Nostalgia Notes

93.7 CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER DECEMBER 2026

The Season of Giving... Back.

DECEMBER HOST PARTNER HARVEST

You Can Fill a Child's Empty Plate This Holiday Season

As the holiday season approaches, many Manitobans are looking forward to gathering with loved ones, sharing meals and enjoying familiar traditions. But for far too many families across our province, putting food on the table is a daily struggle.

Today, more than 60,000 Manitobans rely on food banks every month, and nearly half are children. That is more than double the number of people who needed food bank support just five years ago. These are Manitobans who are doing everything they can to stay afloat, but it just isn't enough to make ends meet.

For some parents, that pressure can mean skipping meals so their children can eat. For seniors on fixed incomes, it can mean choosing between groceries and their medication. Many people seeking Harvest Manitoba's support are working, raising families or living on a limited income. They are our neighbours who never imagined they would need to visit a food bank themselves.

Harvest Manitoba works with 400 food banks and community partner organizations across the province to get nutritious food to those who need it most. Through these partnerships, we reach over 50 communities in Winnipeg, rural Manitoba and the north to ensure more people can access food when household budgets fall short.

This holiday season, you can help a child who might otherwise go without. **Every donation to Harvest Manitoba is being matched, doubling your impact.** That means your $100 gift becomes $200 to help get food to Manitobans facing hunger.

Donate today to help fill a child's plate and bring relief to families across our province. Your generosity can help ensure more children get the nourishment they need and help more parents face the holidays with a little less worry.

Your gift can make a real difference for a family struggling to make ends meet and give them one less thing to worry about during an already challenging time of year.

Hunger doesn't take a holiday. Your gift can help make sure no Manitoban has to face it alone.

Visit **harvestmanitoba.ca** to donate today.



CJNU broadcasts LIVE from Harvest Manitoba, December 3 -23

Tune in to learn more about Manitoba's only province-wide, year-round food network

93.7 CJNU HARVEST

The Children's Hospital Foundation of Manitoba

Double your gift's value for kids like Emma



"Research is what drives our health care system," says Kailey, Emma's mom. "Our family has seen firsthand what is made possible at the Children's Hospital through donations and through research. Because of the technology and the research that's been available, Emma's able to do anything she wants to do."

In December of 2023, Emma was six years old when she suddenly became dangerously ill. What first appeared to be the flu quickly turned into a life-threatening emergency. She had an invasive Group A strep infection and pneumonia, which sent her into septic shock.

Emma spent 146 days at HSC Children's Hospital, where she needed life support, continuous dialysis and a life-changing surgery. Poor blood circulation caused irreversible damage to her right leg and the toes on her left foot, which eventually needed to be amputated.

Throughout her hospital stay, Emma and her family were supported by incredible health care teams and Child Life specialists who helped make the hospital feel like a second home. With daily physiotherapy and occupational therapy, Emma slowly regained her strength, learning to sit, stand and eventually take her first steps again.

Today, Emma is nine years old and continues to amaze her family with her determination and spunky personality. She enjoys swimming, gymnastics, rock climbing, playing on the monkey bars and spending time with her sisters, Carly and Zoey. She has also started playing sledge hockey and loves learning a new sport.

"Emma is a firecracker," says Kailey. "She's a little rainbow tornado. She lights up the room wherever she goes, because the love that's inside of her is so big."

Thanks to the generosity of the Talbot Family Foundation and K + P Talbot Community Fund, gifts made by December 31, 2026, will be matched up to a total of $150,000. That means $5 becomes $10, $25 becomes $50 and $50 becomes $100.

Please make your special holiday donation at **goodbear.ca** today to DOUBLE your impact for kids like Emma.



Celebrate The Season of Giving... Back

CJNU listeners are among the most generous and caring folks around, particularly during the festive season. When the weather gets colder, hearts get warmer. And at this time of year, charitable donations may have double the impact, thanks to matching gift campaigns.

With that in mind, December is when we shine a light on CJNU partners who do great things for our community, with the support of people like you.

Join us as we kick off this special season on GIVING TUESDAY, December 1

At noon, CJNU's Adam Glynn will host a one-hour program to Celebrate the Power of Philanthropy and Generosity. With a panel of special guests, we'll explore how donations of time, talents and treasures can have a remarkable impact on life in Winnipeg.

We'll keep the conversation going all through December. So be a good elf and keep your radio tuned to CJNU 93.7 FM!

$1.1 million grant extends Social Prescribing efforts

Christmas came early this year for the Manitoba Association of Senior Communities (MASC), one of CJNU's favourite community partners.

Last month, MASC was thrilled to learn that the Waltons Trust, an international grant-making foundation, will reinvest $1.1 million into work aimed at helping Manitobans connect with supports and activities that can help older adults thrive.

