

# Nostalgia Notes



93.7  
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER

JUNE 2026



Celebrating  
The Joys of Summer

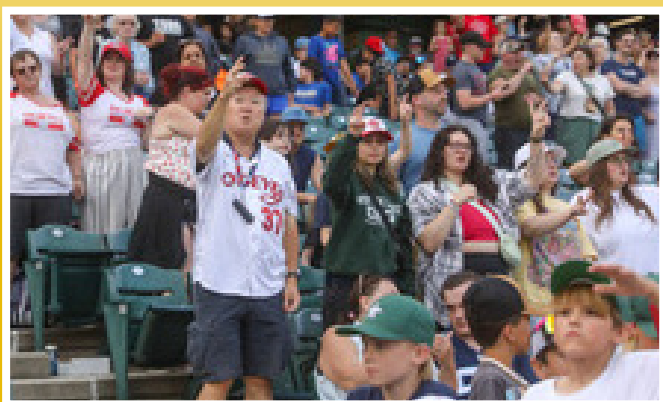
## The Joys of Summer: 93.7 Days of Sunshine with CJNU

There is a specific kind of magic that settles over our community when the calendar flips to June. It's a collective exhale—a transition from the brisk prairie winds to the golden, honeyed glow of a Manitoba summer. This year, the season officially kicks off on June 21 and stretches until September 22. If you do the math, that spans a curiously perfect **93.7 days of summer**—a number that, quite naturally, sounds like music to our ears here at CJNU.

### Summer in the City (and Beyond)

Summer in Manitoba isn't just a season; it's an invitation to rediscover the world right outside our front doors. Whether you're staying close to home or heading out on a provincial trek, the opportunities for adventure are endless.

For many of us, the quintessential summer experience begins with the crack of a bat and the smell of fresh popcorn. Heading down to Blue Cross Park to cheer on the **Winnipeg Goldeyes** is a local rite of passage. There's something timeless about a warm evening at the stadium, caught between the excitement of a home run, the mouth-watering anticipation of that first bite of a hotdog and the peaceful view of the Red River across Waterfront Drive.



If you're looking for a higher-octane kind of fun, the **Red River Ex** is ready to deliver. From the bright lights of the midway to the unique fair foods and community exhibits, it's a vibrant celebration of our shared summer spirit. It's the kind of place where memories are made over giant stuffed prizes and dizzying carousel rides.



# Your Summer Checklist

As we navigate these 93.7 days, we encourage you to take us along on your adventures. Our province truly comes alive during this window, and there is no shortage of ways to soak up the sun:

- ✓ **In the Backyard:** Fire up the BBQ for a neighborhood cookout.
- ✓ **In the Wild:** Pack the tent and find serenity while camping under the stars.
- ✓ **On the Move:** Dust off the bikes for a ride through our winding trails or visit one of the many vibrant outdoor markets to support local makers.
- ✓ **Pure Relaxation:** Embrace the “lazy Sunday afternoon attitude” complete with a blanket in the park, a good book, and nowhere else to be.

## The Ultimate Road Trip Soundtrack

No summer adventure is complete without the right music. Whether you're driving to the lake, heading to a campsite, or just cruising with the windows down, we've got you covered.

We've put together a specially curated **Sounds of Summer Playlist** featuring the classic tunes you know and love. It's designed to keep you grooving from the first day of the season to the last. Head over to our website at [CJNU.ca](http://CJNU.ca) to find the playlist and let us provide the soundtrack to your best summer yet.

However you choose to spend your 93.7 days, make sure to savor every moment. We'll be right here with you on the airwaves, celebrating the sun, the stories, and the songs of summer.



