50 PLUS and Extra Cash PLUS games – with tickets starting at just 10 for \$25.

(*50/50 and Extra Cash PLUS tickets must be purchased in conjunction with Main Lottery tickets.)

The best part? This is the only hospital home lottery benefitting Manitoba’s ‘big three’ hospital foundations – and the province’s only children’s hospital.

Every single dollar raised stays right here in Manitoba, help you, your loved ones, and your kids:

“This lottery reflects the collective impact Manitobans can have when we come together in support of health care,” says Jonathon Lyon, President & CEO of Health Sciences Centre Foundation. “Every ticket purchased helps drive innovation and improve outcomes for patients across our province.”

“In Manitoba, community is at the heart of everything we do, and the Tri-Hospital Dream Lottery reflects the impact we can have when we come together,” says Karen Fowler, President & CEO of St. Boniface Hospital Foundation.

“With every ticket, you’re helping make compassionate care and life changing research possible for people across our province.”

“Your support of the Tri-Hospital Lottery has a lasting impact on the health of families all across our province and we’re so grateful,” says Stefano Grande, President & CEO of Children’s Hospital Foundation of Manitoba.

“This partnership reflects the heart of our community, and it allows us to do so much more than any of us could do alone. Every ticket sold supports essential programs, equipment, and research that Manitoba families rely on.”

**This Is Your Chance
To Win Big
– And Give Back!**



For more information and to purchase tickets, visit trihospitaldream.com. You can also order by phone at 204-254-9131 (toll-free 1-844-654-4677), or in-person at London Drugs (St. Vital Centre & CF Polo Park), Red River Co-op Food Stores in Winnipeg and Selkirk (Main Street Pharmacy), and St. Boniface Hospital and the HSC Foundation office.

Let’s win together.

LICENSE NUMBERS: LGCA 1517-RF-50889, #LGCA 1517-RF-50893, #LGCA 1517-RF-50894



Canada’s Mental Health Week is May 4 to 10.
This annual Mental Health Week invites open conversations to initiate the breaking down of stigma surrounding mental health challenges.



Victoria Hospital
FOUNDATION
HEALTHIER FUTURES

Leaving A Lasting Legacy of Caring at Victoria Hospital

Maureen's passion for healthcare and helping others began at a young age. She was only 14 years old when she began volunteering at Victoria Hospital and fondly recalls her years spent as a 'candy striper'.

More than 50 years later, Maureen is now the mother of two daughters. One daughter has already followed in her mother's footsteps as a Victoria Hospital volunteer, and the other has plans to do the same.

When it came time for Maureen to begin planning for her estate, she knew she wanted to give back to a place that had meant so much to her family.

"The Vic has been a big part of my life and my family's for many years," said Maureen. "My girls were both born at The Vic. I have welcomed people into the world and said goodbye to them at this hospital. When planning my estate, it was important to provide for the well-being of my family but also support causes that have had meaning to me throughout my life."

May is Leave a Legacy Month in Canada, a time when people across the country like Maureen are reflecting on how they want to be remembered and the charities they want to support.

By remembering Victoria Hospital Foundation in your Will alongside your family and friends, you can make a lasting impact on the quality of care available here in our community for generations to come.

Planning your gift requires careful consideration and discussion with those you trust. You may wish to consult with a lawyer, tax advisor, accountant, or financial planner.



You can also get in touch with Victoria Hospital Foundation to learn more about joining the Foundation's Visionary Circle and how your gift will make a positive impact on patient care at Victoria Hospital and on the health and well-being of our community. Your gift can be directed to an area of your choice or left unrestricted for Victoria Hospital Foundation to allocate to the area of greatest need.

Tune in to CJNU 93.7 FM all month long to hear reflections from those who have made a legacy gift to Victoria Hospital Foundation and for more information about the Foundation's Visionary Circle.

For more information on gift planning opportunities at Victoria Hospital Foundation, please call 204-477-3513 or email foundation@vgh.mb.ca.



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!



Manitoba 55+ Games June 9 – 11, 2026 Morden/Stanley/Winkler



The 43rd edition of the annual Manitoba 55+ Games is just a few weeks away and there is still time to register if you are interested in participating – registration closes May 16, 2026!

For the first time ever – Active Aging in Manitoba is excited to be partnering with the Manitoba Horse Council to add some Equestrian events to this year's 55+ Games. This partnership resulted as a way for the Manitoba Horse Council to provide some friendly competition for their members in the 55+ age category. Kylee Tonita, Executive Director of the Manitoba Horse Council, reminds us that Ian Miller competed in show jumping at the London Olympics in his 65th year.

