

Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER
OCTOBER 2026

We've Only Just Begun!

During this year's Pledge Drive, we mark a momentous milestone – the 20-year anniversary of CJNU 93.7 FM. Your support can make the next 20 years even better!

For two decades, CJNU 93.7 FM has been a familiar, comforting and vital voice across Manitoba. This year we celebrate our 20th anniversary—and looking back, we are incredibly proud of what we have built together.

From our very first broadcast, our mission has been simple yet profound: to amplify the voices of our community and further the crucial causes of charities and non-profits throughout Manitoba.

But as we reach this incredible 20-year mark, we aren't slowing down. In fact, our theme for this year's annual Pledge Drive says it all: *"We've Only Just Begun."*

CJNU is, and has always been, powered by community spirit. Right now, nearly 140 volunteers pour their hearts into a variety of roles to bring you the nostalgic programming you love. They work tirelessly behind the scenes and are front and centre at local events, proudly flying the CJNU banner. They are the heartbeat of our station, dedicating their time to ensure Manitoba stays connected.

However, keeping a community-focused non-profit radio station on the air requires more than just volunteer

Celebrating 20 years

CJNU 93.7 FM

Annual Pledge Drive

October 29, 30 & 31

Tune in to learn more
about this year's pledge incentives.

Your generosity is the fuel that drives us forward!

passion. It requires financial support. Our Pledge Drive is the one time each year we unabashedly come forward to ask you flat out:

"If you like the work we do, we need your help to stay on the air."

We are incredibly fortunate to receive the support of amazing business partners and dedicated Co-op members throughout the year. But the reality of community radio is simple: Without the direct financial support of our listeners during this annual drive, the numbers just don't add up.

We want to keep sharing your stories, supporting local charities and playing the music that brings us all together. So please, keep CJNU in your heart and mind this October 29, 30, and 31. Give us a call and make a pledge. We truly believe the best is yet to come, and ***We've Only Just Begun.***

A Night of Nostalgia

7:00 pm, Saturday, October 17

Gas Station Arts Centre | River and Centre

Tickets

Visit cynu.ca

SOLD OUT!

Celebrating 20 years of CJNU and the music you love

Featuring the talents of
JOEY GREGORASH • THE ST. CHARLES BIG BAND
THE NOSTALGICS • "GEORGE AND GRACIE"
"GROUCHO MARX"

With Master of Ceremonies GARRY MOIR



CJNU broadcasts from Winnipeg, and can be heard across Manitoba - the traditional lands of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and the homeland of the Red River Métis. Our water is sourced from Shoal Lake 40 First Nation. We are all treaty people - and we respect the treaties that were signed here and across Canada, while acknowledging the harms and mistakes of the past as we work together for a better future.

YOUR TICKETS WILL HELP TRANSFORM HEALTH CARE IN MANITOBA



Health Sciences Centre
FOUNDATION



Win Your
MILLIONAIRE HOME
OR

\$1,350,000 CASH

OVER \$2.1 MILLION IN PRIZES

DREAM CARS - LUXURY VACATIONS
SHOPPING - GAS & GROCERIES



Buy Now

hscmillionaire.com

Change Your Life Today!

Your HSC Millionaire Lottery tickets could make you an instant millionaire – and help save lives at Manitoba's largest hospital.

**We all need HSC,
and HSC needs you.**

Change is part of life, and health care is no different. At HSC, every day brings new challenges. And every day, our doctors, nurses, researchers and health care teams meet those challenges. But they can't do it without you.

When you purchase your [HSC Millionaire Lottery](https://hscmillionaire.com) tickets, you're helping HSC provide the care Manitobans count on.

Because HSC isn't just a hospital. **It's Manitoba's hospital.**

For you, for your family, for all of us.



YOUR TICKETS WILL HELP TRANSFORM HEALTH CARE IN MANITOBA



HSC
Millionaire
2026
LOTTERY

Win the biggest Grand Prize... EVER!