# CJNU 93.7FM – The 93 Songs of Summer Playlist

- Heat Wave**
  - Martha and the Vandellas
- In the Summertime**
  - Mungo Jerry
- Summer in the City**
  - Lovin Spoonful
- Those Lazy Hazy Crazy Days of Summer**
  - Nat King Cole
- Margaritaville**
  - Jimmy Buffet
- Summer Breeze**
  - Seals and Crofts
- Here Comes the Sun**
  - The Beatles
- Summer of 69'**
  - Bryan Adams
- Saturday in the Park**
  - Chicago
- Summer Samba**
  - Rosemarie Todaschuk
- Summertime Blues**
  - Eddie Cochran
- The Summer Wind**
  - Frank Sinatra
- Hot Fun in the Summertime**
  - Sly and the Family Stone
- The Boys of Summer**
  - Don Henley
- Centrefield**
  - John Fogerty
- Vacation**
  - The GoGos
- Sunny Afternoon**
  - The Kinks
- Soak Up the Sun**
  - Sheryl Crow
- Hot Hot Hot**
  - Buster Poindexter
- Morning Dance**
  - Spiro Gyra
- Dancing in the Moonlight**
  - King Harvest
- Lovely Day**
  - Bill Withers
- Take it Easy**
  - The Eagles
- Carefree Highway**
  - Gordon Lightfoot
- Do You Believe in Love**
  - Huey Lewis and the News
- Twisting the Night Away**
  - Sam Cooke
- (Sittin On) The Dock of the Bay**
  - Otis Redding
- Sailing**
  - Christopher Cross
- Up Up and Away**
  - The Fifth Dimension
- Samba #7**
  - Hagood Hardy
- Move on Up**
  - Curtis Mayfield
- Feels So Good**
  - Chuck Mangione
- Schools Out**
  - Alice Cooper
- Wipe Out**
  - The Surfaris
- Celebrate**
  - Kool and the Gang
- Don't Stop Me Now**
  - Queen
- Shambala**
  - Three Dog Night
- Summer Nights**
  - Rascal Flats
- Play That Funky Music**
  - Wild Cherry
- Listen to the Music**
  - The Doobie Brothers
- Sister Golden Hair**
  - America
- Feelin Alright**
  - Joe Cocker
- Low Rider**
  - War
- Spanish Flea**
  - Herb Alpert
- Love Shack**
  - The B52s
- Sweet Caroline**
  - Neil Diamond
- Sir Duke**
  - Stevie Wonder
- Dance The Night Away**
  - Van Halen
- East Bound and Down**
  - Jerry Reed
- That's the Way I Like It**
  - KC and the Sunshine Band
- Crocodile Rock**
  - Elton John
- Don't Stop**
  - Fleetwood Mac
- Louie Louie**
  - Kingsmen
- I Want You Back**
  - The Jackson 5
- Conga**
  - Miami Sound Machine
- Hey Soul Sister**
  - Train
- Livin la Vida Loco**
  - Ricky Martin
- Happy**
  - Pharell Williams
- Talking in Your Sleep**
  - The Romantics
- It's a Miracle**
  - Barry Manilow
- Nothing From Nothing**
  - Billy Preston
- High on You**
  - Survivor
- Pipeline**
  - The Chantays
- A Summer Song**
  - Chad and Jeremy
- Sunshine Superman**
  - Donovan
- Summer Nights**
  - ONJ and Travolta
- Wild Nights**
  - Van Morrison
- Walk Don't Run**
  - The Ventures
- Breaking Up is Hard to Do**
  - Neil Sedaka
- The Loco Motion**
  - Little Eva
- Cara Mia**
  - Jay and the Americans
- Windy**
  - The Association
- People Got to Be Free**
  - The Rascals
- Grazing in the Grass**
  - Hugh Masacala
- Born to be Wild**
  - Steppenwolf
- Don't Pull Your Love Out**
  - Hamilton, Joe Frank and Reynolds
- Sooner or Later**
  - The Grass Roots
- Rock the Boat**
  - Hughes Corporation
- Jive Talkin**
  - The Bee Gees
- The Hustle**
  - Van McCoy
- Last Dance**
  - Donna Summer
- Jesse's Girl**
  - Rick Springfield
- Dancin' in the Dark**
  - Bruce Springsteen
- I Wanna Dance with Somebody**
  - Whitney Houston
- La Bamba**
  - Los Lobos
- Run Around Sue**
  - Dion & The Belmonts
- Surfin USA**
  - The Beach Boys
- California Sun**
  - The Rivas
- Love Takes Time**
  - Orleans
- Get Up and Boogie**
  - Silver Convention
- I Like the Nightlife**
  - Alicia Bridges
- Viva Las Vegas**
  - Elvis Presley
- Hang Fire**
  - The Rolling Stones

If you'd like to listen to our 93 Songs of Summer playlist in its entirety, just head to [CJNU.ca/songsofsummer](https://www.cjnu.ca/songsofsummer) - where we've created a Spotify playlist that you can stream on your device of choice. And be sure to stay tuned to CJNU throughout the summer months, as our amazing volunteers will be including these great songs in their programming!

