

Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER

SEPTEMBER 2026



Celebrating
The Joys of Summer

Concert Celebrates 20 Years of Nostalgia Radio

Join us October 17 for A Night of Nostalgia at the Gas Station Theatre

Those of us who are Baby Boomers remember shopping at Eaton's, 25 cent coffee, watching Ed Sullivan and listening to our favorite music on a transistor radio. At one time or another, we've all thought how wonderful it would be to return to those heady days when growing old never entered our minds.

CJNU 93.7 FM is hoping to make that dream come true... at least for one night. To mark our 20th anniversary, your community radio station is staging **A Night of Nostalgia**, a variety concert featuring music, dance, comedy and fun.

"We promise a night when everything old is new again," says CJNU's Garry Moir, who is organizing and promoting the event. "What you hear on our radio station every day will be performed live on stage."

The all-star lineup features Juno award winner Joey Gregorash, along with the Nostalgics quintet, the St. Charles Big Band and other special guests.

Also on hand will be "George and Gracie," whose comedy routine has been a smash hit at the Winnipeg Fringe Festival.

"Who knows, Groucho Marx might even put in an appearance," says Moir. "It will be a night of surprises."

Station Manager Adam Glynn says the event will be a way to say thank-you to CJNU's loyal supporters over the past two decades.

"We want this to be a gift for our listeners and supporters. It will also give us a chance to recognize and celebrate our pioneers who launched the radio station 20 years ago."

Also nostalgic is the pricing – just \$25 a ticket!

A Night of Nostalgia

Saturday, October 17

7:00 pm | Gas Station Arts Centre | River and Osborne

Tickets \$25. On sale now!

Visit cgnu.ca or call 204-774-3190.



CAA Travel Expo 2026: Discover Your Next Adventure

If you're dreaming about your next vacation, the CAA Travel Expo is the perfect place to start planning.

This October, join CAA Travel and some of the world's leading travel partners for a day filled with inspiration, expert advice and exciting travel opportunities. Whether you're interested in ocean cruises, river cruises, guided tours, all-inclusive resorts or unforgettable destinations, the Travel Expo brings together travel professionals who can help turn your travel plans into reality.

Throughout the event, attendees will have the opportunity to meet with travel experts, learn about upcoming travel trends, explore new destinations and take advantage of exclusive offers available through participating suppliers. Informative presentations and the destination showcase will provide valuable insights and tips to help travellers make informed decisions and get the most out of their future vacations.

Whether you're planning a relaxing getaway, a family vacation or a once-in-a-lifetime journey, the CAA Travel Expo offers something for every type of traveller. It's also a great opportunity to ask questions, gather ideas and connect directly with trusted travel professionals who can help you navigate an ever-evolving travel landscape.

We invite you to join us and explore the possibilities that await. Admission is free, and everyone is welcome.

For event details, participating travel partners and registration information, contact your local CAA Store or visit the CAA Travel Expo website, caamanitoba.com/travel/expo

We look forward to helping you plan your next great adventure.

FREE for everyone!

CAA Travel Expo

WINNIPEG

Tuesday, Oct. 6 | 3 – 7pm
Victoria Inn Hotel & Convention Centre

BRANDON

Wednesday, Oct. 7 | 2 – 6pm
Victoria Inn Hotel & Convention Centre

RSVP Early



**Tune into 93.7 FM
@ noon on
September 23
for our Travel Expo
Preview!**

Those Were The Days!



MUSIC FILLED WITH MEMORIES

Enjoy the songs you grew up with and re-connect with the memories that are so special to you.

TIMELESS CLASSICS, LEGENDARY ARTISTS

93.7 FM | WWW.CJNU.CA | @CJNU937   



OPERATION WALK MANITOBA: Changing Lives, One Step at a Time



In November 2026, **Operation Walk Manitoba** will return to Managua, Nicaragua, for its 12th international mission, bringing together a dedicated team of Canadian orthopedic surgeons, nurses, anesthesiologists, physiotherapists, technicians and volunteers – most who are from Concordia Hospital here in Winnipeg. Together, they will provide life-

changing hip and knee replacement surgery to people whose pain and disability have limited their ability to work, care for their families and enjoy everyday life.