> "Social prescribing is transformational in evolving our approaches for enhancing quality of life and improving population health."
>
> - Dr. Michael Routledge, Medical Advisor, MASC

The funding will help further an approach called Social Prescribing, which builds stronger connections between health care providers and community resources. As these links are forged, older adults can more easily tap into services that matter to them – particularly non-medical, community-based services.

The approach recognizes that good health takes more than medical care. Feeling connected, getting where we need to go and taking part in community life all matter. That's why MASC and other Social Prescribing partners want to bridge gaps between the health care system and services like transportation assistance, recreation, cultural programs, home maintenance and the myriad of other supports we need to stay independent, active and fulfilled as we age.

Over the past four years, Social Prescribing has been advanced in Manitoba through the teamwork of senior resource coordinators, community organizations, healthcare providers and system partners. With this reinvestment by the Waltons Trust, partners like MASC know they can continue building on their progress for another four years.

Their efforts have definitely made a difference here in Manitoba. Social Prescribing is now practised in all five of the province's regional health authorities. In June, Manitoba became the first province in Canada to establish a provincial clinical guideline supporting the approach.

And CJNU 93.7 FM is proud to be part of the movement! The renewed funding will strengthen our continuing partnership with MASC to develop new programming of interest to the older adult market. Stay tuned for more news in January!

Insights on Social Connections

ONLY ON CJNU 93.7 FM

Join us on Wednesday, December 23 (final episode)
when CJNU will be in conversation with
Active Aging in Manitoba's Linda Brown and MASC's Connie Newman
– plus a special guest.



Into the Blue: Celebrating Inspiration and the Future of Aviation

On November 7, the Royal Aviation Museum of Western Canada welcomed guests for *Into the Blue*, our sold-out annual fundraising gala. Inspired by humanity's journey from Apollo to Artemis, the evening brought together community leaders, supporters and friends to celebrate aviation, innovation and the next generation of pioneers.

A highlight of the evening was the presentation of the inaugural **RAMWC SPARK Award to Ross Robinson,** recognizing his extraordinary contributions to aviation and his commitment to inspiring future generations. The award reflects the museum's belief in the power of inspiration – that a single moment of curiosity can spark a lifelong passion and open doors to extraordinary possibilities.

Thanks to the generosity of our sponsors, donors, volunteers and guests, *Into the Blue* helps support the museum's educational initiatives, including *Access for All*, which removes financial barriers to STEM learning experiences for underserved students.

You can help us continue turning curiosity into aspiration. Support the next generation of aviation and aerospace innovators by making a donation through **CanadaHelps.**



This year's Into the Blue honouree was Ross Robinson (L), a lifelong aviator, business leader and dedicated supporter. His RAMWC SPARK Award was presented by Peter George (R), CEO of the Royal Aviation Museum of Western Canada.





10 Questions with... Merry-Sue Adair-Gill

Merry-Sue came to Winnipeg in the late 1990s by way of small-town Ontario, Toronto and the Canadian Forces base at CFB Shilo. Soon after setting down roots here, she discovered 93.7 FM. It was love at first listen.

Since then she has become a CJNU volunteer – first helping with the phones, then training in the studio and in time moving into the role of on-air announcer. Now she shares the music she loves twice a week as host of the Wednesday Morning Brunch and Opening Act for the Saturday Night House Party.

Let's meet Merry-Sue!

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

I first heard the station on the car radio of a co-worker at Perimeter Aviation. I loved hearing the older music again, and I was hooked! As I've often said, the 1930s was the best decade for music.

After becoming a volunteer, I trained as an operator with Jim Snell and then shared a show with Doug Andrews on Saturday afternoons. One day Susan Hamilton called to offer me the Wednesday afternoon spot, as well.

Working with the people here at CJNU is always fun. We are from different backgrounds but all of us love great music and playing it for our listeners.

2) What is your favorite childhood memory?

Visiting my grandparents and great grandparents in West Palm Beach, Florida. Visiting meant we got to go on the road with Grandpa while he did his sales visits. Grandma would let us play with the dolls she made, and Grandpa would always bring us oranges, tangerines and grapefruit. Our great grandparents lived on the next street so we would go back and forth between the homes.

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

I am very proud of my two wonderful sons. They are both doing well in their careers and relationships, which is what any parent wants for their children. Being a single parent wasn't easy, but I don't think I would change anything over those years.

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

When I was nine my parents gave me a riverboat playhouse toy for Christmas. This might seem silly now, but I wanted to be a ballerina, and I always loved movie musicals, dancing and singing. I spent many hours playing out the scripts and moving the characters over the stage of that playhouse.