Are there any quintessential summer songs that you think we missed from the playlist? Or do you have any personal summer favourites - songs that mean something special to you, or maybe have a story that goes along with them? Drop us a line to [info@cjnu.ca](mailto:info@cjnu.ca) with the subject line Songs of Summer Playlist, and let us know!



# CELEBRATING THE JOYS OF SUMMER WITH: THE EX!

## Big Smiles, Big Adventure, At Manitoba's Biggest Summer Fair: The Ex 2026!

The EX is ready to bring the excitement back to Winnipeg from June 12 to 21, with ten unforgettable days packed with entertainment, attractions, food, music, and nonstop fun for all ages! While the midway rides and games are always a major draw, there are hundreds of other reasons to experience Manitoba's largest summer celebration this year.

From thrilling attractions and incredible live performers to delicious food creations and outstanding local entertainment, every corner of The EX offers something new to discover. Returning once again are the juried art, photography, and quilt competitions, showcasing the remarkable creativity and talent of Manitobans from across the province. Also making a return is the KB Clydesdale Team to demonstrate their talent and grace to the crowd, and the athleticism of majestic equestrian horse jumping by the Manitoba Hunter Jumper Association.

Comfortable shoes are highly recommended, because each area of the grounds offers its own unique atmosphere, attractions, and experiences. Guests can explore fascinating demonstrations and displays from local artists, makers, and hobby groups, while also discovering hidden treasures throughout the Shopper's Market.

This year's two music stages will once again feature an exciting lineup of talented local musicians, bands, and dance groups. Rather than focusing on a single headline act, The EX is proud to celebrate the incredible depth of Manitoba talent by showcasing performers who continue to strengthen Winnipeg's reputation for entertainment excellence. Guests can enjoy performances from Catie St. Germain, Desirée Orvis, Les Barn Boys, Beverley Wynne &

The Fine Mixture, The RCAF Band, El Boludo Del Rock, and The Mach 10 Winnipeg Jets Band, along with energetic tribute performances celebrating Elvis, The Beatles, Johnny Cash, Van Halen, Shania Twain, KISS, Guns N' Roses, and Pat Benatar. Vibrant Ukrainian, Spanish, and Indigenous dance performances will also bring colour, culture, and excitement to the stages throughout the event.

Food lovers will have no shortage of incredible options to explore, with hundreds of delicious menu items, the crowd-favourite food trucks will again be serving up unforgettable flavours for every craving imaginable.

The fun continues all week long with a lineup of special events and themed celebrations that make every visit unique. Highlights include a real Marriage on the Midway on June 13, a lively Mardi Gras Parade featuring the Dirty Catfish Brass Band, a perogy eating contest, Manitoba's Largest Boot Scoot, and spectacular weekend fireworks. Guests can also enjoy multiple opportunities for free gate admission throughout the week, along with vibrant cultural celebrations including Ukrainian Day on June 15, Filipino Day on June 18, and Indigenous Peoples Day on June 21.

*Tickets are on sale now online and at Safeway, Sobeys, and Giant Tiger locations. With all of this excitement coming to Exhibition Park in June, now is the perfect time to start planning your visit at [ExperienceTheEX.com](https://www.experienceTheEX.com).*

# A HUGE thank you to everyone who made it out to Blue Cross Park for the Winnipeg Goldeyes' 2026 Home Opener on May 19th!

The first 5000 fans were the recipients of some exclusive commemorative Goldeyes jerseys - which most folks immediately donned, as that night felt a little bit like the final throes of winter in Winnipeg!

*Radio and Baseball  
have a legendary history  
together...*



93.7  
CJNU



THE OFFICIAL  
Radio Voice of  
Goldeyes Baseball

Well, if May 19th was winter, then the next day must have been spring - as we now most definitely find ourselves in the midst of Summer in the City!