This year's HSC Millionaire Lottery features a [Grand Prize draw with six options](#) to choose from – including a \$1.7 million home package!

Starting at only \$110, your tickets get you in to win the Millionaire Home package of your choice in Forest Grove, Winnipeg, or West Kelowna, B.C. This year's options are highlighted by luxury homes from some of Manitoba's most trusted builders, including Maric Homes (Forest Grove, Headingley), Sterling Homes (Sage Creek, Winnipeg), Broadview Homes (Bison Run, Winnipeg) and a Dwell Design Builders bungalow on Wellington Crescent.

Each home package features additional prizes, including thousands in gas and groceries (from Red River Co-op), travel, vehicles and cash.

Or, become an instant millionaire: **with the \$1,350,000 tax-free cash Grand Prize option.**

Whatever your dreams – a lakeside retirement, a brand-new bungalow, debt-free living, or endless travel with the grandkids – your HSC Millionaire Lottery ticket is the fast-track to the life you've always wanted!

There are also more than \$276,000 in [Bonus and Early Bird draws](#), plus the 50/50 PLUS jackpot (last year's reached \$1,369,725!) and Extra Cash PLUS games – with tickets starting at just 10 for \$25.

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

Win big, give back

"The excitement of the HSC Millionaire Lottery is just the beginning. What makes this lottery so meaningful is knowing that the funds raised will help provide patients and families with the compassionate care, state-of-the-art equipment, and innovation they need, right here at home," says Jonathon Lyon, President & CEO of HSC Foundation.

"Whether you buy one ticket or several, you're making a difference at HSC."

How you can help:

For more information and to purchase tickets, visit hscmillionaire.com. You can also order by phone at 204-253-5688 (toll-free 1-855-999-5688), or in-person at London Drugs (St. Vital Centre and Polo Park), Red River Co-op Food Stores in Winnipeg and Selkirk (including Main Street Pharmacy), and the HSC Foundation office (Monday to Friday, 8:30 a.m. – 4:00 p.m.). Must be 18+ to purchase.

Let's win together.

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Remember When?

A Nostalgic Look Back at an Old-Fashioned Halloween

By Frank Stecky

Do you remember when Halloween didn't require a trip to a specialty pop-up store or a coordinated family theme? Decades ago, October 31 was a beautifully simple, wonderfully chaotic and entirely kid-run affair.

Back then, the neighborhood sidewalk looked like a sea of duplicates. Nearly everyone was a ghost (fashioned from an old bedsheet with unevenly snipped eyes), a witch, a princess, a cowboy or a pirate. If you didn't have a homemade costume, you wore a store-bought plastic outfit. Those came with a brittle mask that smelled intensely of plastic, featuring eye holes so small you could barely see your own feet and a thin elastic band that always seemed to get caught in your hair.

Because Halloween on the Prairies often came with colder temperatures, our parents forced us to wear heavy winter coats under our costumes. We didn't look like terrifying monsters so much as the Michelin Man trying to pass as a pirate. "Ahhhh, Mom, do I really have to wear a coat?" was heard in every home. And if it snowed, all that elaborate face paint Mom painstakingly applied would begin to melt, leaving a trail of colorful streaks down our necks before we even hit the third house.

Days before the big night, carving the pumpkin was a mandatory family ritual. Working with Mom or Dad, we scraped out goeey seeds to create a masterpiece. Our jack-o'-lanterns were strictly lit with real candles—no electric tea lights allowed. By the end of the evening, the front porch would fill with the unmistakable aroma of roasted pumpkin as the candle slowly cooked "Jack" from the inside.

When darkness fell (remember the time change used to be the weekend before Halloween), we traveled in packs. There were no parent escorts tracking our every move. Armed with a sturdy pillowcase, we roamed from neighborhood to neighborhood. Every single house had its lights on, ready for visitors. Some of the neighborhood

elders wouldn't just hand over the goods—they made you perform or sing a seasonal song for your treat. Who among us still remembers this classic jingle?

