

Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER

JULY 2026



Celebrating
The Joys of Summer

Top 3 Ideas for Manitoba Road Trips This Summer

This month, CJNU celebrates events and experiences that make summer a joy – including great Manitoba road trips! For inspiration, we asked **Travel Manitoba** to suggest three destinations with plenty to explore.

And remember: For the ultimate road trip soundtrack, keep your car radio tuned to **93.7 FM**. Because half the fun is getting there!

JOYS OF SUMMER
JULY PARTNER
MANITOBA
CANADA'S HEART IS CALLING

1. Dive Into History

Do your plans for the summer include a trip to Miami? Ours do! About 90 minutes southwest of Winnipeg, the tiny community of Miami, Manitoba, is home to one of the most fascinating heritage sites in the region. Journey back in time with a visit to the **Miami Railway Station Museum**.

The former railway station turned museum has preserved the furnishings, uniforms, equipment and memorabilia from the First and Second World Wars, as well as First Nations and pioneer artifacts.

Built in 1889, the station once served as a transportation hub and today retains much of its original décor and atmosphere. Book your tour at miamirailwaystationmuseum.com.

But the history lesson doesn't end there—museum grounds also feature a 1960s fallout shelter, the only one in Canada that's open to the public. And just a block away is the Miami Museum, where you can see ancient reptile fossils of Sid the giant Mosasaur.

CONTINUED ON PAGE 2.



Miami Railway Station Museum

2. Escape the City

If your heart longs to feel like it's on top of the world, the relaxing **Top of the World Trail** at Falcon Lake is just what you need.

Put on your hiking boots and enjoy stunning views of the lake and surrounding area from the lookout spot atop Canadian Shield rock formations.

Less than two hours from Winnipeg, the trail is the perfect way to work up an appetite for the delicious burgers at Falcon's Nest Cafe and fresh-out-of-the-oven pizza at Scotty's Drive-In Gondola Pizza.

Drive out for the day or stay overnight at Falcon Trails Resort, The Hotel at Falcon Lake or even on a real ranch with Falcon Beach Ranch. It isn't just a place to stay—it offers horseback tours on nearby trails and attractions, including the site of an alleged UFO encounter, widely known as the Falcon Lake Incident of 1967.



Falcon Lake

3. Get Out on the Water

Many Manitobans would agree—no matter how many times you've been to Riding Mountain National Park, it's still as breathtaking as ever. This summer, experience the beauty from a new perspective aboard **The Martese**.

Summer cruises on The Martese blend fine dining with the beautiful surroundings of Clear Lake. During a guided tour, you will learn more about the lake's biology, local history and the vessel itself as you savour the views and the food. Now, that's a summer memory worth the trip!

In 2026, cruises on The Martese are set to start in mid-June.

Whatever your heart is searching for, you can find it in Manitoba. Get more summer escape ideas at travelmanitoba.com.



The Martese

The Ultimate Road Trip Soundtrack



93.7
CJNU

To listen to our 93 Songs of Summer playlist, just head to CJNU.ca/songsofsummer. Download on Spotify and stream on your device of choice. Did we miss any of your favourites? Let us know!

TIMELESS CLASSICS, LEGENDARY ARTISTS

93.7 FM | WWW.CJNU.CA | @CJNU937    | BELL MTS TV CHANNEL 725



Take a Stand Against Cancer This Summer – Hold a Lemonade Stand for Hope!

Lemonade Stands for Hope is a community-driven fundraising initiative that invites individuals, families, schools and local groups to set up lemonade stands in their neighbourhoods and raise funds for CancerCare Manitoba.

One of the things that makes this initiative special is its accessibility. Anyone can take part, regardless of age or experience, and every stand, big or small, contributes to meaningful change.

Participants are encouraged to host a lemonade stand in their driveway, at a local park or during community events. It is a fun, hands-on way to bring people together while teaching children and youth about generosity, entrepreneurship and community impact. Beyond the lemonade and smiles, each stand helps spark conversations about hope, resilience and supporting those facing cancer in our province.

Funds raised through Lemonade Stands for Hope directly support programs and services that make a real difference in the lives of individuals and families

affected by cancer. This includes patient support services, local cancer research and access to care initiatives that help improve outcomes and provide comfort during difficult times. Every dollar raised stays in Manitoba.