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

There are so many things to do here in the city – concerts, museums, great restaurants, lots of parks to walk in and wonderful friends. Working with the station has taken me to places in the city I would not have known about. Wherever we take our mobile studio, people always come and talk with us about the station. I meet wonderful people.

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

In Port Lampton, Ontario, where I grew up, there was a little store that would sell us the 45 rpm records from the jukebox. I bought The Zombies' *She's Not There*, and I drove my mom crazy playing it over and over. No headphones back then. My first LP was *The Monkees*, which I bought with babysitting money.

7) What was your first concert?

We saw the Irish Rovers when they came to Kirkland Lake in the late 1960s. After the show, they stayed to talk about their music and give us autographs.

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

I am a big hot tea drinker so I will always have loose-leaf tea in my cupboards and lemon juice in the fridge. When *Star Trek Next Generation* was on TV, I would joke with my kids that I was way ahead of Jean Luc Picard. Three centuries into the future, he was still asking the replicator for "Tea, Earl Grey, Hot."

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

In 1976, while living in Toronto, I went to the Star Trek Convention at the Royal York Hotel, where James Doohan signed my technical manual from the original show. It's in the file cabinet in my bedroom.

10) What is your philosophy on life?

When I was in college it was "just have fun and life will turn out fine." That changed when I joined the Canadian Forces, got married and had my children. Now that my boys are on their own and I am retired, I still think that having good friends, family times and hobbies is all anyone needs. Life does come at you fast and hard sometimes, and you have to have a positive outlook.

Not all toys are one-size-fits-all

Help make a child's holiday wish come true.

MAKE A SPECIAL GIFT

Children's Rehabilitation Foundation



This season, #ChooseChildrensRehabilitation for your gift and help provide adapted toys and equipment so more kids can participate.

Tahaa has a fun holiday wish this year: he wants to have a foam dart blaster battle with his brothers.

The 14-year-old saw a video of another child in a wheelchair using an adapted foam blaster and immediately thought it looked pretty great.

"I saw a YouTube video of a kid in a wheelchair with a foam dart blaster attached and I thought it was cool. It would be great if I could bug my brothers with it!" Tahaa jokes.

Tahaa has muscular dystrophy, a condition that causes muscle weakness. He uses a wheelchair and relies on others to help him with some daily activities.

Although he faces challenges, Tahaa finds ways to participate in things he loves. He enjoys spending time with friends, is settling into high school, and likes math and band. In gym class, he's learned to use his wheelchair to stop a soccer ball and pass it to his classmates.

"It's challenges every day that I find ways around."

The team at the Rehabilitation Centre for Children helps Tahaa find ways around the barriers he faces every day. This holiday, they're helping make one of his wishes come true. Since Tahaa can't hold and operate a standard foam dart blaster, the team has adapted one so he can control it using his wheelchair.

"I love that instead of just watching other kids with these toys, he could now be able to play along with them," Tahaa's mother Shumaila says.

Tahaa isn't the only child hoping for an adapted toy this Holiday. Other kids are wishing for tools that can help them play, communicate and join in.

Visit to make a gift and help bring more wishes to life.



Hurry Hard To "The Curler"!

93.7 CJNU

New on CJNU, "The Curler" — Join host Resby Coutts for all the latest curling news, insight and stories, with guest interviews, plus the songs they bring with them.

Third Wednesday of each month at noon.
Be sure to *slide in*, we'll be on the button.

TIMELESS CLASSICS, LEGENDARY ARTISTS 93.7 | WWW. CJNU.CA | @CJNU937

Learning From the Orchestra They Hope to Join

The University of Manitoba–WSO Orchestral Training Program is a long-standing partnership that gives music students the opportunity to learn alongside professional musicians while building the skills, confidence and experience they'll need to succeed beyond the classroom.

The Winnipeg Symphony Orchestra's Associate Conductor Monica, who conducts both the University of Manitoba Symphony Orchestra and regularly leads the WSO, believes the partnership is a natural extension of the orchestra's role in the community.

"It's really great for one organization to connect to other organizations, especially community, education and youth, to build that kind of centre of musical excellence and connection," she says.

Through coaching, mentorship and side-by-side learning, students gain a firsthand understanding of what it's like to be in a professional orchestra.

Beyond developing technical ability, the program focuses on what every successful orchestra depends on: strong ensemble skills. Learning to listen, communicate and respond to fellow musicians is essential to orchestral performance, and the university orchestra provides the ideal environment to develop those skills.

The program concludes with audition mentorship sessions led by musicians who have recently won orchestral positions. Students are encouraged to attend WSO concerts and observe rehearsals, particularly when the orchestra is performing music they are studying, transforming classroom lessons into real-world experience.

"It's not just working with a great teacher," she says. "It's seeing a great teacher perform all the time." That perspective helps students understand the professional standard they're working toward.



