CJNU REMEMBERS

Nostalgia Notes

93.7 CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER

NOVEMBER 2026

Experience the Riverview Way with CJNU

A familiar song. A doorway that feels like your own. A place to rest beside someone you love.

At Riverview Health Centre, these everyday comforts matter. For residents, patients, and their families, they help preserve a sense of home and connection during times of change.

As CJNU broadcasts live onsite at Riverview this November, listeners will have the opportunity to experience the Riverview Way. Along with our regular programming, we'll share how Riverview helps people hold onto the routines, relationships and experiences that matter to them.

That idea is at the heart of Person Directed Living, Riverview's philosophy of care. It recognizes that each person has their own routines, interests and history. Caring for someone means understanding what matters to them and creating opportunities for those things to continue as part of daily life.

Community generosity helps bring that approach to life. In Riverview's Alzheimer's communities, distinctive door coverings help residents recognize their rooms and make hallways feel more like a neighbourhood.

Recreation Therapy offers opportunities to enjoy music, art and outings that help people stay connected to the things they enjoy.

In palliative care, donor-funded expandable beds offer another kind of comfort: space for a loved one to lie beside a patient, hold their hand and simply be together.

These comforts have something important in common. They support not only the person receiving care, but also the relationships and experiences that make their life meaningful.



This holiday season, a gift to Riverview Health Centre Foundation can help provide the comforts, programs and experiences that make a meaningful difference for residents and patients, and help make the Riverview Way possible.

Tune in to CJNU throughout November to hear stories from Riverview and discover the difference your generosity makes for patients, residents and families.

Visit **GiveToRiverview.ca** to donate.

Remember to Remember

Tune into 93.7 FM for our special Week of Remembrance programs.

Friday, November 6 | 2:00 p.m.

Week of Remembrance Service Broadcast live from Riverview Health Centre

Wednesday, November 11 | 12 noon

One-hour program exploring what motivates soldiers to serve, how their families react and how Soldier On can impact recovery from injury.

Beautiful Minds: Why Memory Matters

When Hub Blanchette's mother was diagnosed with dementia, he found a meaningful way to honour her story. Through his photography and artwork, **"Beautiful Minds"** celebrates her personality, experiences and relationships – the many things that make her who she is.

His work invites us to see the person beyond the diagnosis: someone with a lifetime of stories, meaningful connections and much still to share.

Hub brought that message to this year's Concordia Classic golf tournament, helping raise awareness for the **Concordia Foundation's Memory Matters campaign**. The campaign supports dementia care and education, helping families, caregivers and health-care teams find ways to bring comfort, dignity and connection to people living with dementia.

Together with CJNU, we are continuing these conversations through our Memory Matters podcast, sharing experiences and practical insights that help people feel supported and less alone.

Hub's tribute offers a heartfelt reminder: dementia may change how we connect, but opportunities for love, joy and belonging remain.

Every person has a story worth knowing.
Every connection matters.



Roz Blanchette is the inspiration for her son Hub's "Beautiful Minds" photography and artwork, which encourages us to see the person beyond a dementia diagnosis.



Concordia FOUNDATION

Concordia Foundation's Special Christmas Campaign will focus on people who are 'being the light' as we launch our 1300 Christmas lights on the campus for the enjoyment of our residents, patients and the surrounding neighbourhood.

We are asking people to send us their Christmas Memories and favourite songs that evoke memories of the season.

We'd love to include your memories! Take a little time with a family member to reminisce, browse your photo albums, and share your favourite Christmas and holiday stories and photos with us.

Email us at **info@concordiafoundation.ca** or call us at **204-813-4354.**



Shine a Light for Manitobans Facing Cancer

As the days grow shorter and December approaches, a simple light can carry a powerful message of hope, remembrance and connection. CancerCare Manitoba Foundation's Shine a Light program invites Manitobans to honour someone special, remember a loved one or express gratitude while helping make a difference for people facing cancer in our province.

Now returning for another year, Shine a Light will illuminate CancerCare Manitoba's McDermot Avenue building with 1,500 white lights beginning December 1. Each light represents a personal tribute and a shared commitment to improving the lives of Manitobans affected by cancer.

"Shine a Light gives people a meaningful way to recognize someone who holds a special place in their lives, whether in honour, in memory or in gratitude," said Laura Curtis, Director, Marketing & Communications at CancerCare Manitoba Foundation. "We're grateful for the community's response to this program and hope the display brings comfort, connection and a sense of hope to everyone touched by cancer."

Every light also represents an investment in better cancer care. Donations to Shine a Light help fund leading-edge research, clinical trials and enhanced patient care. Funds raised by CancerCare Manitoba Foundation stay right here in Manitoba, helping bring tomorrow's cancer treatments to patients today.