Getting involved is easy. Participants can register online, receive a free starter kit and choose a date that works best for them. From there, it's as simple as setting up a table, pouring lemonade and sharing your story with friends, neighbours and passersby. Social media tools and community resources are also available to help participants spread the word and maximize their impact.

By hosting a lemonade stand, you are doing more than selling a refreshing drink – you are helping turn small moments into lasting change. Together, communities can strengthen hope, support vital services and inspire generosity in ways that ripple far beyond a single stand or summer day.

To register or learn more visit lemonadeforhope.ca.



Lemonade STANDS FOR HOPE



Fun and Fellowship Win Big at 55+ Games



The 43rd edition of the annual Manitoba 55+ Games hosted by Morden/Stanley/Winkler was a huge success! As the largest multi-sport event in Manitoba, the Games drew approximately 1,300 event participants. It was three activity-packed days blessed with good weather, enthusiastic participants and the support of 150 volunteers.

If you have never participated in or attended the annual Games, you might be surprised by the range of activities. The 20-plus events include pickleball, golf, bocce ball, slo-pitch, 5-pin bowling, floor shuffleboard, swimming, lawn bowling, and track and field. Many participants want to exercise their brains in the 8-ball pool, snooker, bridge and cribbage events. For those with a flair for being creative, we also offer arts and crafts.

While most of the activity was in Morden/Stanley/Winkler, some competitions took place in communities beyond. Birds Hill Park hosted equestrian events that became part of the Games this year, and the Carman Bowling Alley hosted 5-pin singles and team bowling.

A large event like this could not happen without the dedicated volunteers, says Linda Brown, Executive Director of Active Aging in Manitoba, the coordinating organization. About 150 people from the Morden/Stanley/Winkler area contributed their time to this year's Games.

"All the volunteers were so welcoming and really took this chance to show off their communities," Linda said. "It was so special to see so many participants who partake in the Games year after year. The friendships and the social connections they form are the reason many participants follow the Manitoba 55+ Games around the province."

Results of the 2026 Games are posted on the Active Aging website. Just follow the links from the home page. You will also find a photo gallery with pictures from the 2026 Games.

The next Games will take place in Minnedosa from June 8-10, 2027. Stay tuned for news about the Manitoba 55+ Games Curling event taking place next March in Minnedosa – dates to be determined.

To learn more, contact Active Aging in Manitoba at activeagingmb.ca or call 204-632-3947.



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!

Faces & Places

On June 2, our featured Community Champions were the Manitoba Camping Association and Sunshine Fund. (L-R) Dana Moroz, Nancy Paschke and Kim Scherger joined CJNU's Adam Glynn in the studio.



CJNU's Mark Havens (in yellow) caught up with Winnipeg Mayor Scott Gillingham (in light shirt) on a very warm May 30 ahead of this year's Manitoba Ride for Dad. This was Mark's first year representing CJNU as our Media Easy Rider, taking over the reins (or perhaps handlebars?) from longtime rider and volunteer Justin Baraniuk, who rode for CJNU over the past decade.



Throughout June, Tom Dercola's Music and Conversation show highlighted some of our favourite summer arts happenings. (Clockwise from top left) Zachary Rushing, Artistic Director of Jazz Winnipeg, stopped by to share the great things in store at the Jazz Winnipeg Festival; Rodrigo Beilfuss, Artistic Director of Shakespeare in the Ruins, gave us a preview of S.I.R.'s two summer productions; and the Winnipeg Fringe Theatre Festival's Tori Popp (L), Festival Manager, and Samantha Wiebe, Media Relations Coordinator, chatted with Tom about the artists and antics awaiting Fringers this July.

CJNU at 55+ Games

CJNU amplified the energy of the 2026 Games by broadcasting live from Winkler. Here's a look at some of the folks who joined our yellow-clad crew.



(L-R) Adam Glynn was joined by Louis Tanquay, Linda Brown and Sheldon Friesen for Community Champions, broadcast live from the Meridian Exhibition Centre in Winkler.



(L-R) Adam Glynn, Sheldon Friesen (55+ Games Morden Sponsorship Coordinator and Morden Councillor), Frank Stecky, Linda Brown (Executive Director of Active Aging in Manitoba), Johnny Mac and Louis Tanquay (55+ Games Winkler Sponsorship Coordinator).

Announcer Johnny Mac shows off the new CJNU sports water bottles. The schwag was shared with visitors stopping by our tent.