WSO Associate Conductor Monica Chen conducts the University of Manitoba Symphony Orchestra.

By connecting emerging musicians with experienced professionals, the University of Manitoba and the Winnipeg Symphony Orchestra are building a stronger musical community and helping ensure the future of orchestral music in Manitoba remains vibrant for generations to come.



This Holiday Season, Give the Gift of More Tomorrows



A message of hope from a family impacted by cancer

You never forget the moment everything changes. For our family, it was the evening our nine-year-old daughter, Aliya, was diagnosed with acute lymphoblastic leukemia, an aggressive form of blood cancer.

In August 2024, our bright, vibrant little girl went from playing sports, swimming and dancing to facing months of intensive cancer treatment. We never imagined something so devastating could happen to our daughter.

Thanks to donor support, Aliya had access to specialized cancer treatments and the latest advancements in pediatric cancer research and clinical trials when she needed them most.

The months following her diagnosis were filled with difficult days and frightening setbacks. The chemotherapy needed to treat her leukemia severely weakened her immune system, leaving her vulnerable to a serious infection. Suddenly, Aliya was fighting for her life in the intensive care unit. Her blood pressure dropped dangerously low, her kidneys began to fail and she needed a ventilator to help her breathe.

As parents, watching our little girl go through this was heartbreaking. We didn't know what would happen next. Thankfully, Aliya pulled through, and we will never forget the relief of seeing her begin to regain her strength.

Once she was well enough, her cancer treatment resumed. After chemotherapy, Aliya also received immunotherapy, an innovative treatment made possible through advances in research and clinical trials. This treatment helps the body's own immune system recognize and destroy cancer cells, offering children like Aliya new hope.

Today, Aliya is continuing maintenance chemotherapy to help keep her leukemia in remission. She's back at school, enjoying Grade 6 and looking forward to more time with family and friends. We don't take a single one of these moments for granted.



This holiday season, please consider making a gift to CancerCare Manitoba Foundation. Your donation helps advance cancer research, clinical trials and specialized treatments for children like Aliya, giving more families like ours hope and the possibility of more tomorrows together.

Thank you for helping make those tomorrows possible.

Ash and Aravind
Aliya's Mom and Dad

To donate, visit **MoreTomorrowsTogether.ca/Aliya** or call **204-787-4143**. All funds raised by CancerCare Manitoba Foundation stay in Manitoba.

CancerCare Manitoba FOUNDATION

All funds raised stay in Manitoba.

Western Canada's largest holiday drive-through light show!

Canad Inns
Your Destination Centres

Winter Wonderland

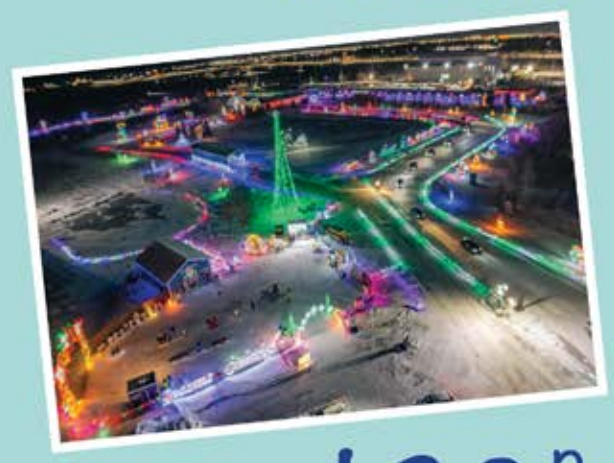


November 27, 2026 - January 2, 2027

Closed December 25

Open Daily: 6:00 PM - 10:00 PM

At Red River Exhibition Park, 3977 Portage Ave. Winnipeg, MB
Tickets available online or at the entrance gate.





$30 Per Vehicle *
NO REFUNDS OR EXCHANGES
GST & SERVICE FEE MAY APPLY TO ONLINE PURCHASES



* This price is for personal, non-commercial passenger vehicles only.
A personal vehicle is designed to carry up to seven (7) people.
Larger vehicles and group tour buses are welcome
and will pay at the entrance gate upon arrival.

WinterWonderlandWinnipeg.com

RED RIVER EXHIBITION Park

Step Into the Future of Health Care at St. Boniface Hospital

This year, St. Boniface Hospital Foundation is inviting Manitobans to help bring the future of health care to our community.

For more than 150 years, St. Boniface Hospital has evolved to meet the changing needs of patients, growing from a four-bed hospital founded on compassion to a world-class centre for patient care, surgical innovation and research. Today, new technologies are opening the door to treatments and procedures that were not possible just a few years ago.