That night, all the amazing folks who purchased at 50:50 ticket at the ballpark, or online at [Goldeyes5050.com](http://Goldeyes5050.com) were not only entering for a chance to win half the pot, but were also supporting both the Goldeyes Field of Dreams Foundation and your volunteer powered community non-profit radio station, CJNU!

CJNU volunteers were also at the park in full-force - with some selling those 50:50 tickets, and others at our CJNU booth behind section N. Congratulations to the two lucky winners of our prize draws that night (who have been contacted directly)!

The next game where the proceeds of the 50:50 benefit both the Field of Dreams and CJNU is on June 11th, with the start time scheduled for 6:30pm as the Fish face off against the Cleburne Railroaders in the last of a three game series in Winnipeg. June 11th is Shirt Off Our Backs Night at the ballpark - meaning you could walk out after the game with a game-worn Goldeyes jersey! Lucky fans will be drawn each inning to win the "Shirt off our Back," and will be presented the Jersey by the player ON-FIELD between innings!

And we'll once again be there that night with our CJNU booth - giving you the chance to enter another free prize draw - PLUS if you're not already a member of our co-operative and you sign up in-person that night, you'll be entered into ANOTHER prize draw!

So we hope you'll join us at Blue Cross Park on June 11th for Shirt Off Our Backs Night - and that you'll be generous in your support of both CJNU and the Goldeyes Field of Dreams Foundation through your 50:50 ticket purchases that night at the game! And remember - if you can't make it down to the ballpark that night, you can catch every moment of the action here on CJNU - plus purchase your 50:50 tickets online, during the game, at [Goldeyes5050.com](http://Goldeyes5050.com)



**Walk to  
End ALS**

Join us in  
Winnipeg @  
Assiniboine Park

**June  
20th**



# The ALS Society of Manitoba Walk to End ALS

is a community-driven event for people living with or affected by ALS as well as those who want to help create a world free of ALS.

The Winnipeg Walk is taking place on Saturday June 20th at Assiniboine Park - and CJNU's Chris Caslake will be there to report on what's happening - so if you're not headed to the Park, be sure to tune in that morning to hear all the happenings!

If you do choose to walk, you'll join thousands of others across the country coming together to support people affected by ALS. To learn more, register to walk, to support someone walking, or just to pledge your support to the ALS Society of Manitoba, head to [ALSMB.ca](http://ALSMB.ca) to learn more



## In The Summertime



**93.7  
CJNU**

WHEN THE WEATHER IS HIGH  
YOU CAN STRETCH RIGHT UP  
AND TOUCH THE SKY

- TIMELESS CLASSICS, LEGENDARY ARTISTS

93.7 FM | [WWW.CJNU.CA](http://WWW.CJNU.CA) | @CJNU937    | BELL MTS TV CHANNEL 725

## How Steve regained his voice at Riverview

**Many Manitobans know some of what Riverview Health Centre does, but few realize just how many lives are touched there every day.**

From stroke rehabilitation and long-term care to dementia support and palliative care, Riverview provides compassionate care at every stage of life. Steve Ginter's remarkable recovery is just one of the many lives changed at Riverview.

Steve was sitting in his truck, about to start his workday when it happened. Words disappeared. Thoughts scattered.

With just enough awareness, Steve sent himself a text:

**“I can't speak. Brain. Help. Stroke.”**

When his coworker pulled up next to him, Steve honked his horn and pointed to his phone.

They rushed him to the hospital. It was confirmed, he was having a stroke at just 48 years old. He got emergency treatment, but he lost the ability to speak.

**“I felt trapped in my own mind,” he said.  
“I knew what I wanted to say, but my mouth wouldn't do it.”**

Steve was transferred to Riverview Health Centre — the only place in Manitoba with a specialized stroke rehabilitation program.

For many Manitobans living outside Winnipeg, accessing stroke rehabilitation can take a year or more. But Riverview Health Centre was able to admit Steve right away, allowing him to begin specialized recovery therapy when every day mattered most.

Each morning, Steve fought to regain his voice. Even reading a children's book caused headaches. In the afternoons, therapy challenged him to rebuild his thinking and problem-solving skills.