(L-R) Volunteers Helga Stecky and Josette Lukowycz were on site in Winkler to help out.

Anyone can drown, no one should.

NATIONAL DROWNING
PREVENTION WEEK

July 19 - 25, 2026

WORLD DROWNING
PREVENTION DAY

July 25, 2026

See [LIFESAVING.MB.CA](https://lifesaving.mb.ca) for details and events.



Go Blue for National Drowning Prevention Week

Some of the best-known landmarks in Manitoba are “Going Blue” during National Drowning Prevention Week, July 19-25. On July 24, blue lights will shine on the Esplanade Riel footbridge, the Winnipeg sign at The Forks and public structures in Portage la Prairie and Selkirk. Watch for other awareness-raising events throughout the week leading up to World Drowning Prevention Day on July 25.

It’s all part of an effort coordinated by the Lifesaving Society of Manitoba, a registered charity dedicated to preventing drowning and water-related injuries. The Lifesaving Society is joining communities across the Commonwealth to reinforce this year’s #PreparePrevent theme. The message behind it is simple: Anyone can drown, and no one should.

The week begins on Sunday, July 19, with a WaterSmart picnic at Kildonan Park. Events continue with a Winnipeg Goldeyes baseball game on July 24, and Lifesaving Sport activities at Grand Beach on July 25.

Find more information about drowning prevention at lifesaving.mb.ca.

Safety Reminders

- Learn to swim
- Wear a lifejacket
- Never drink while boating
- Keep children aged 5 and under within arm’s reach



ROYAL
AVIATION MUSEUM
OF WESTERN CANADA

Stop By To See Us At The Royal Aviation Museum

All through the month of July, CJNU is broadcasting live from the Royal Aviation Museum of Western Canada. Please stop by to say hello!

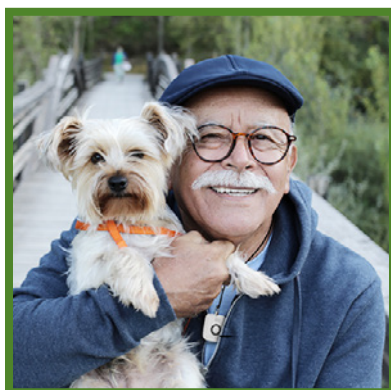
You’ll find our remote studio in the northwest corner of the building at 2088 Wellington Avenue. The museum is open from 10 a.m. to 5 p.m. daily.

If you haven’t yet visited, you’re in for a huge treat!



How Important are Outdoor Activities for Older Adults?

With warmer weather finally here in Manitoba, many of us are looking for reasons to spend more time outside. For older adults, getting outdoors isn't just enjoyable, it's an important part of maintaining physical health and mental well-being.



The Physical Benefits are Real

Time in nature supports cardiovascular health, helps lower blood pressure and reduces stress. It's also one of the best ways to soak up Vitamin D, something especially valuable here in Manitoba, where

sunlight is in short supply for a good part of the year. That natural sunlight helps maintain bone strength, supports calcium absorption and lowers the risk of osteoporosis and fractures.

Fresh Air Does Wonders for the Mind

Research shows that spending time outdoors can ease symptoms of depression and anxiety, even without intense exercise. Nature provides opportunities to slow down, recharge and connect with others. Whether you're chatting with neighbours during a walk or enjoying time with family at a local park, social interaction is another important contributor to healthy aging.

How Much Time Outside is Enough?

As a general guideline, aim for at least 20-30 minutes outdoors per day, or a minimum of 90 minutes to spread throughout the week. Of course, every person's ability and comfort level are different. The most important thing is to make it a regular habit.

Great Low-Key Outdoor Activities for Seniors

You don't need to go far or push yourself too hard to reap the rewards. Here are a few accessible options:

- **Walking:** Even a short stroll improves heart health, mood and joint comfort.
- **Gardening:** Gentle, grounding and great for both body and mind. Community gardens are a wonderful option for those without a yard.
- **Outdoor yoga or tai chi:** Low-impact and easy on the joints; these activities also offer a social connection when done in a group setting.
- **Picnics or visiting the local farmers' market:** A relaxed way to enjoy fresh air with friends or family.

Prioritize Safety

Before heading out, plan around your physical needs and let someone know your plans. A mobile medical alert device can offer extra peace of mind, especially when you're on the move. For more information on service options visit [victorialifeline.ca](https://www.victorialifeline.ca).