All equestrian events will be held at Birds Hill Park at the Manitoba Horse Council facility.

Disciplines offered in these games include:

1. Distance Riding & Competitive Trail- The horse and rider work together in this event which is like cross country running. A Vet check during the competition ensures safety for the horse. This competition includes a 25-mile Distance ride, and a 15- and 25-mile competitive trail class.

2. Dressage- Called ballet for horses, this sport is one of the Olympic disciplines where the athletes need to complete specific movements in a certain order and are scored by a judge on multiple factors.

3. Show Jumping- an Olympic discipline where Athletes complete the course of jumps set out by the course designer within a set time. If the rider is slower than the time allowed, they will incur time penalties. Faults or penalties are also applied for each rail their horse knocks down.

4. Eventing- Includes three phases for the athletes to conquer. Dressage, Cross Country jumping, and Show Jumping. Cross country jumping spreads over a large distance where horses jump natural obstacles such as water jumps and banks. . This is also an Olympic discipline.

5. Barrel Racing- Often seen at rodeos, athletes need to complete the cloverleaf pattern with the fastest time.

6. Driving- this competition includes turnout class, reinsmen ship, and a working class for the horse and driver to work through.

7. Ranch Riding & Ranch Trail- The athletes are judged on their performance of a set of obstacles they need to navigate. This can include a bridge, a gate, and more.

8. Working Equitation- Athletes will compete in three phases including dressage, ease of handling and speed.

We encourage all horse owners 55 years and older to register and come out and try a new sport.

**As a spectator there is lots to see and learn!
So, join us at Birds Hill Park June 9 – 11, 2026!**

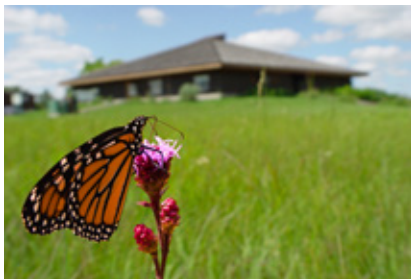


Exploring Our Past, Places and People: Doors Open Winnipeg 2026

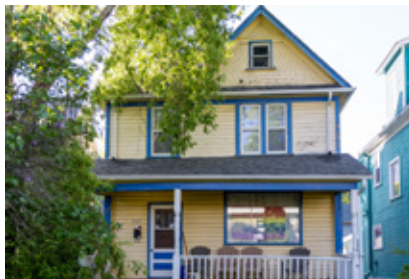
Doors Open Winnipeg is a FREE annual event held on the last weekend of May, celebrating our great city's built heritage treasures, cultural institutions and historic streetscapes. The public is invited to explore Winnipeg's past through open buildings, fun events and exclusive tours. Passionate volunteers work hard to put on entertaining and immersive events, ready to share their knowledge and put a smile on your face. It is an opportunity for discovery, education, fostering community, and appreciating Winnipeg's architectural and cultural heritage!

Now in its 23rd year, Doors Open Winnipeg is the premier event presented by Heritage Winnipeg, a non-profit charitable organization. Established in 1978, Heritage Winnipeg believes that protecting our community's built heritage fosters healthy, dynamic, environmentally friendly, and financially viable neighbourhoods. Along with advocating for historic buildings in crisis, Heritage Winnipeg provides resources and support for building owners, government, media and the public, and collaborates with like-minded organizations. Heritage Winnipeg promotes built heritage through local events, original publications and engaging projects, as well as offering opportunities for employment, volunteering and education. Helping build vibrant communities that we can all be proud to call home for generations to come is at the heart of Heritage Winnipeg's work!

In 2026, Doors Open Winnipeg will be taking place on May 30th and 31st, with exciting events taking place from the Exchange District all the way out to Birds Hill Park! There will be something for everyone with returning favourites, intriguing new destinations, walking tours, live music, hidden gems, and more. Doors Open Winnipeg is a chance to appreciate the richness of our city's heritage that is "hidden" in plain sight! Whether it is a modern public building at a busy intersection or a private historic building tucked away on a quiet street, there are endless stories to discover about the people and places that made Winnipeg the wonderful city it is today. Only taking place one weekend a year, Doors Open Winnipeg is a can't-miss event, and all completely free. Be sure to mark your calendar and join us in celebrating the stories our buildings tell! Learn more online at www.doorsopenwinnipeg.ca



1.