This remarkable work is made possible through the generosity of donors, sponsors and volunteers who believe that everyone deserves the opportunity to walk without pain.

FIESTA CON CAUSA: A FUN OPPORTUNITY TO SUPPORT THE NEXT MISSION

On **September 17, 2026**, we will celebrate that spirit of generosity at **Fiesta Con Causa** — an evening of music, friendship, food and fundraising in support of Operation Walk. Our special guests include Folklorama and members of the mission team under the expert

guidance of our own Adam Glynn of CJNU, who will serve as the master of ceremonies.

Together, we can help change lives — one patient, one step and one story at a time. For more information or to order tickets, see us online at operationwalkmb.ca





Curtain Rises on Winnipeg's New Performing Arts Season

As a community radio station, CJNU takes pride in Winnipeg's world-class arts scene – and we love keeping listeners informed about upcoming shows. It's always been a favourite topic of Tom Dercola, the long-time host of CJNU's Music and Conversation program on Monday mornings.

Here's a preview of some of the great theatre we can look forward to this year.

Keep listening to 93.7 FM to learn more!

From Stravinsky to Swan Lake: A New Season at the Royal Winnipeg Ballet

The 2026–27 season of the Royal Winnipeg Ballet will combine beloved music, celebrated choreography and bold new creative voices.

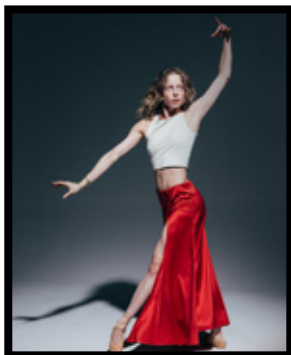
From September 24–27, The Studio Series offers a new, immersive performance experience that brings audiences closer to ballet in an intimate studio setting, complete with a cocktail reception. The inaugural program features George Balanchine's **Who Cares?**, set to the music of George Gershwin, including familiar favourites such as "The Man I Love," "My One and Only" and "I Got Rhythm." Performances take place at the RWB's Founders Studio and the University of Manitoba's Desautels Concert Hall.

From October 8–11, the Company returns to the Centennial Concert Hall with **Stravinsky Stories**, a double bill celebrating one of the most influential composers of the 20th century. Alexei Ratmansky's **The Fairy's Kiss** will be paired with the world premiere of **Firebird** by choreographer Houston Thomas, offering two distinct interpretations of Stravinsky's extraordinary music.

Then, from December 18–27, a Winnipeg holiday tradition returns as **Nutcracker** once again fills the Centennial Concert Hall with Tchaikovsky's unforgettable score, colourful characters, sparkling snow and the warmth of the season. The 2026–27 season is the first fully curated by Artistic Director Christopher Stowell and continues into the new year with Stowell's **Swan Lake**, the **Northern Lights Project** and **The Mix**.

From bold new works to beloved classics, the season brings the power, beauty and excitement of ballet to Winnipeg stages once again.

For tickets and full season details, visit rwb.org or call the RWB Box Office at 204-956-2792.



RWB soloist Julianna Generoux

Manitoba Opera: A Reimagined Masterpiece and an Enduring Favourite

The Western Canadian premiere of Scott Joplin's **Treemonisha: A Musical Reimagining** will open Manitoba Opera's 2026/27 season with three performances November 21, 25 and 27.

Legendary ragtime composer Scott Joplin's opera was revolutionary for its time. Joplin fused Western classical music with popular Black music from the era, including blues, barbershop (before it was called that), gospel and ragtime.

First published in 1911, *Treemonisha* was never produced in Joplin's lifetime. Now, in the 21st century, an international team of leading Black women artists has reimagined the piece, preserving its setting and characters, but crafting a new story and a richly hybrid orchestration that expands on Joplin's original. The story is framed around two communities – the Freedmen and the Maroons – and places a young woman named Treemonisha at the centre of their long-standing conflict.

The production features an all-Black artistic team, cast and 10-piece orchestra who will be appearing alongside the cast onstage. It will be performed in English with English translations projected above the stage.