Get outside, enjoy Manitoba's beautiful prairie landscape, and don't forget your sunscreen!

This article is informational in nature and not meant to replace the advice of a healthcare professional.

CJNU Named Non-Profit of the Year

Loyal listeners know 93.7 FM holds a unique place on the dial, with a blend of timeless music from across the past century and lively local programming.

But many people don't know CJNU is different in other ways, too. We're incorporated as a non-profit community service cooperative, and our mission is to use the powerful medium of radio to build our community. It's at the heart of everything we do.

That's why the CJNU team was thrilled to receive the Non-Profit of the Year Award from the Assiniboine Chamber of Commerce this May. We were picked because of our focus on connection, positivity and local storytelling.

Here's what the Assiniboine Chamber posted about CJNU on Instagram: "As a volunteer-driven, not-for profit radio station, they celebrate Winnipeg's history, culture and people while supporting the many organizations that strengthen our community every day. Their dedication to service, collaboration and meaningful community impact makes them a standout example of a what a non-profit can achieve."

Station Manager Adam Glynn said it is especially gratifying to be recognized by the Assiniboine Chamber, a fellow non-profit that shares so many of CJNU's community-focused values and goals.

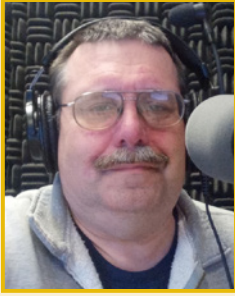
"At our station, we try to do two key things: We play great music and we accentuate the positive in our city and province," said Adam, accepting the award on behalf of the CJNU team. "We highlight the good things while acknowledging the challenges of the day to day. Because at its best, radio can help set the tone of discussion and debate, reflect the realities of the world around us and provide a lifeline to the listener.

"We believe in getting through the tough times by working with one another and supporting one another. The rising tide lifts all boats.

"That attitude of partnership, of lifting one another up, is also at the heart of the Assiniboine Chamber. We have been so very proud to be a member and feel that support, for the best part of the last two decades. Thank you so very much for this recognition."



(L-R) Station Manager Adam Glynn with Amanda Gibson of the Assiniboine Chamber of Commerce, at the Chamber's Business Excellence Awards presentation on May 11.



10 Questions With Scott Balneaves

By day – and let’s be honest, often by night – he is one of the station’s resident tech wizards. Part of the brave crew keeping the station on the air using little more than pure genius, duct tape and hamster feed. A self-described science nerd and unapologetic fan of The Red Green Show. He is also half of the Scott & Scott Show heard Saturdays from noon to 3 p.m. on CJNU.

When he’s not wrestling with cables or working on air, you can usually find him hunting down his next great meal. Because volunteers like him need a whole bunch of calories.

In this month’s edition of 10 Questions With, we talk to Scott Balneaves.

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

Started listening in 2016 when I was scanning around the dial for an alternative to a certain “Public Broadcaster.” Loved the sound. In 2019, when the call went out for volunteers to move the studios to the Richardson Concourse, I showed up to help. I’ve been drinking the Kool-Aid deeply ever since.

2) What is your favorite childhood memory?

Ahhh, going for ice cream at the Dutch Maid in Osborne Village with my mom and dad in our ‘63 Impala.

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

My contributions to open source software. I’ve contributed to software that’s been used by tens of millions of people around the world.

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

My wife Alice said “Yes” when I asked her to marry me.

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

Definitely the food. Dinner at D Jay’s. Dogs on Broadway. Pho at our favourite Vietnamese restaurant.

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

Pink Floyd’s “Wish You Were Here.”

7) What was your first concert?

Blue Rodeo back in the late ‘80s in what would become the Burton Cummings Theatre.

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

Cheese. I harvest it from my jokes.

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

When I was in Grade 8, I got to go to the Canada-Wide Science Fair. Button trading was big back then, as were Bob and Doug McKenzie. I still have my “Science, eh?” button that I traded for and hung onto despite astronomical inflation. (I hung onto it despite being offered 100 buttons for the one.) It’s been in safekeeping for close to 50 years.

10) What is your philosophy on life?

Always been a fan of Red Green: “If women don’t find you handsome, they should at least find you handy!”

Buy Goldeyes 50/50 tickets to support the music you love!

CJNU is once again teaming up with the Winnipeg Goldeyes to promote game-day ticket draws in support of non-profit radio and the Field of Dreams Foundation.