*"Goblin, alley cats, witches on brooms ...
Bats and wolves that bay at the moon
These are the sights that are heard and seen
In the dark of night on Halloween"*

Our pillowcases were soon filled with a chaotic mix of homemade popcorn balls, small bags of cookies, molasses kisses wrapped in orange and black, and the dreaded caramel or candy apples—which inevitably rolled around and crushed our cookies. But the ultimate triumph was scoring a rare, full-sized chocolate bar. Along the way, you'd hear the constant clicking of those familiar orange and black cardboard boxes worn around our necks, as we proudly collected "Pennies for UNICEF." When we finally stumbled home, frozen and exhausted, Mom would dump our loot onto the kitchen table for inspection. We were allowed only a few choice pieces before bed. The rest was promptly hidden away to keep us from eating it all at once. Of course, we always managed to sneak a few extra pieces into our pajama pockets to eat under the covers.

Somehow, despite our best efforts, the massive haul would only last about a week. It was only years later that we realized the truth: Mom and Dad were doing far more late-night nibbling from that hidden stash than we ever did! And if you grew up with a sibling, the night always ended the same way—haggling, trading and executing high-stakes negotiations to swap your black licorice for your absolute favorite chocolate bars.

It was simple, it was chilly and it was absolutely magical. Happy Halloween from all of us at CJNU 93.7 FM!



Folsom Prison Revisited

Relive the legend at Club Regent on November 26

It is a concert considered to be one of the greatest in music history — *Johnny Cash Live At Folsom Prison*. It was the first live recording of a prison performance and it solidified Cash's dark image. The album reached No. 1, both on the country and pop charts.

The incredible story of what happened before, during and after that famous performance will be brought back to life in Folsom Prison Revisited, a live show coming to Club Regent on Thursday, November 26 at 7 pm.

Featuring a group of award-winning musicians and a multimedia presentation, the show will take you on a journey through that legendary concert with gripping stories and iconic music. You will hear Folsom Prison Blues, I Still Miss Someone and Jackson, plus seldomly performed songs by Cash like 25 Minutes to Go and the heart-wrenching Greystone Chapel, written by a Folsom Prison inmate. You'll also hear Ring of Fire, Boy Named Sue and Hurt, as well as many other Cash hits.

In Folsom Prison Revisited, you'll relive a show that forever changed music and the life of Johnny Cash.

In the mid-1960s, Cash's career was stalling due to personal struggles and fading record sales. The live album catapulted him back to the top of the charts. It strengthened his reputation as the 'Man In Black' and his advocacy gave hope to marginalized populations.

While his Live At Folsom Prison performance is one of Cash's most well-known, it wasn't the only penitentiary where Cash played for inmates during his career. In 1958 Cash played San Quentin State Prison, where Merle Haggard was among the audience. Haggard was inspired by the concert – and, post-release, went on to pursue music of his own.

Tickets are available at casinosofwinnipeg.com/club-regent-casino-home/entertainment/



**Tune in for our special
one-hour program
with Soldier On**

Airing on 93.7 FM in early
November during CJNU's
week of remembrance

CJNU's Doug Andrews and Merry-Sue Adair-Gill (in yellow t-shirts) with (L-R) Scott, Amanda, Dale and Ladean from Soldier On.

Soldier On and CJNU join forces to share experiences

With Remembrance Day on the horizon, CJNU was honoured to host a local crew from Soldier On, a Canadian Armed Forces program that supports veterans and serving members as they recover from illness and injury.

Five Soldier On members – Antosh, Ladean, Scott, Amanda and Dale – came down to the studio in September to spend a day learning about community radio and broadcasting from the CJNU family. Using their newly honed broadcasting skills, they then sat down for a discussion with CJNU hosts Doug Andrews and Merry-Sue Adair-Gill, who are both veterans themselves. Together, they explored what it was like to serve in the Canadian military and some things they learned along the way.