One of opera's most powerful and unforgettable stories, Puccini's **Madama Butterfly**, will close the season April 17, 21 and 23.

This intensely moving tale of love, betrayal and strength tells the story of an American officer who marries a young geisha at the dawn of the 20th century. Puccini's soaring music follows her as she waits three long years, dreaming of the day her American husband will meet their child. But his return to Japan brings a devastating twist. Values and tradition clash as East meets West.

Tickets: Call 204-944-8824

or go to mbopera.ca/ **Seniors discount!**



"Joplin's long-forgotten masterpiece has been ravishingly reborn for the 21st century in a triumphant production," raved the Toronto Star, following Treemonisha's 2023 world premiere in Toronto.



(L-R) New York Voices, Jane Monheit and Peter Bernstein

Izzy Asper Jazz Performances: Another Season of World-Class Jazz

When jazz aficionado Israel Asper dreamed up the Izzy Asper Jazz Performances over 25 years ago, he wanted Winnipeggers to experience the best and brightest jazz artists right here in Winnipeg. The 27th season continues that tradition!

The season kicks off at the Berney Theatre on October 31/November 1 with **New York Voices**, a group the *Boston Herald* has called “the most exciting vocal ensemble in current jazz.” Winnipeg is one of the last stops on their triumphant Grand Finale Tour, so this is your chance to experience their infectious energy, brilliant musicianship and genuine joy in sharing music they love!

On November 28, acclaimed vocalist **Jane Monheit** warms up the new Desautels Concert Hall with her show, “I Am in Love! Monheit Sings Porter.” Given her passion for the Great American Songbook, her capacity to get to

the emotional core of every lyric and a voice *DownBeat* calls “intoxicating,” this one-night engagement is not to be missed!

On March 13 and 14, we’re back at the Berney Theatre with master guitarist **Peter Bernstein**, a first-call player known for his “feather-light touch, encyclopedic knowledge of chords and ability to play standards like he’s inventing them on the spot” (LA Daily News). This is intimate jazz at its best, the perfect closer for another remarkable season.

Tickets are on sale now, but there’s still time to buy a season subscription, which offers the best value and allows you to reserve your favorite seats for all concerts. Find details about tickets, venues and artists at **IzzyAsperJazz.com**, or call the Rady JCC at **204-477-7534**.



Stop By To See Us At The Royal Aviation Museum

Until September 22, 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!

Miracle Gala Transforms Surgical Care for Tomorrow

Your participation can benefit patients and families for years to come.

Victoria Hospital Foundation's 11th Annual Miracle Gala returns on September 17, bringing the community together for an inspiring evening that celebrates generosity, compassion and the power of community.

Guests will enjoy an elegant evening of dining, inspiring stories and philanthropy, all in support of the future of healthcare. The gala will shine a spotlight on upgrading minimally invasive surgical suites at Victoria Hospital in support of better outcomes for patients.

At the heart of the gala is the future of surgical care. Victoria Hospital is home to Manitoba's largest day surgery program, with nearly 7,000 surgeries performed each year. New minimally invasive surgical suite upgrades will introduce leading-edge technology that supports greater precision and enhances the patient experience from surgery through recovery.

For patients, that means shorter wait times, less pain, a lower risk of complications and faster recoveries – helping them return to their families and everyday lives sooner. These advancements will also help more Manitobans access timely surgical care while supporting care teams to meet the growing demand for surgical services.

You're invited to be part of this exciting next chapter. Join us at the 11th Annual Miracle Gala on September 17 or support the event with a donation. Your generosity will help turn today's vision into tomorrow's care at Victoria Hospital, benefiting patients and families for years to come.

To purchase gala tickets, learn more about the minimally invasive surgical suites or make a donation, visit TheVicFoundation.ca or call 204-477-3513.



Victoria Hospital
FOUNDATION
HEALTHIER FUTURES



Funds raised through the Miracle Gala will bring leading-edge technology to the surgery suites of Manitoba's largest day surgery program.