**“Without Riverview I wouldn't have been able to get the treatment I needed,” Steve said.  
“The care I got was truly amazing.”**

Slowly, word by word, conversation by conversation, Steve found his voice again.

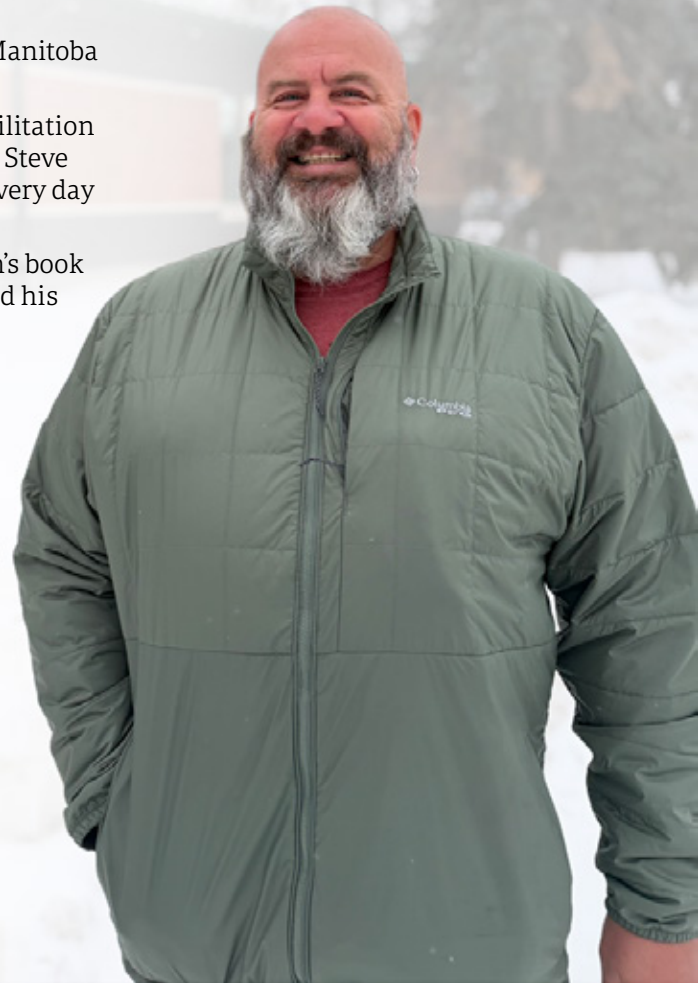
Today, Steve is back at work, talking with his family, and reading books to his grandson.

**You can help someone like Steve regain their voice by donating to Riverview Health Centre Foundation.**

*Steve recalls the daily walk around the Riverview grounds that supported his recovery.*



*Steve with Ela, the speech-language pathologist who helped him learn to speak again.*





## 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!

# SOCIAL PRESCRIBING



## MANITOBA ASSOCIATION OF SENIOR COMMUNITIES

Heart & Stroke has launched [Risk Screen](#), a free tool designed to help Canadians understand their heart and brain health risks and support them to take action to reduce or manage their risks, including by having meaningful conversations with healthcare providers.

This evidence-based and expert-informed tool is free and easy to complete. In just a few minutes,

### Risk Screen provides

- A personal risk profile
- An action plan with steps they can take to reduce or manage risks
- A detailed report they can save or discuss with you
- Follow-up emails with tips, information, and resources to support behaviour change

Over 70,000 people have completed Risk Screen to take charge of their health. Empower yourself to better understand and manage their heart and brain health by sharing this valuable tool.

- [Try Risk Screen](#) and share it with your clients/community members.
- [Download a poster](#) for your community to help raise awareness.



Tune into 'Insights on Social Connections'  
with host Jim Feeny on Wednesday,  
June 24 between Noon and 1 p.m.!



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



If you've been listening to CJNU over the past couple of months, or read the previous edition of Nostalgia Notes, you'll know from our friends at Active Aging in Manitoba that the 2026 Manitoba 55+ Summer Games are taking place June 9th-11th - with events happening in venues and locations across the province - in Morden, Stanley, Winkler and at Birds Hill Park!