The result is a unique 60-minute program that will air in early November on 93.7 FM, coinciding with CJNU's week of remembrance.

For those not aware of Soldier On: It's a Canadian Armed Forces program that helps injured and ill Canadian Armed Forces members and veterans pursue recovery, rehabilitation and connection through sport, recreation and creative activities. Soldier On helps participants build confidence, develop new skills, reconnect socially and rediscover meaningful opportunities and passions. By connecting members with peers who share similar experiences, the program often plays a pivotal role in recovery, transition to civilian life and overall well-being.

Since its inception in 2007, Soldier On has supported more than 16,000 serving CAF members and veterans, offering a safe and inclusive environment focused on recovery, personal growth and renewed purpose.

We hope you'll tune in this November to hear their stories. You can also learn more at soldieron.ca



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   



10 Questions

With Leeann Thompson

*At CJNU we love our volunteers. They're the fuel that drives our engine everyday. If our station runs on dedication, then Leeann Thompson is pure high octane energy. Leeann is involved in so many activities, from assisting around the office, to constantly coordinating and updating the many Community Service Announcements we receive. Once a month, she even finds time to volunteer on air as part of the Wednesday afternoon crew with Ron Elander. In this edition of 10 Questions With, we present **Leeann Thompson**.*

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

I was scanning for stations when driving and liked what CJNU offered. After I retired, I was looking for volunteer opportunities and thought why not CJNU.

2) What is your favourite childhood memory?

Getting my first bike. My least favourite: Mom and the iodine bottle to clean the gravel out of my knees and hands.

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

Having lifelong friends. Even if we haven't talked for six months, when we do get together we pick up like it was yesterday.

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

Marrying my husband and having two sons.

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

I like that it is the biggest small town in Canada, with only three degrees of separation, and that when you need help there is always someone who says, "I know someone who can help."

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

The Beatles 45 – "I Want To Hold Your Hand."

7) What was your first concert?

Neil Diamond at the Winnipeg Arena in 1987.

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

Choosing just one is hard. I'll say butter because it makes such good cookies and dainties.

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

The small record player my dad bought for me the day I bought my first 45. I still have it.

10) What is your philosophy on life?

Don't take on worries, take a deep breath and carry on.



Plan to vote in the Winnipeg Civic Election!

Decisions made at City Hall can have a big impact on your life here in Winnipeg.

Don't miss this opportunity to make your voice heard.

NOW IS THE TIME TO:

- **Make sure you're on the voter's list.**
- **Learn about the candidates.**
- **Decide when you'll vote – in advance or on Election Day.**
- **Find your polling station.**
- **Plan your transportation.**

**Remember: October 28 is
Election Day in Winnipeg.**

Faces & Places

*Christa Rust joined Tom Dercola on air at the end of August to talk about the success of household recycling in this province. After 15 years of operation as Multi-Material Stewardship Manitoba (MMSM), Christa's organization has made the transition to the new **Recycle Manitoba** brand.*



*Tom Dercola's guest on September 21 was **Peter Martin**, Manitoba coordinator for the **No Stone Left Alone Foundation**. Every November, Peter's organization teaches students about the importance of remembrance by bringing a group to Transcona Cemetery to place poppies on every veteran's grave. He's pictured here at the **Royal Aviation Museum**, where CJNU was broadcasting from the station's mobile studio.*



Jonathon Lyon, President and CEO of Health Sciences Centre Foundation, was front and centre at the launch of the 2026 HSC Millionaire Lottery on September 9. CJNU is once again a proud partner in this major annual fundraiser to advance health care in Manitoba.



*Local legend **Joey Gregorash** (C) joined CJNU's **Casey McKay** (L) and **Adam Glynn** (R) ahead of his performance at CJNU's A Night of Nostalgia event, coming to the Gas Station Arts Centre on October 17.*

At Goldeyes home games, CJNU volunteers were in the stands and on the concourse, selling 50/50 tickets, raising awareness of CJNU and generally helping out any way they could. In total, about 16 people volunteered throughout the season.