2.



3.

1. Escape to the tall grass prairie without leaving the city! Living Prairie Museum is celebrating its 50th anniversary with a legacy of protecting an endangered ecosystem of Winnipeg's past.
2. Do you know Marshall McLuhan? In a Doors Open Winnipeg first, you can visit the home of this influential philosopher and learn about the man behind "the medium is the message"!
3. Join in the centennial celebration at All Saints Church! This beautiful Gothic Revival-style building features treasures from its 1883 predecessor, as well as new additions, including a special wedding exhibit.

Give the Gift of Summer Camp

SunshineFund.ca

MANITOBA CAMPING ASSOCIATION | SUNSHINE FUND

Where Summer Comes to Life: The Power of Camp in 2026

Summer camp season is back, bringing with it the excitement, adventure, and sense of possibility that only summer can offer. Camps are preparing to welcome campers into spaces where friendships grow, confidence builds, and everyday routines are left behind for something truly meaningful.

For anyone who's been to camp, you know the feeling that it brings, the joy, the freedom, the friendships, and those unforgettable moments under the stars. Camp is magic. But as we've come to learn, camp is never just camp. It's shaped by the places, people, and experiences that make each one unique.

Across Manitoba and Northwestern Ontario, camps offer incredible opportunities for young people to explore everything from prairie landscapes to boreal forests and freshwater lakes. Whether it's paddling a canoe for the first time, conquering a ropes course, or sharing stories around a campfire, these moments help build confidence, independence, and lifelong friendships.

Through the Sunshine Fund, the Manitoba Camping Association (MCA) continues to open camp gates for children across the province. Last summer alone, more than 650 kids made memories that will last a lifetime, thanks to the generosity of our amazing supporters.

This year, we're aiming even higher. With an average cost of over \$500 to send a child to camp, every donation helps make these life-changing experiences possible.

In 2026, we're focusing on three meaningful ways to get involved:

1. Send a child to camp | There's nothing like it! Many campers return year after year. To explore accredited MCA camps, visit sunshinefund.ca.

2. Need a helping hand? - The Sunshine Fund is here for families who need extra support. Applying is simple at sunshinefund.ca.

3. Want to give back? - Help a child experience the power of camp. Whether through a donation or by spreading the word, your support makes all the difference.

We're proud to continue sharing the spirit of summer camp with our friends at CJNU. Let's make summer 2026 the brightest yet!



If you have ever tuned in to our Social Connections show on the last Wednesday of the month you will know we bring in guests from various communities and other organizations.

We discuss the health benefits of social connections, and we try to help listeners find ways to make social connections in their communities. When we talk about community it can be defined in many different ways.

Community can be a geographic location, a cultural group, or a church group for example. It is finding those communities that can lead to making social connections.

Making social connections really starts with connecting with community. The Manitoba 55+ Games are a community of people that come together each year. Every year there are returning community members who welcome new community members – the first-time participants at the Games.

The Manitoba 55+ Games are multiple communities that are brought together by social connections. These sub communities within the Games are

defined by the activity, age group, and location.

Social connections are the thread that brings the Games together each year. In the history of the 43 years of Manitoba 55+ Games many, many friendships and connections have been made and maintained. Many participants renew friendships year after year at the Games. Many participants make new friendships each year at the Games.

And then there are the 150 plus proud community members who have come together to volunteer to ensure the Games run smoothly and their community offers its best to all participants. Volunteering is another great example of community in this case formed by the come thread of volunteering for the Manitoba 55+ Games.

The thread through all of this is the social connections that keep people coming back. The promise of a new social connection; the renewal of social connection, that coming together of community for one common goal.

Our social connections are the important threads that run through our lives and connect us to various communities. Keeping up these social connections is so important for our individual well-being – so find your community – make some new social connections or renew some connections.

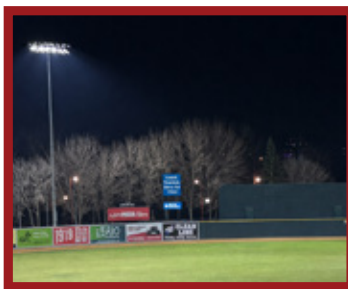


Tune into 'Insights on Social Connections' with host Jim Feeny on Wednesday, May 27, between Noon and 1 p.m.!