One of the most exciting advances is robotic-assisted surgery. Through its year-end campaign, the foundation is inviting our community to **Step into the Future of Surgery** by helping St. Boniface Hospital acquire a new da Vinci Xi surgical system.

This $6 million campaign will fund the purchase of the technology, as well as the training and implementation needed to establish a robotic surgery program at St. Boniface Hospital. The system will initially be used for cancer surgeries, including colorectal and prostate cancer procedures.

The benefits for patients are significant. Robotic-assisted surgery can mean smaller incisions, less pain, reduced blood loss, shorter hospital stays and faster recovery times. The technology will also help attract and train the next generation of skilled surgeons right here in Manitoba.

The future of health care does not arrive on its own. It is made possible by people who believe in investing in better care for their families, friends and neighbours.



Dr. Ramzi Helewa, colorectal surgeon at St. Boniface Hospital

As we enter the season of giving, we invite you to be part of this transformational project. Every gift will help bring advanced surgical technology, specialized training and improved patient outcomes closer to home.

To help bring a da Vinci Xi surgical system to St. Boniface Hospital in 2027, please visit **bealifeline.ca** and make a donation today.

The perfect soundtrack for your holiday baking, or to just enjoy the season:

Christmas classics on CJNU 93.7 FM



MASC

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!

EDITOR'S NOTES

Christmas Baking's Secret Ingredient? Our Sweet Memories

These days, it seems everyone (including me) is collecting recipes online. But when it comes to Christmas baking, only one source will do: That ragged old cardboard box at the back of the cupboard. The one filled with vanilla-splattered recipe cards and magazine pages, mostly ripped out of *Canadian Living* sometime in the last millennium.

It's a fact: At this most nostalgic time of year, no new recipe can taste quite as good as an ancient one, no matter how impressive (and intimidating) those trendy Instagram photos may be. In fact, food industry surveys tell us that 75 per cent of holiday bakers stick to the same old recipes handed down from generation to generation, year after year. It's our most delicious way of sharing family history.

Plus: On Instagram, it's so hard to guess whether the final product will taste as good as it looks. We have to rely on "likes" from strangers who've never even consumed the thing, never mind made it. But in our old recipe boxes, we can spot the best ones simply by the volume of stains the card has soaked up over repeated mixings and bakings.

So why do old-time treats taste so good? Maybe it's less about the ingredients, and more about the comfort of familiar tastes and rituals, and the memories they always conjure.

These are the sweets that have earned a permanent place in my Christmas cookie tin – and maybe yours, too.

Gail Granger, Editor

Butter Tarts (with boiled filling)

- 1 cup white sugar
- 1 cup seedless raisins
- 2 eggs
- 1 teaspoon vanilla
- 1/3 cup butter
- 4 tablespoons of cream or half and half
- Unbaked tart shells

Preheat oven to at 375˚F.

Beat eggs. Combine with remaining ingredients and boil at medium heat for 3 minutes.

Fill tart shells and bake 15 minutes

Raspberry Squares

- 1 cup flour
- 1 tablespoon milk
- 1 egg
- 1 teaspoon baking powder
- ½ cup butter
- Raspberry jam
- 1 cup with sugar
- ¼ cup butter, melted
- 1 teaspoon vanilla
- 1 ½ cups shredded coconut
- 1 beaten egg

Preheat oven to 350˚F.

Mix first five ingredients like a pie dough and press into a 9x13-inch pan.

Spread a thin layer of jam on top.

Mix remaining ingredients well and spread over jam.

Bake for 25 minutes.

Allow to cool. Cut into squares while still warm.

Forgotten Cookies

- Whites of 2 large eggs
- 1 teaspoon vanilla
- 1/8 teaspoon salt
- 2/3 cup white sugar
- ¾ cup miniature semisweet chocolate chips

Preheat oven to 350˚F.

Line two cookie sheets with parchment paper.

Beat egg whites, vanilla and salt until foamy. Slowly add sugar while continuing to beat at high speed until stiff peaks form.

Fold in chocolate chips.

Drop by rounded teaspoons onto cookie sheets.

Place in hot oven and turn off heat. Leave in oven at least 8 hours (overnight) without opening door.

Freda's Famous Chocolate Chip Cookies

- 2 ½ cups Crisco
- 2 ½ cups brown sugar
- 1 ¼ cups white sugar
- 5 eggs
- 5 teaspoons vanilla
- 6 ½ cups flour (or slightly less if too dry)
- 5 teaspoons baking soda
- 2 teaspoons salt
- 5 cups chocolate chips

Preheat oven to 350 or 375˚F.

Combine all ingredients except chocolate chips. Mix well, then fold in chips. Bake 8-10 minutes.





Remembering long-time members of the CJNU family

As the year draws to a close, we're taking a moment to reflect on the passing of three volunteers who played important roles at CJNU, both on the air and behind the scenes. We bid them farewell with great sadness, but also with lasting gratitude for their many contributions to our community.