For a $100 donation, you can dedicate a light to someone meaningful in your life. You can also send a card to share your tribute with them or their loved ones. A special lighting ceremony will take place on December 1 at 6 p.m. Donors are invited to see the display come to life as the names of those being honoured and remembered shine brightly.

Whether you're celebrating someone's strength, remembering someone dearly missed or showing appreciation for the care that has made a difference, your light can help brighten the path for Manitobans facing cancer.

Dedicate your light today at **shinemb.ca** or call CancerCare Manitoba Foundation at **204-787-4143**.



CancerCare Manitoba FOUNDATION

All funds raised stay in Manitoba.

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!



(L-R) Vince Barletta, President and CEO of Harvest Manitoba; Lauren Harvey, Empty Bowls Co-Chair; and Margaret Redmond, Empty Bowls Co-Chair.

A Historic Night of Generosity
Harvest Manitoba's Empty Bowls Raises $6.5 Million

What an unforgettable evening for Harvest Manitoba!

On October 8, Harvest Manitoba's annual Empty Bowls Celebrity Auction Dinner brought together hundreds of generous community members at the RBC Convention Centre for an extraordinary night in support of Manitobans facing hunger.

Thanks to the incredible generosity of donors, sponsors, and attendees, this year's sold-out event raised a record-breaking **$6,527,000**, marking the largest gala fundraising total in Manitoba's history!

Guests enjoyed delicious creations prepared by some of Manitoba's top executive chefs, live entertainment, inspiring stories and an exciting auction featuring one-of-a-kind bowls signed by celebrities including Jon Hamm, Katy Perry, John Travolta and Slash.

The evening's most remarkable moment came with the announcement of a transformational $**5 million gift from the Doug Harvey and Jan Shute family** toward Harvest Manitoba's planned Manitoba Food Transformation Centre.

In recognition of the family's extraordinary generosity, the future facility will be named the *Doug Harvey, Jan Shute and Family Manitoba Food Transformation Centre.*

The Centre will strengthen Harvest's ability to recover surplus food, transform it into nutritious products, and store and distribute food to communities throughout Manitoba. This legacy will help support our neighbours facing hunger for generations to come.

And that support is needed now more than ever. Today, more than 60,000 Manitobans rely on a food bank each month, and nearly half are children. That's double the number of people turning to food banks just five years ago.

Events like Empty Bowls remind us of what's possible when a community comes together.

Harvest is deeply grateful to event sponsors, donors, volunteers, chefs and everyone who helped make this historic evening possible. Your generosity is helping put food on tables across our province.

CJNU is proud to be a community partner that helps share Harvest Manitoba's mission with our listeners.

Together, we can build a Manitoba where no one goes hungry.

To learn more or support Harvest Manitoba, visit **harvestmanitoba.ca.**



Matt Dusk: A Very Sinatra Christmas

Platinum-selling crooner and five-time Juno Award nominee Matt Dusk returns to the spotlight this holiday season with **A Very Sinatra Christmas**, a festive and unforgettable concert experience coming to Club Regent on November 29 at 7 p.m.

Backed by a powerhouse big band, Dusk will transport audiences to the golden age of swing, blending timeless holiday classics with the unforgettable style of the one-and-only Frank Sinatra. From *It's the Most Wonderful Time of the Year* to *The Christmas Song*, **A Very Sinatra Christmas** is brimming with nostalgia, glamour and holiday spirit — perfect for fans of classic music and unforgettable live entertainment.

"There's nothing like the magic of the holidays — and no better way to celebrate than with the music of Sinatra and a big band," says Dusk. "Expect a swinging night of Christmas favourites, timeless charm and maybe even a little snowfall on stage!"

In recent years, Dusk has paid tribute to jazz greats with sold-out shows like **Matt Dusk Sings Tony Bennett** and **A Century of Sinatra**. With **A Very Sinatra Christmas**, he combines two of his greatest passions, swinging standards and holiday cheer, for a concert event you won't want to miss.

Matt Dusk: **A Very Sinatra Christmas** is a dazzling evening of music and memories, tailor-made for fans of Sinatra, Christmas and live entertainment at its very best.

CJNU listeners may remember the great show Matt performed at Club Regent in April 2024. He exuded a magnetism on stage as he worked through a stylish performance of jazz classics from Sinatra, Tony Bennett and his Juno nominated albums. Several CJNU announcers were fortunate to speak to him backstage prior to his performance.

Go to **casinosofwinnipeg.com/club-regent-casino-home/entertainment/** and follow the links for tickets.