CJNU and The Winnipeg Goldeyes: The Joys of a Winnipeg Summer.



CJNU is the presenting Media Sponsor of the 2026 Home Opener on Tuesday, May 19 at 6:30 pm at Blue Cross Park. After you pick up your free Goldeyes jersey (one of 5,000 only), drop by the CJNU display table by Section J. Enter our draw for a \$50 gift certificate and get a free gift with every new membership. As well, CJNU volunteers will be selling 50-50 tickets in support of the Field of Dreams Foundation and CJNU.



Then sit back and enjoy a total fan experience with many improvements and upgrades at The Park from the opening ceremonies to the post-game fireworks

If you are one of the many cyclists who pedal to the game, you notice immediately a larger bicycle parking area with enhanced lighting.

The biggest improvement will be a new LED field lighting system. These new LED lights will replace the old incandescent lights with a more energy efficient and environmentally friendly system. The LEDs have multiple colour fixtures and will improve the fan experience with dynamic colour changes and customizable light shows for player intros, home runs, and more.

Skysuite guests can look forward to new, polished concrete flooring throughout the level. Following the

painting and replacing of the flooring in the Skysuites themselves last season, the new exterior flooring is a continuation in the effort to modernize Blue Cross Park.

Other improvements include new grandstand seating and flooring. “We decided to do a full inspection and replace every seat that showed obvious wear-and-tear,” said Vice President and Chief Operating Officer *Regan Katz*. “We also saw a need for improving the flooring for the beloved Craft Beer Corner and wanted it to match the two new fan-favourite patios we added in 2024.”

There will be new food concessions. Sol Bistro will be open on the Concourse behind Section O, Sol Bistro showcases vibrant, Asian-fusion cuisine such as Rice Bowls, Korean Fried Chicken, Lumpia, and more!

Can't make it to the game? Catch all the action on CJNU 93.7 FM with Trevor Curl calling the play by play.



Victoria Day
is Monday, May 18, 2026





Taking Care of Our Memories

Fatima Tumang remembers the first time she recognized dementia in her life. As a child, she spent time in the homes of family members living with the disease, watching the way things gradually shifted for them. At first, these noticeable changes were explained away as signs of aging, but eventually those explanations no longer fit. This experience stayed with her long before she even had a name for it.

Her early experiences with dementia were part of what made the IG Wealth Management Walk for Alzheimer's feel meaningful when she first got involved in 2014. At the time, she was looking for an activity for her church community and helped organize a team. She threw herself into it, going so far as to produce segments about the Walk that aired on Philippine television, raising awareness about dementia with audiences back home. It was a cause worth showing up for.

But over the years, something shifted. The church group moved on, the way groups do, and most of the people she had originally walked with stopped coming. Fatima didn't. She kept returning because the Walk had become something she carried personally — a way of honouring the people she'd lost and the memories she still holds of them.

"I'm walking for them, because they're not here with us anymore," she says. "I only have their memories with me."

Last year, her team walked under the name "Take Care of Our Memories," which came from that same place. For Fatima, memory isn't just a background function of daily life. "It's the thing that holds people together across distance, time and loss," she says. "Our memories deserve to be cherished."

When the Walk returned in person after the pandemic, she brought her family for the first time. Her kids were young and experienced the whole day at face value — the crowd, the colours, the cheering at the finish line — and watching them take it all in gave her a new way of seeing something she'd been part of for nearly ten years.

"They see everything," she says. "What feels normal to me is extraordinary to them."

Walking as a family has changed what the day means to her. Fatima wants her children to grow up knowing what it feels like to show up for other people, to be part of a community that exists because someone needed it, and to understand that the ability to offer support is something you shouldn't take for granted because there will be times in life when you're the one who needs someone walking beside you.



Regional Presenting Sponsor

MANITOBA RIDE FOR DAD

MAY 30, 2026

RIDEFORDAD.ca

FIGHTING PROSTATE CANCER

On a snowy and windy April 17, The 18th Annual Ride For Dad-Fighting Prostate Cancer officially kicked off with a gathering of riders, media and sponsoring organizations. This year's Ride takes place on May 30 from Polo Park at 10 AM and wend its way down Portage Avenue, west to the Perimeter.

The Motorcycle Ride for Dad raises funds for prostate cancer research and education though the national Prostate Cancer Fight Foundation. Local volunteer committees organize the annual Ride For Dad in thirty communities across Canada.