Susan Earl

If any member of our team was a perfect fit with CJNU's mission and values, it was Susan Earl. Colleagues and friends will always remember Susan for her genuine warmth, thoughtfulness and humour, as well as her creative flair and management skills.

Susan held a deep appreciation for older adults, honed during a long career in nursing. In her working life, she served as a nurse manager in burns, plastics and head and neck oncology, and later as a director of care in a long-term care facility. She also earned a BA in Sociology and a Master of Science in Administration.

After retirement, Susan sought an opportunity to use her skills for the community – and fortunately for us, she found it at CJNU.

Her first volunteer gig was in the remote studio, where she instantly warmed to the behind-the-scenes action. In time, she lent her skills to nearly every part of the operation, assisting with fundraising, co-chairing several Pledge Drive weekends and learning to produce and read on-air.

With this experience, Susan was the perfect choice to become CJNU's first Volunteer Coordinator in October 2016. In this role she supported a growing team that increased from 80 to 120 during her first four years in the position. She also put her management skills to work by helping develop policy and procedures, plus other special projects directed by the CJNU Board.

Beyond the station, Susan embraced a creative life through quilting, knitting, painting and reading. She found immense joy in the company of her beloved cats and her late husband, Bryan Skene. All of us at CJNU hold Susan's memory close to our hearts.



Jim Snell

Jim Snell was a man of many contrasting strengths. His strong mind for numbers led to a successful career as an actuary, while his ear for music fueled a passion for playing in concert bands. Jim must have had a very strong back, too, because his instrument of choice was the contrabass clarinet, a musical beast standing nearly seven feet tall and weighing up to 50 pounds in the case!

Initially a choral singer, Jim became a fixture in the local amateur music community as a woodwind player in the Westwood Concert Band and the Winnipeg New Horizons Band. His passion for diverse music styles eventually led him to the air waves of CJNU in 2012. He served as a producer, operator, music librarian and host of the Monday afternoon show. Listeners remember him as a wonderfully accommodating host who would tirelessly track down song requests.

Before becoming a busy CJNU volunteer, Jim was a well-known figure in the Winnipeg financial services sector. After graduating from the University of Manitoba with a Bachelor of Commerce, he joined the Society of Actuaries and spent 35 years with Great-West Life, retiring as Director of Asset/Liability Management in 2012.

Above all, Jim had a strong desire to leave the world a better place. He fulfilled this personal mission as a perennial volunteer for the Children's Hospital book market, an advocate for eco-friendly initiatives, a Cub Scout leader, a compassionate friend, and a loving husband to Irene and father to sons Jake, Jon, Geoff, Anthony and Aaron.

His presence, both on and off the air, will be deeply missed, and his legacy of kindness lives on in the community he served so well.



Curt Smith

Most CJNU listeners knew Curt as one of our Friday afternoon co-hosts – a joyful on-air personality, who often shared stories of growing up in central Alberta on a 160-acre farm. But behind the scenes, he also served on our Board for the past two years, helping to shape the station's future with a keen eye for both governance and operations.

For Curt, CJNU was a natural place to channel a lifetime of career experience and business leadership. As a young man he graduated from Cornell University with a degree in Hotel Administration, launching a career in hospitality that took him to destinations across North America and as far away as Copenhagen.

He moved to Winnipeg in 1970 to work at the Winnipeg Inn (now the Fairmont), and it was here that he met his future wife, Judy. Together they raised a daughter, now living in North Carolina, and a son in Winnipeg.

Later, Curt's career shifted to the non-profit sector. In the 1990s he managed membership for the Winnipeg Chamber of Commerce and was the Chamber's champion for the Winnipeg Crime Stoppers chapter.

He later focused his leadership skills on major national causes. For several years, he was the National Vice-President for the Canadian Cancer Society. He also served on the Manitoba Board of CARP (Canadian Association of Retired Persons) – which, like CJNU, is focused on serving older adults in this region.

We will always be grateful for the cheer Curt brought to our air waves, as well as his volunteer work to advance the rights and dignity of older adults, both locally and across the country.