Celebrate The Season of Giving... Back

'Tis the season to think about giving– not just to friends and family, but also to our favourite causes.

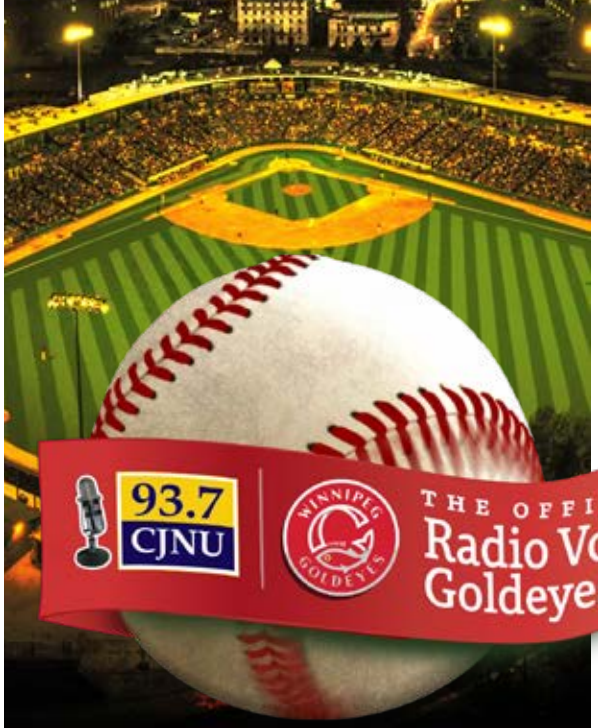
We know seniors are philanthropists at heart. So each year, from mid November through to the end of December, CJNU invites listeners to learn more about the importance of giving back and the many ways you can support the causes you love.

Be sure to tune in on Giving Tuesday, December 1, when we'll highlight the importance of Giving Back throughout the day. At noon we'll welcome guests from across the charitable sector to discuss The Power of Philanthropy.

Insights on Social Connections

ONLY ON CJNU 93.7 FM

Join us on Wednesday, November 25
when CJNU will be in conversation with
Active Aging in Manitoba's Linda Brown and MASC's Connie Newman
– plus a special guest.



Proud to Be the Official Radio Home Of the Goldeyes For 12 Straight Years!

The Winnipeg Goldeyes and CJNU 93.7 FM have announced another extension of their radio partnership, which means CJNU will continue to broadcast all Goldeyes games through the 2027 American Association season.

"What a great birthday present for our volunteer-powered, non-profit radio station as we turn 20 years young," said Adam Glynn, Station Manager at CJNU. "This marks the 12th consecutive year of our partnership, and it's amazing to think we've been the official radio home of the Goldeyes for over half of the time we've been on the air. This milestone would not be possible without the direct support of CJNU listeners – and we know many are ardent fans of the Fish."

Adam said the enduring strength of CJNU's relationship with the Goldeyes reflects a shared commitment to the community.

"We see it in every aspect of the Goldeyes – on the field, behind the scenes and through the incredible work of the Field of Dreams Foundation. We could not be prouder of this partnership."

Here's what CJNU listeners can look forward to in 2027:

- **CJNU will broadcast all pre-season, regular season and potential post-season games. Every Goldeyes radio broadcast will begin with a 30-minute pre-game show and conclude with a 30-minute post-game show, with live play-by-play in real time.**
- **The Goldeyes' official off-season radio program, The Inside Pitch, will return, bringing listeners interviews with players, coaches and other personalities from around the baseball world.**
- **CJNU will once again participate in 50/50 draws at selected games to raise funds for Nostalgia Radio and the Field of Dreams Foundation.**
- **All Goldeyes radio programming will be available on multiple platforms – at 93.7 FM on the radio dial, on the cjnu.ca website and through TuneIn Radio or similar apps for smartphones and tablets.**

"CJNU has been a tremendous partner and has helped bring Goldeyes baseball to fans wherever they may be," said Goldeyes General Manager Andrew Collier. "We're grateful to everyone at CJNU for their enthusiasm and dedication, and we look forward to another great summer together."

For information about 2027 Season Tickets, Mini Packs, Skysuites and Group Packages, visit **Goldeyes.com.**

Wasn't It a 'Pledge Drive' Party? And We've Only Just Begun!

There's still time to earn pledge incentives as we celebrate 20 Years of CJNU



Our Annual Pledge Drive, held October 29-31, helped kick off what will be a full year of celebration as your volunteer-powered, non-profit community radio station turns 20 years young!

As pledges continue to come in, we are overwhelmed by your generosity. And while the three-day birthday party on the radio may have come to an end, it's not too late to donate!