Mark your calendar to make a difference for kids in hospital

Dr. Goodbear and CJNU Nostalgia Radio are inviting you to help children in hospital with three upcoming events.

Sunday, September 27: Teddy Bears' Picnic

Get your stuffies ready for the 37th annual Teddy Bears' Picnic presented by Johnston Group on September 27 from 9 am to 4 pm at Assiniboine Park. The event kicks off with the Teddy Bears' Pancake Breakfast by IHOP beginning at 9 am!

This family-friendly event features many fun and educational activity tents, including the Dr. Goodbear Clinic put on by frontline staff from HSC Children's Hospital, where kids' teddy bears are triaged and go through a variety of medical tests and treatments including MRIs, X-rays and casting. Kids can also visit the I Want to be a Scientist tent put on by Children's Hospital Research Institute of Manitoba (CHRIM) for fun, science-based activities that encourage imagination and show how science is used in medical settings.

CJNU will broadcast live from the site all day. Stop by to say hello, either at our tent or as we flip breakfast pancakes.

Friday, September 25 and Saturday, September 26: Children's Hospital Book Market Fall Sale

Visit St. Vital Centre from September 25 – 26 to shop for great books of all genres and support sick and injured kids in your community at the Children's Hospital Book Market! All funds raised help kids who need HSC Children's Hospital.

Please make all book donations to any Dufresne store or Winnipeg Fire Halls (except for Station 3 – Des Meurons Street).

Children's Hospital Book Market fall sale hours:

Friday, September 25 | 10:00 am – 9:00 pm

Saturday, September 26 | 10:00 am – 5:00 pm

Friday, October 2: Suspended Superheroes

Watch brave volunteers rappel down HSC Children's Hospital to bring smiles to young patients and raise funds for child health research.

Learn more about these and many other great Foundation events at goodbear.ca/events.

Upcoming events with



Sunday, September 27
at Assiniboine Park from 9 am to 4 pm
Teddy Bears' Pancake Breakfast by IHOP | 9 am to 12 pm



Friday, September 25 | 10 am to 9 pm
Saturday, September 26 | 10 am to 5 pm
St. Vital Centre

Suspended Superheroes

Friday, October 2 | 1:30 pm to 3:30 pm
HSC Children's Hospital

Proud Supporter:



Learn more at goodbear.ca/events



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

One of the many Music and Conversation guests we welcomed last month was **Lisa Stanley**, LPN, Lung Health Coordinator of the **Manitoba Lung Association**. Lisa and CJNU's Tom Dercola talked about the risks of vaping, particularly for young people.



Later in the month, Tom, a former teacher, enjoyed reminiscing with members of the **Retired Women Teachers' Association** on another Music and Conversation Show. Tom was joined by (L to R) **Debbie Stewart**, President, and **Rossita Schau**, Publicity Chairman.



In the Community Champions Spotlight this August were (photo left) **Jackie Bouvier**, Manager of Volunteers, Spiritual Care and Development for **Jocelyn House**, a community-supported hospice operating in St. Vital, and (photo right) **Victoria Lifeline's Krystal Stokes**, shown here with Station Manager **Adam Glynn**, who hosts the Community Champions Spotlight.



On August 26, our **Insights on Social Connections** show was broadcast live from the Royal Aviation Museum of Western Canada. Host **Jim Feeny** (lower right) was joined in our mobile studio by panel members (L-R) **Linda Brown**, Executive Director of **Active Aging in Manitoba**; **Connie Newman**, Executive Director of the **Manitoba Association of Senior Communities**; and **Dr. Michael Routlege**, Medical Advisor to **MASC**.



On August 12, the CJNU crew moved to the Elmhurst Golf and Country Club, where the **Concordia Foundation** was holding its annual Concordia Classic golf fundraiser. Among the guests joining us for the live show were (L-R) **Cecila Nguyen**, a nurse educator and key leader of Concordia's Memory Matters program, and **Ernie Goetz**, a member of the Concordia Foundation board.