Curt, John and Charlene



Marilyn, Shirley and Heather



Heather and Ina

Faces & Places

Club Regent came alive with Latin music and dance on September 17 when the **Concordia Hospital Foundation** presented its **Fiesta Con Causa**. The evening raised funds for **Operation Walk Manitoba**, an annual mission that transports medical volunteers to Nicaragua for an intensive week providing much-needed joint replacements to people living in the second poorest country in the Western Hemisphere.



At the end of the event, the stage was filled with scores of volunteers who make Operation Walk and Fiesta Con Causa possible. A fitting way to say ¡GRACIAS!



*As emcee for the night, CJNU's **Adam Glynn** (R) conducted a "fireside chat" with **Dr. David Hedden** (L), who was being honoured for his many years of dedication to Operation Walk.*



Mariachi musicians and dancers in colourful costumes.



Everyone gets into the act!

Faces & Places



*CJNU's **Chris Caslake** (in yellow t-shirt) hung out with assorted friends and life forms at the annual **Teddy Bear's Picnic** in Assiniboine Park. Chris helped emcee the Teddy Bear Stage and hosted his afternoon show live from the picnic.*



*ALS patients and their caregivers were the topic of conversation on September 28, when Tom's guest was **Diana Rasmussen**, Executive Director of the **ALS Society of Manitoba**. Diana explained the required resources, both human and financial, to maintain good quality of life.*

FREE for everyone!

CAA Travel Expo

WINNIPEG **BRANDON**

Tuesday, Oct. 6 | 3 – 7pm **Wednesday, Oct. 7 | 2 – 6pm**

Victoria Inn Hotel & Convention Centre **Victoria Inn Hotel & Convention Centre**

RSVP Early

New curling show debuts on CJNU October 21

No one loves talking curling more than **Resby Coutts**, who for more than 40 years has been the driving force behind *The Curler* newspaper and thecurler.com.

Now he's bringing his vast knowledge and passion to the airwaves as host of a new CJNU curling program, airing at noon on the third Wednesday of every month. He'll be talking curling with current and past champions, bringing you insights into the state of the sport across Manitoba.

The program debuts on October 21 and will continue all through the curling season. Resby's first guest will be World champion and TSN colour commentator **Cathy Gauthier**. Cathy is a member of Jennifer Jones Canadian champion team and will soon be inducted into Manitoba Sports Hall of Fame. She's also a member of the Lois Fowler world senior women champion team and mother of Jacques Gauthier, a recent World Junior Men's champion!



Coaching the next generation of newscasters

CJNU is proud to once again partner with Red River Polytechnic's Creative Communications (CreComm) program, as we welcome a fresh batch of student newscasters to the CJNU studio!

Following a successful pilot project in 2025, CJNU's **Frank Stecky** and Red River's **Joanne Kelly** are creating opportunities for CreComm students to "learn the ropes" in a live broadcasting studio. For most, it will be an opportunity to create their very first pieces of broadcast radio content!

This year Frank will be assisted by **Ron Arnst**, a longtime CJNU newscaster and Goldeyes stadium announcer. The students coached by Frank and Ron will each be required to produce at least one CJNU newscast as part of their course work.

We are incredibly excited to share our skills with future broadcasters and content creators as we work with the amazing team at Red River. Keep your ears open in the coming weeks and months for some great new talents on the air!



On October 1, CJNU's Casey McKay (L) and Adam Glynn (R) were joined in studio by Red River Polytechnic CreComm student Sarah Struthers (C) for their first ever live radio newscast.



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!

MESSAGE FROM THE EDITOR

From Corvettes to Connections: a Lesson on a Doorstep

Not long ago, I read some rather discouraging statistics from the National Institute on Ageing. It seems that more than half of Canadians aged 50+ feel chronically lonely. Even worse: this province could well be the Loneliness Capital of Canada. According to NIA's latest survey, Manitoba is tied for "top place" on the national loneliness scale.