Faces & Places



All through the month of November, our mobile studio was on site at the lovely ***Riverview Health Centre.*** *Among the friendly folks interviewed by CJNU's* ***Adam Glynn*** *(left) were* ***Kathleen Klaasen*** *(centre), Riverview's Chief Executive Officer, and* ***Stephanie Bevacqua*** *(right), Executive Director of the Riverview Health Centre Foundation.*



In mid-November, CJNU welcomed the team from ***North End Connect,*** *an Indigenous-led, non-profit service organization addressing the "digital divide" that can be a barrier to opportunity in low-income pockets of the community. Through North End Connect, several local groups, technical experts and researchers are working together to overcome limited access to affordable internet, technology and training.*

(L-R) ***Joel Templeman,*** *Executive Director of the Internet Society, Manitoba Chapter, and* ***Courtney Comber****, Executive Director of North End Connect, joined CJNU's Adam Glynn to share their stories with listeners. You can learn more at* ***northendconnect.ca***



Also joining Adam on air last month was ***Jonathon Lyon*** *(right), President and Chief Executive Officer of the* ***Health Sciences Centre Foundation.*** *Jon shared news about the good things happening at HSC with support from the annual HSC Lottery.*



To learn more about upcoming ***Izzy Asper Jazz Performances,*** *we welcomed* ***Charlene Deihl*** *(left) producer and curator of the series. Charlene was in conversation with CJNU's* ***Alex Regiec.***

'Tis the Season to Sing Folly

By Frank Stecky

There's a unique brand of seasonal confidence that only comes out in December. It happens the moment a classic Christmas carol starts. Whether we're gathered with family and friends, or listening to our favorite radio station, we take a deep breath, puff out our chests and launch into the first verse with the confidence of an opera singer at the Concert Hall. We start off incredibly strong, commanding the spotlight with absolute lyrical certainty.

For approximately nine seconds we become Philip Ens or Tracey Dahl.

Then the inevitable happens.

The safety of the famous opening lines deserts us as we venture into the dark, uncharted territory of additional verses. Suddenly, our brains begin to short circuit. We instantly pivot to survival mode. Without even realizing what we're doing, we begin inventing new songs, creating new lyrics, while still maintaining the bravado of a divo or diva.

This is how holiday classics devolve into hilarious, unintentional parodies, year after year. Consider *Winter Wonderland*. For decades, thousands of festive singers have confidently declared that they will "walk around in women's underwear" instead of a winter wonderland. It changes the vibe of the song entirely, but we sing it with unwavering pride.

Then there's the well-known masterpiece *Deck the Halls*. We all know the chorus, but the actual verses are a logistical minefield. When it comes time to "Don we now our gay apparel," countless carolers can be heard muttering about "Don and Phil and Dave's apparel"—suddenly turning a traditional tune into a strange shout-out to three guys and their clothes.

The crown jewel of lyrical confusion, however, belongs to *Silent Night*. While the song is meant to be a peaceful lullaby, it frequently devolves into a medical anomaly. "Round yon virgin, mother and child" routinely morphs into "Round John Virgin," leaving listeners to wonder who exactly John Virgin is, and why we are singing about his weight during the holidays.

When our creative imagination runs out of fake words, the performance enters its second phase: the rapid downward spiral into hums, mumbles and rhythmic noise.

This is a highly coordinated vocal strategy. As the unfamiliar second verse hits, our volume drops by roughly 80 percent. We smile warmly, look festive and deliver a masterclass in phonetic evasion:

"Good King Wenceslas looked out, on the feast of Stephen...uhhhh-shaba-da-ba-wences-las... crispy-crunchy-even... hmm-mmm-snow-was-deep... blabla-la-la-loudly..."

We smile, we nod to the beat, and we passionately "fa-la-la" our way through the wilderness, desperately praying for a lifeline.

If we're lucky, the carol throws us one in the form of a big, booming chorus. The musical clouds part as the familiar hook kicks in, and we instantly explode back into the song at maximum volume, singing proudly as if we knew what we were doing all along.

We look around the room with intense eye contact, practically daring anyone to question our musical integrity. "O COME LET US ADORE HIM!" we roar, utterly erasing the memory of the absolute gibberish we whispered just three seconds prior.

Sadly, there is no such chorus to save us from the intricacies of Good King Wenceslas.

So, friends – as our Christmas gift to you, to spare you from singing about that rotund "John Virgin" – CJNU has provided the actual words to the most frequently butchered holiday classics. On the final pages of this month's *Nostalgia Notes,* you'll find our festive lyric guide – from *Silent Night* (which is a better choice than what we've heard till now) to *God Rest Ye Merry Gentlemen* (because your vocal chords need a break). Tuck it into your songbook. Bring it to the dinner table. Use it proudly!

From all of us at CJNU to you, your family and friends: Have a safe and Merry Christmas.