There are two more opportunities to participate in our draws this for season. Circle the dates on your calendar and get ready to try your luck!



To Support CJNU, Please Buy Your Draw Tickets For These Home Games.

AUGUST 14 - AUGUST 30

CJNU benefits only from 50/50 ticket sales on these dates.

How it works

- CJNU receives 25% of the proceeds from 50/50 ticket sales for the August 14 and August 30 draws.
- The other 25% goes to the Field of Dreams Foundation.
- And of course, 50% goes to the lucky person whose ticket is drawn!

Two ways to buy draw tickets

- If you're attending the game, you can purchase your 50/50 tickets in person at Blue Cross Park.
- You can also buy 50/50 tickets online at goldeyes5050.com.

Either way, you should **buy your tickets on game day** to ensure your purchase supports CJNU and the music you love.

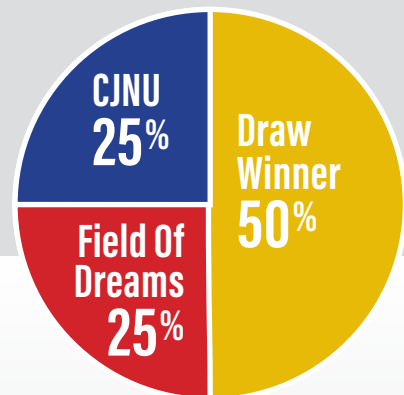
More fun in store at these home games

Our 50/50 draws align with two highlights of the Goldeyes season:

- **August 14** is also the team's **Manitoba Social Night**, with more fun, fireworks and great social music after the game.
- **August 30** is the final home game of the regular season and **Fan Appreciation Day**. To say thanks, the Goldeyes are giving away their 2026 team photo. Before the game, you can join the team for an on-field autograph session.

And of course, every moment of Goldeyes action, all through the season, will be carried LIVE on CJNU 93.7 FM. We're proud to be the radio home of your Winnipeg Goldeyes!

HOW THE REVENUE IS SPLIT



Thanks for supporting our 50/50 draws! And good luck!



Winnipeg Goldeyes Present Retro Revival at the Ballpark

The Winnipeg Goldeyes are turning back the clock on July 17 with Retro Revival at the Ballpark, a celebration of the greatest hits of the 1970s and 1980s. Fans can expect an unforgettable night of singalong favourites and iconic pop anthems performed by three outstanding tribute productions.

Headlining the evening is **Arrival from Sweden: The Music of ABBA**, widely recognized as one of the world's leading ABBA tribute productions. Founded in 1995 in Gothenburg, Sweden, the show was created with ties to ABBA's original musical legacy and has built an international reputation through decades of touring and performances in countries around the world. The production is known for recreating the sound, look and energy of ABBA's timeless catalogue for audiences across generations.

Also appearing are **The Australian Bee Gees**, a long-running tribute act that has been performing together continuously since 1996. Over the course of its career, the group has staged more than 6,500 performances in over 55 countries, earned recognition in Las Vegas and built a loyal following with a show that traces the Bee Gees' greatest hits from the early years through the disco era.

Rounding out the lineup is **Kyle Martin's Piano Man**, a high-energy tribute to the music of Billy Joel and Elton John. Martin was hand-picked by Billy Joel for the touring production of *Movin' Out* and now stars in his own Las Vegas production, where he and his band perform a powerhouse set built around some of the most beloved piano-driven songs in pop music.

The concert will take place at Blue Cross Park, home of the Winnipeg Goldeyes since 1999. The downtown, 7,000-seat venue has hosted not only Goldeyes baseball, but also concerts,

charity events and amateur and international sporting competitions.

Expanded to its current footprint in 2003, Blue Cross Park now includes 29 Skysuites, two patio decks, a Picnic Park and a Craft Beer Corner. Its location near The Forks, the Canadian Museum for Human Rights, the Exchange District and St. Boniface makes it one of Winnipeg's most distinctive and accessible summer event settings.



Tickets on sale now at Goldeyes.com
On-field seating: \$85 In-stand seats: \$70
plus taxes and fees

FEATURING

KYLE MARTIN'S
PIANO MAN

ARRIVAL
FROM SWEDEN
THE MUSIC OF ABBA

THE AUSTRALIAN
BEE GEES
A TRIBUTE TO THE BEE GEES

TICKETS @ GOLDEYES.COM