Faces & Places

Classic cars, Blizzards and CJNU were all on the menu on August 13, when **Miracle Treat Day** came to the **DQ Grill & Chill** on Sterling Lyon Parkway. The **Manitoba Street Rod Association** showed off their well-waxed beauties in the parking lot, while CJNU interviewed the good folks from **Children's Hospital Foundation**, who organize Manitoba's participation in this annual Children's Miracle Network fundraiser. Local children's hospitals receive 100% of net proceeds from every Blizzard Treat sold on **Miracle Treat Day** each year.



*The CJNU crew: (L-R) **Josette Lukowycz**, **Susan Earl**, **John MacLise** and **Adam Glynn**.*



*MSRA President **Bill Toews** showed off his gleaming 1936 Ford Fordor, sporting a license plate that could be CJNU's mission statement.*



*CJNU's **John MacLise** – better known as Johnny Mac – parked his minty 67 Mustang convertible at the event.*



Insights on Social Connections

LAST WEDNESDAY OF EACH MONTH - ONLY ON CJNU 93.7 FM

Join CJNU's Jim Feeney in conversation with Active Aging in Manitoba's Linda Brown and MASC's Connie Newman - plus a new guest each month.

Don't miss our special program on Thursday, October 1st, when we kick off National Seniors Month.



Concordia
FOUNDATION

Memory Matters

*Conversations that Inform,
Inspire and Support*

Airs every second Friday at 12:00 noon on 93.7 FM

Tune in for the next two episodes:
Friday, September 11 | Friday, September 25



COMING
SOON!



PERSPECTIVES
A New Series on
Navigating Retirement
Every second Friday
at 12:00 p.m.
on CJNU 93.7 FM

TUNE INTO
THE NEXT THREE EPISODES:

Friday, September 4

Friday, September 18

Friday, October 2

MESSAGE FROM THE EDITOR

Here, There and Everywhere

As I learn more about CJNU and its programs, I'm often impressed by how much time the on-air crew spends out and about in Winnipeg.

Unlike many radio stations, CJNU announcers don't stay cloistered away in a sound-proofed, climate-controlled studio. These folks often broadcast live from local events and happenings all over the city.

For most of the summer, the crew has been camped out at the Royal Aviation Museum, interviewing guests and playing tunes amid rare aircraft dating back as far back as the 1930s. They've been on the scene at grassroots fundraisers like for the Manitoba Ride for Dad, the Concordia Classic golf tournament, Miracle Treat Day and the walk to End ALS, to name just a few. And of course, they're a fixture at every Goldeyes home game, bringing live action to the radios and laptops of the team's many fans.

Such a deep grassroots presence is rare in today's media industry. After all, commercial radio is changing and live mobile broadcasting comes with its own set of challenges.

So why does CJNU do it? Because it matters to our community and our listeners. And because, as a community co-operative, we can. We're empowered by more than 100 volunteers, many with decades of experience in radio and other pursuits.

In fact, mobile broadcasting is somewhat of a tradition at CJNU. In its formative years, it was the only way the station was able to broadcast. When a mobile site wasn't available, 93.7 FM simply went silent.

Of course, thanks to the support of our friends at the Winnipeg Foundation, CJNU has had a permanent home studio at the heart of the city - Portage and Main - since 2013. But that just means that going 'on the road' with a remote studio is a conscious choice. The team is still out in the community, connecting with listeners "IRL," as the kids say. We hope you'll stop by for a chat when you see our yellow-and-purple colours flying during your travels around town.

Gail Granger
Editor





Good luck, Goldeyes!

**As the official radio home of the Goldeyes,
we're thrilled to see the team advancing to the playoffs.**

Keep listening to CJNU, where every moment of playoff action will be carried LIVE – on 93.7 FM in the capital region of Manitoba, and around the world through CJNU.ca.

And stay tuned for news about our next 50/50 game day draw! ***GO FISH!***

**OCT
01**

**Happy
National
Seniors
Day!**

• • • • •

#NationalSeniorsDay

CELEBRATING
15
YEARS

A photograph of an elderly woman with white hair and glasses sitting on a couch with three young children. They are all smiling and looking at a book held by one of the children. The background shows a cozy living room with a fireplace and a plant.

Tune into 97.3 FM for special programming all through Seniors Month!