Timeless Tunes for the Festive Season

Silent Night

Silent night, holy night
All is calm, all is bright
Round yon Virgin, Mother and Child
Holy Infant so tender and mild
Sleep in heavenly peace
Sleep in heavenly peace

Silent night, holy night
Shepherds quake at the sight
Glories stream from heaven afar
Heavenly hosts sing Alleluia
Christ the Savior is born
Christ the Savior is born

Silent night, holy night
Son of God, love's pure light
Radiant beams from thy holy face
With the dawn of redeeming grace
Jesus Lord, at thy birth
Jesus Lord, at thy birth

God Rest Ye Merry Gentlemen

God rest ye merry gentlemen
Let nothing you dismay
Remember Christ our Savior
Was born on Christmas Day
To save us all from Satan's power
When we were gone astray

Refrain
O tidings of comfort and joy,
comfort and joy
O tidings of comfort and joy

From God our heavenly Father
A blessed angel came
And unto certain shepherds
Brought tidings of the same
How that in Bethlehem was born
The Son of God by name
Refrain

Winter Wonderland

Sleigh bells ring, are you listening?
In the lane, snow is glistening
A beautiful sight, we're happy tonight
Walking in a winter wonderland

Gone away is the bluebird
Here to stay is the new bird
He sings a love song, as we go along
Walking in a winter wonderland

In the meadow we can build a snowman
Then pretend that he is Parson Brown
He'll say are you married? We'll say, no man
But you can do the job when you're in town

Later on, we'll conspire
As we dream by the fire
To face unafraid, the plans that we've made
Walking in a winter wonderland

Deck the Halls

Deck the halls with boughs of holly
Fa la la la la, la la la la
'Tis the season to be jolly
Fa la la la la, la la la la
Don we now our gay apparel
Fa la la, la la la, la la la
Troll the ancient Yuletide carol
Fa la la la la, la la la la

See the blazing Yule before us
Fa la la la la, la la la la
Strike the harp and join the chorus
Fa la la la la, la la la la
Follow me in merry measure
Fa la la, la la la, la la la
While I tell of Yuletide treasure
Fa la la la la, la la la la

Fast away the old year passes
Fa la la la la, la la la la
Hail the new year lads and lasses
Fa la la la la, la la la la
Sing we joyous all together
Fa la la, la la la, la la la
Heedless of the wind and weather
Fa la la la la, la la la la



Jingle Bells

Dashing through the snow
In a one-horse open sleigh
O'er the fields we go
Laughing all the way

Bells on bobtails ring
Making spirits bright
What fun it is to ride and sing
A sleighing song tonight, oh!

Chorus
Jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one-horse open sleigh, hey!

Jingle bells, jingle bells
Jingle all the way
Oh what fun it is to ride
In a one-horse open sleigh

Now the ground is white
Do it while you're young
Take the girls tonight
Sing this sleighing song

Get a bobtailed bay
Two-forty for his speed
And hitch him to an open sleigh
And you will take the lead

Chorus

Good King Wenceslas

Good King Wenceslas looked out on the Feast of Stephen
When the snow lay round about, deep and crisp and even.
Brightly shone the moon that night, though the frost was cruel,
When a poor man came in sight, gath'ring winter fuel.

"Hither, page, and stand by me, if you know it, telling.
Yonder peasant, who is he? Where and what his dwelling?"
"Sire, he lives a good league hence, underneath the mountain,
Right against the forest fence, by Saint Agnes' fountain."

"Bring me food and bring me wine, bring me pine logs hither.
You and I will see him dine, when we bear them thither."
Page and monarch, forth they went, forth they went together,
Through the cold wind's wild lament and the bitter weather.

"Sire, the night is darker now, and the wind blows stronger,
Fails my heart, I know not how; I can go no longer."
"Mark my footsteps, my good page, tread now in them boldly,
You shall find the winter's rage freeze your blood less coldly."

In his master's steps he trod, where the snow lay dinted;
Heat was in the very sod ,which the saint had printed.
Therefore, Christian men, be sure, while God's gifts possessing,
You who now will bless the poor shall yourselves find blessing.

Let it Snow Let it Snow

Oh, the weather outside is frightful
But the fire is so delightful
And since we've no place to go
Let it snow, let it snow, let it snow.

It doesn't show signs of stopping,
And I've brought some corn for popping.
The lights are turned way down low,
Let it snow, let it snow, let it snow.

When we finally kiss goodnight,
How I'll hate going out in the storm.
But, if you really hold me tight,
All the way home I'll be warm.

Well the fire is slowly dying,
And my dear we're still goodbye-ing.
But as long as you love me so,
Let it snow, let it snow, let it snow.

Rudolph The Red Nosed Reindeer

Rudolph the red nosed reindeer had a very shiny nose.
And if you ever saw it, you would even say it glows.
All of the other reindeer used to laugh and call him names.
They never let poor Rudolph join in any reindeer games.

Then one foggy Christmas Eve, Santa came to say,
"Rudolph with your nose so bright. Won't you guide my sleigh tonight?"

Then how the reindeer loved him, as they shouted out with glee:
"Rudolph the red nosed reindeer, you'll go down in history!"

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.