Be sure to tune in on Wednesday June 10th, as CJNU will be broadcasting LIVE from the Meridian Center in Winkler - one of the hubs for this year's Summer Games!

Adam Glynn, Johnny Mac and Frank Stecky will bring you music and conversation throughout the day - with Frank getting things underway from 10am-noon, and Johnny wrapping them up from 1-3pm. Over the noon-hour, Adam will be hosting a special edition of Community Champions, joined by a number of special guests to talk about the Games!

*So join us on June 10th, as we bring you a taste of one of the Joys of Summer in our province!*



## JUNE 9-11



# Happy Father's Day June 21!



# Jazz Fest Returns with Music, Discovery and Community

Jazz Winnipeg's 2026 festival brings artists from near and far together for six days of listening, connection and summer energy in the heart of the city.

Each summer, the TD Winnipeg International Jazz Festival offers Winnipeg something more than a series of performances. It creates space for people to gather, listen, and connect — with artists, with each other, and with the city itself.

From June 16–21, this year's festival will once again bring that spirit to life across venues and stages throughout Winnipeg. The lineup includes internationally celebrated artists, adventurous new voices, and performances that reflect the breadth of jazz and creative music today, with artists such as Miles Electric Band, Jason Marsalis, Kristin Korb, and the Spirit '76 series helping shape the experience.

For Jazz Winnipeg, that sense of openness is central to the festival's vision.

**“The jazz fest is about creating spaces where people can come together through music — to hear something they love, discover something unexpected, and feel part of a larger creative community,”** says Zachary Rushing, artistic director.

That spirit of discovery is part of what makes the festival meaningful year after year. Some audience members come to hear a favourite artist. Others arrive out of curiosity and leave having found a new sound, a new venue, or a new connection to the city's cultural life. Across every performance, the festival invites people to be present, listen deeply, and share in something collective.

It is also a reflection of Jazz Winnipeg's year-round work as a charitable arts organization — presenting music, supporting artistic exchange, and helping create meaningful cultural experiences in the city. In a busy season filled with events, Jazz Fest offers something distinct: a chance to slow down, tune in, and share in the energy of live performance.

To explore the full lineup, attend a performance, or support Jazz Winnipeg's work, visit [jazzwinnipeg.com](http://jazzwinnipeg.com).



*Brass Queens from New York City perform at Old Market Square in 2025 / photo credit: Anthony Fernando*

# Faces & Places



*Chelsea Bernhard, an Alzheimer caregiver and participant in this year's Walk for Alzheimer's on May 30th, joined CJNU's Tom Dercola for Music and Conversation on May 4th.*



*Adam was joined in-studio by prostate cancer survivor, and one of the founders of the Manitoba Ride for Dad, on May 26th - ahead of this year's ride on May 30th.*



*Crystal and Brian Hood, of Hood and Dagger Productions, joined Tom on Monday May 25th.*



*CJNU's Garry Moir (centre) was joined on the field of Blue Cross Park by Goldeyes pitcher Landen Bourassa (CR) and Goldeyes General Manager Andrew Collier (CL), flanked by mascots Goldie and Goldette (R+L) on the evening of May 19th, ahead of the 2026 home opener - where Garry threw the ceremonial first pitch!*

*(L-R) Councillor Sherri Rollins, Capital Campaign Director Janet McLeod, Executive Director Jim Steep, Board of Directors Chair Cathe Umlah, Capital Campaign Advisory Chair Kate Brenner, and Honourable Nahanni Fontaine, cut the ribbon for the 'official' opening of Agape Table's new purpose-built home at 350 Furby - just a couple of doors down from their former home in the basement of Waves Church, on May 7th. Jim (C) then joined CJNU's Adam Glynn (L) and Casey McKay (R) on May 21st, to share all the latest ahead of the 'actual' opening at the end of the month!*



# 10 Questions With Garry Moir

Broadcast veteran, and self described fun loving country boy – that’s Garry Moir. He’s the unmistakable voice behind the History Vault segments heard twice daily on CJNU. Recently Nostalgia Notes took a “*Moment in Time*” to sit down with Garry and learn a little more about the man with a passion for storytelling, community and local heritage...