Manitoba Riders have raised nearly \$6 million of that total with of those funds remaining in Manitoba.

If you are a motorcycle buff, you can register as a rider. You can pledge a rider; Mark Havens is the CJNU Easy Media Rider. Go to Manitoba - Ride For Dad and type in Mark's name or any rider you wish to support. You may choose to donate in honour of or in memory of a man in your life. All donations over \$20.00 receive a tax receipt.

Finally, as a man, get tested. That simple blood test might just save your life. Ed Johner, well known spokesman for the Ride, is also a prostate cancer survivor for over seventeen years. He was first diagnosed with the disease

in his late forties. His advice, 'if you are a man over forty, get tested. The psa test saved my life.'

If detected early, the five-year survival rate is extremely high. Detected later, the prognosis can be significantly worse.

Tune in to CJNU on Mondays at 9:30 through the month of May for vignettes of men who have passed from the disease, stories of long-term survivors and lifestyle factors that may alter the course of prostate cancer and other cancers as well.



Lovely Day, Lovely Day...

AND I KNOW IT'S GOING TO BE, WITH THE PROMISE OF SPRING IS IN THE AIR



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.



The Winnipeg Jazz Orchestra celebrates an amazing Juno win for their *Connections: East Meets West* album and closes down their concert season in style with an exciting Steely Dan tribute!

It's been a fantastic spring so far for the Winnipeg Jazz Orchestra as they celebrate some big wins and some incredible upcoming concerts!

The WJO is excited to announce they have won a Juno this year at the 2026 Juno awards! They took home the coveted prize of Jazz Album of the Year (Group) for their *Connections: East Meets West* album released in 2025. This album is a cross-Canada collaboration between the WJO, Winnipeg producer Larry Roy, Montreal composer Jean-Nicolas Trottier, and Vancouver-based composer Fred Stride. This marks the first ever Juno win by the WJO and they couldn't be more proud of the many talented local and cross-Canadian artists who contributed to this amazing album. You can purchase your copy of this album today on our website: <https://www.winnipegjazzorchestra.com>.

We are also ready to rock once again with a brand new tribute to Steely Dan with our *Reelin' In More Years'* concerts. This will be a two concert event with an evening show on Saturday, May 9th at 7:30 pm and a matinee concert on Sunday, May 10th at 2:00 pm at the Centre Culturel Franco-Manitobain (CCFM). Here's a few words on why you can't miss this show from one of the concert's curators and key contributors, Leonard Shaw:

"Steely Dan, the legendary American rock band founded in 1971 by Donald Fagen (keyboards, lead vocals) and Walter Becker (bass, guitar), carved out a sound unlike anything else of their era. Growing up in 1960s New York City, both musicians were drawn to jazz and literature—interests that would later shape their signature blend of sophisticated music and sharp, enigmatic storytelling.

Their music is a rich fusion of rock, jazz, R&B, Latin, and blues, brought to life through polished production and unmistakably clever, often cryptic lyrics. Steely Dan songs explore flawed characters, hidden obsessions, and ironic twists, rewarding listeners with new discoveries on every listen. Their recordings feature an extraordinary roster of musical greats, including Larry Carlton, Wayne Shorter, Steve Gadd, Michael McDonald, and many more.

This concert offers a dynamic retrospective of Steely Dan's most celebrated work, including selections from *Can't Buy a Thrill* (1972), *Countdown to Ecstasy* (1973), *Pretzel Logic* (1974), *Katy Lied* (1975), and the landmark album *Aja* (1977), along with Fagen's acclaimed solo release *The Nightfly* (1982). The program also features the iconic single *FM*.



The music has been expertly arranged by guitarist Larry Roy, who will also perform alongside Leonard Shaw on keyboards and lead vocals. Joining them with the Winnipeg Jazz Orchestra are Daniel Roy (drums), Donald Benedictson (bass), and vocalists Erin Propp and Karly Epp—an exceptional lineup bringing these timeless songs vividly to life on stage."

Buy your tickets on the WJO website:
<https://www.winnipegjazzorchestra.com>
or call 204-632-5299 now!

This show will sell out!

JUNOS

WINNER

JAZZ ALBUM OF THE YEAR (GROUP)

WINNIPEG JAZZ ORCHESTRA
EAST MEETS WEST: CONNECTIONS

CHRONOGRAPH



It does seem (I hope) that spring is finally here.