It's a quiet crisis – "The Hidden Epidemic" among older adults – and as NIA notes, it affects a lot more than our happiness. Chronic loneliness also has a massive impact on our health, increasing our risk of dementia by 50% and heart disease by 29%.

* * *

I suppose these thoughts were still sifting through my subconscious weeks later, when, as usual, I was rushing to complete an endless list of tasks. One of my must-dos that day was to deliver something I'd sold online to a buyer way over on the other side of town.

When I arrived at my destination, I was greeted by an older lady – quite frail, with obvious mobility problems and health concerns. She was friendly and seemed hungry for conversation. And so, remembering those NIA statistics, I decided my lengthy list of errands could wait.

We chatted and chatted and then chatted some more, until a full hour had passed on her doorstep. I learned she'd been an artist, was handy with tools (even a welding torch) and adored the many cats she'd welcomed into her home over the years. Aside from the welding, we were remarkably similar!

At one point, she noticed my old BMW convertible parked nearby. She nodded approvingly. "I used to drive a Corvette," she confided. I smiled as I pictured this tiny woman roaring down the streets of Winnipeg.

Afterwards, as I roared off to my next destination, I felt energized by this impromptu visit with a stranger. I realized I'd been talking to an older version of myself, and I hoped I'd be that interesting and interested when my own convertible days had passed.

I also realized that *I* had been hungering for conversation, just as much as my elder kindred spirit. I'd thought I was being kind when I lingered to chat. But in equal measure, this moment of connection was a gift she had extended to me.

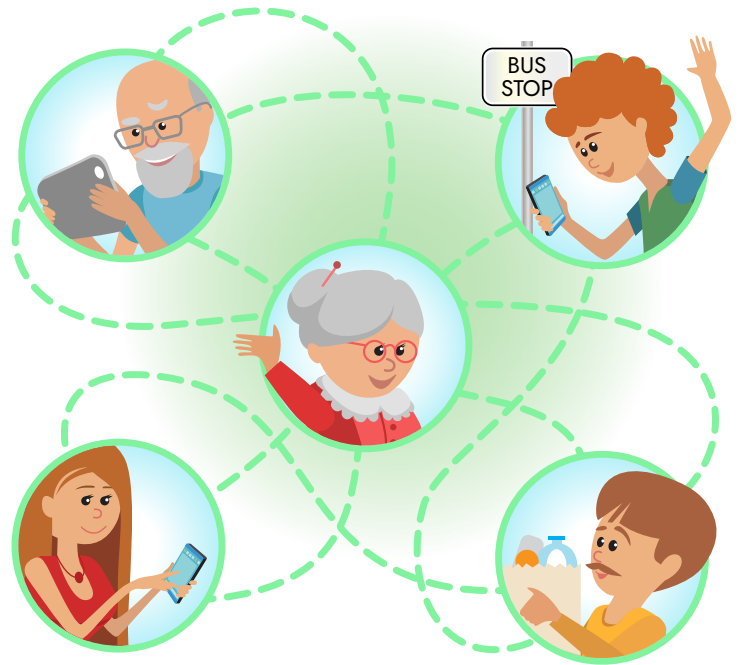
* * *

Since that day, I've been thinking about the benefits of social connection, and why we don't make it more of a priority.

After all, it's a vital factor as we age – just as important as building our retirement nest egg. We spend endless hours agonizing over our investment portfolios, but how often do we check the health of our "social portfolio," which in many ways is easier to control?

Best of all, it doesn't take much effort to invest in our social network. The buy-in is incredibly cheap and it doesn't require a massive lifestyle overhaul. Sometimes it just takes a willingness to notice the world around us, and to act on the opportunities we encounter every day.

Gail Granger
Editor



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.