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

I left the CBC at age 65 but wanted to keep my finger in the radio business. I contacted then General Manager Bill Stewart and the rest is history. - or perhaps I should say “History Vault”.

## What is your favorite childhood memory?

Growing up on the farm. Skating outdoors on sloughs and ponds. Cheering on the Montreal Canadiens. Playing baseball all summer. That was my life.

## What, in your opinion, is your greatest achievement?

Surviving in the broadcasting business for almost 60 years.

## What is the best gift you have ever received

When Agatha, the real broadcaster in the family, agreed to marry me.

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

Because of CJNU Nostalgia radio...could there be any other answer?

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

“Personality” by Lloyd Price. At 10 years old, I thought I should have one.

## What was your first concert?

Gordie Tapp and the Country Hoedown crew. Manitou Rodeo, 1964. Yikes, I am old.

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

Cheese. Good for breakfast, lunch or supper. Great snack, too.

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

My sports medals.

## What is your Philosophy on life

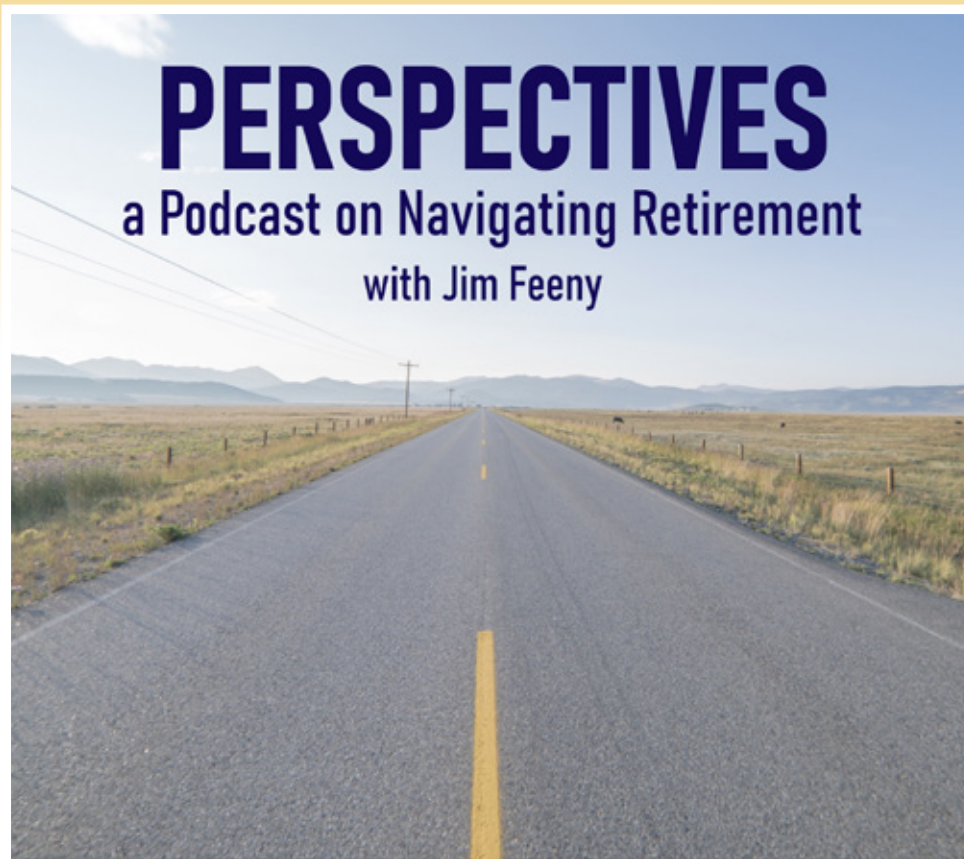
Rock On Till the End.



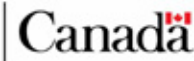
## BECOMING A CJNU MEMBER HAS ITS PERKS!

If you’re a member of CJNU, watch for your new and improved Perks Card. It includes a QR code to easily check the status of your membership, and will be heading your way very shortly - *so watch for it in your mail!* Not yet a member? Why not join today!

Want to learn more about what our memberships look like and the perks that accompany them? Visit [CJNU.ca/perks](http://CJNU.ca/perks) for more.



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](http://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!