Spring is a season of great change, and both myself and the Nostalgia Notes newsletter are not immune to this.

As many of you know, I transitioned away from my full-time role with CJNU last November to join the Winnipeg Goldeyes, and with the season now upon us, it's time for me to fully focus my efforts there, given the sprint of the 50-game home schedule.

So, as this May issue is released, I find myself writing my final "Note from the Editor" for Nostalgia Notes. It's a moment that comes with a mix of gratitude, reflection, and a touch of nostalgia, which is fitting, given the spirit of this publication.

It has truly been an honour to serve in this role. I want to sincerely thank CJNU for placing its trust in me to continue putting this newsletter together over the past year and some change. Being part of a team so dedicated to preserving and celebrating the music, memories, and stories that connect us all has been incredibly meaningful.

To the readers, thank you. Your continued support, interest, and enthusiasm are what make Nostalgia Notes what it is. Knowing that these pages resonate with you has made the work all the more rewarding.

As I step away, I do so knowing the newsletter—and CJNU as a whole—remains in good hands. I wish everyone involved continued success and inspiration as you move forward, keeping the past alive for future generations to enjoy. To those taking over the mantle of putting together this newsletter, enjoy it! Do it your way, and honour the spirit of keeping everyone in touch with our community.

Thank you again for the opportunity, the trust, and the memories. All the very best to you all.

Brian Finlayson
Nostalgia Notes Editor, signing off.

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

Joan W.
Adele H
Helena C.

OPERA TICKETS
Grant S.

WINNIPEG JAZZ TICKETS
Barry P.

Keep listening for your chance to win!



10 Questions With Dwight Macaulay

Whether he's rubbing elbows with royalty, channeling his inner retriever as a duck hunting dog, or humming along to his favorite Beatles track, this month's guest is a guy of many hats (and perhaps a few feathers). It's the eclectic life of CJNU Board member and Co-Host of "Sounds of Scotland" – Dwight Macaulay in the hot seat for 10 Questions With.....



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

My background throughout most of my adult life has been working in, or working with, the media. Tom Dercola interviewed me for a board position one day and I also genuinely liked the station and its format.

2) What is your favorite childhood memory?

The other is going duck hunting with my dad. We didn't have a labrador retriever -- so I always wound up being the retriever.

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

Being a dad to my two sons! Swearing in over 70,000 new Canadian citizens and being personally honoured by The Queen twice, wasn't bad either!

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

Several years ago, I received a beautiful fountain pen from my two sons (Cameron and Devin). I still use and cherish it today.

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

The people, the four seasons... and reallyjust about everything.

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

Beatles VI

7) What was your first concert?

I think it was at the Wheat City Arena. The Guess Who opened for Neil Diamond. BTW – The Guess Who stole the show.

8) What is the one food item we will always find in your kitchen or fridge?

All kinds of fruit, plus chips, cookies and pop pretty well covers that one!!

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

I've always been a big Beatles fan and I actually have pieces of the stage they played on when they toured Australia.

10) What is your Philosophy on life?

«There but for the Grace of God» and "Life is short, so always try to be positive and don't waste your time on negative people"



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.

Faces & Places



CJNU's Adam Glynn (C) was joined by Stefano Grande (L), the President and CEO of the Children's Hospital Foundation of Manitoba, and Dr. Andrew Halayko (R), the interim co-CEO of the Children's Hospital Research Institute of Manitoba, for Community Champions on April 14th.



(L-R) CJNU's Adam Glynn was joined by Kathryn McBurney, the incoming Executive Director of the Children's Rehabilitation Foundation, Bruce McKenzie of the Rotary Club of Winnipeg West, and Jane Kidd-Hantscher, soon to retire as Executive Director of the Foundation - ahead of this year's 75th annual Chickenfest, raising funds for CRF.



Christopher Stowell, Artistic Director of Canada's Royal Winnipeg Ballet, joined Tom Dercola as a guest on April 13



Don Murray, Chair, Manitoba Prostate Cancer Support Group, joined Tom Dercola as a guest on April 20.

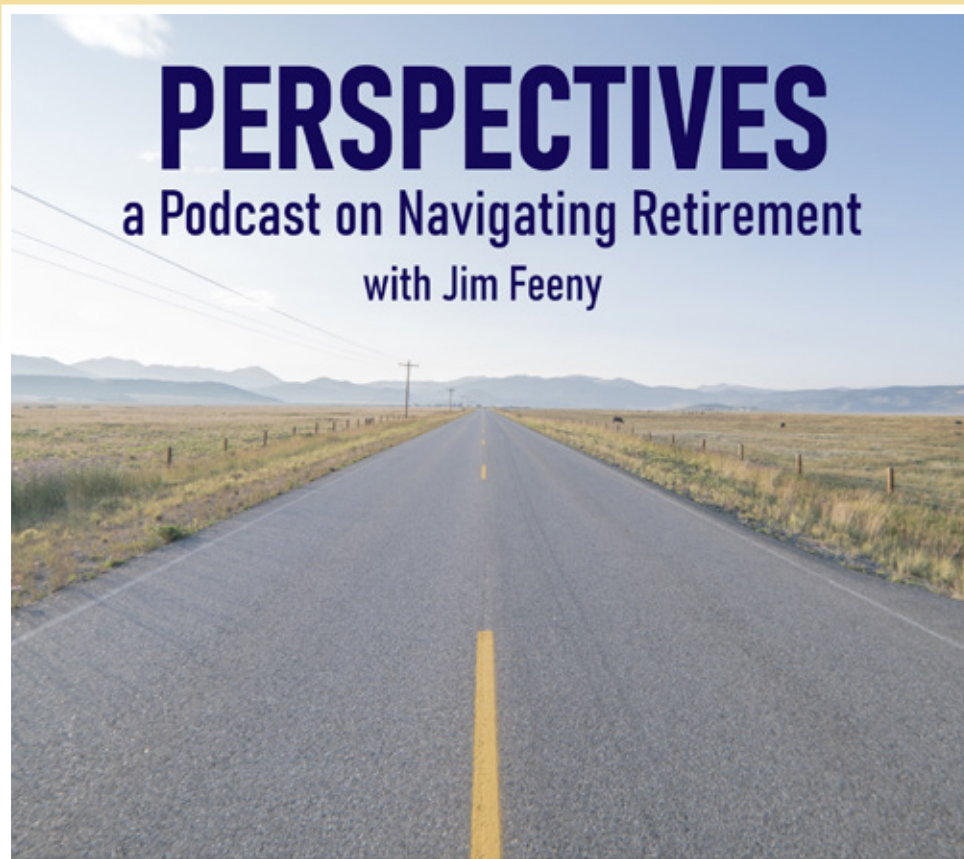


Jocelyn Unrau, Marketing and Communications Director for Royal Manitoba Theatre Centre (and a big fan of CJNU), joined Tom Dercola as a guest on April 17.

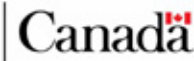


CJNU's Doug Andrews (Back) and Chris Collier (Right) were joined by Jane Kidd-Hantscher, the Executive Director of the Children's Rehabilitation Foundation, and Jim Hamilton of the Manitoba Street Rod Association (Left) on April 17th, ahead of this year's Rodarama event.





Funded in part by the
Government of Canada's
New Horizons for Seniors Program



Thanks to the support of the Government of Canada's New Horizons for Seniors Program, here at CJNU we're excited to announce the launch of Perspectives - a Podcast on Navigating Retirement.

But... what *is* retirement?

The traditional definition is simple enough – it's the period of one's life after one finishes working – but does that still hold true today? Surely nothing is ever that straightforward?

Jim Feeny - who you likely already know as the host of Insights on Social Connections with Connie Newman and Linda Brown heard the last Wednesday of each month here on CJNU - is our host for Perspectives. And after a successful career in radio, television, and media relations, Jim is, allegedly, retired. But what exactly does that mean?

Over the course of the podcast, Jim will try to piece together a picture of what retirement looks like today – combining insights from experts, with honest conversations he's had with a number of folks at different stages of their retirement journeys. Are their experiences wholly unique? Or are there any common threads that we can learn from?

So join us – as we share Perspectives on Navigating Retirement.

You can hear episodes of the podcast by visiting the CJNU website - the direct link is CJNU.ca/perspectives - or you can find it wherever you get your podcasts, on services such as Spotify or Apple Podcasts.

New episodes will be released every two weeks on Tuesdays, with the first episode available right now, having been released on Tuesday March 31st, 2026! Once all the episodes have been released digitally, we're planning to broadcast them over-the-air later in the year.

We encourage you to subscribe to Perspectives using the podcast app of your choice, and to share it with your friends and family. It has been a lot of fun putting the program together - so we sincerely hope you enjoy it!