If you haven't yet had a chance to make your pledge – or maybe you'd like to make another? – just head over to **cjnu.ca/pledge** or call the station at **204-410-2700 (press "1" for a pledge volunteer).** As long as we receive your pledge before end of day, November 30, you will be eligible for this year's fabulous incentives at the $60+, $125+, $250+ and $500+ levels.

Plus, if you make a pledge of exactly 'CJNU Dollars' (that's $93.70 of course!), you'll receive our limited edition Retro Limited Edition AM/FM Transistor Radio!

And that's not all! Pledges of ANY amount received before that November 30 deadline will be entered into our special Pledge Drive 20th Birthday Prize Draws. You could win one of a plethora of individually wrapped "Birthday Presents!"

If you've already made your pledge, THANK YOU again! If your gift was eligible for incentives, they should be on their way to you soon. Please keep an eye on the mail in the coming days and weeks.

Toward the end of November and throughout December, CJNU will celebrate *The Season of Giving... Back.* In next month's newsletter, we'll do as much 'giving back' as we can by revealing the winners of our various Pledge Drive 20th Birthday Prizes. We'll also contact all winners directly.

We hope to share the total amount raised during this year's Pledge Drive in our next issue. Meanwhile, we'll be keeping fingers, toes and everything else crossed in hopes of achieving record-breaking pledge levels in our 20th birthday year.

But no matter what the final total is, the truth of our bottom line remains the same: Without the direct support of listeners during our Pledge Drive, we simply wouldn't be able to continue to operate. So, as we turn 20, the only birthday present we truly need, and humbly ask for, is your continued support.

CELEBRATING 20 YEARS 93.7 CJNU

Big thanks to the amazing supporters of this year's CJNU Pledge Drive

TO THOSE WHO PROVIDED MATCHING FUNDS THAT DOUBLED YOUR IMPACT

- **James Richardson & Sons Limited and Affiliated Companies matched donations on the opening day of Pledge Drive.**
- **CJNU member and Winnipeg philanthropist Bob Williams matched donations on the second day of Pledge Drive.**

TO THOSE WHO PROVIDED INCENTIVES

- **McNally Robinson Booksellers at Grant Park and The Forks**
- **Salisbury House Family Restaurants celebrating 95 years of serving Winnipeg**
- **The Winnipeg Symphony Orchestra**

TO INDIVIDUALS AND ORGANIZATIONS WHO MADE CONTRIBUTIONS TO OUR 'BIRTHDAY PRESENT' PRIZE DRAWS THIS YEAR

AND, ONCE AGAIN, TO YOU!

As we turn 20 and reflect on how far we've come, we know that with your continued support **We've Only Just Begun.**

Tune in to 93.7 FM on GIVING TUESDAY, December 1, 2026

All day long, CJNU will highlight the importance of giving back.
At noon, we'll air a special program on **The Power of Philanthropy** featuring guests from across the charitable sector.

Tune In to Tune Out

Ditch the blue light. Discover a cozier bedtime escape.

By Frank Stecky

Let's be honest about our current bedtime routines. We climb between the sheets, switch off the lights and immediately stare at a glowing rectangle of blue light. We scroll through stressful news stories, watch 15-second clips of cooking disasters, or let late-night television hosts shout political monologue jokes at us until our eyes glaze over.

It's a modern tragedy. We aren't winding down; we're mainlining digital exhaustion and wondering why our dreams are so scary.

It's time for an intervention, and it comes courtesy of CJNU 93.7 FM. Every Sunday through Thursday evening from 10:00 to 11:00 p.m., *Radio Classics* offers a wonderful escape from the modern world. Hosted by Mark Havens and Heather Robbins, this hour-long oasis of mirth resurrects the absolute gold standard of vintage audio entertainment.

We're talking about the heavy hitters of yesteryear. You might find yourself chuckling at the timeless, self-deprecating cheapness of *The Jack Benny Program* or feeling the dry prairie dust in your throat during an episode of *Gunsmoke.* Maybe you'll get chills listening to the sinister all-knowing laugh of *The Shadow,* or somehow relate to the beautifully chaotic domestic blunders of Chester A. Riley in *The Life of Riley.*

In today's age of constant video bombardment, there's an almost radical beauty to turning off the television and simply... listening.

Think about our grandparents. They didn't stare at a flatscreen until midnight. They gathered around a wooden console radio that was as much a piece of furniture as the coffee table or sofa, and basked in the amber glow of vacuum tubes.

They used a magical, nearly forgotten human faculty known as the imagination. Their minds created the sets on which the actors performed. Their brains became the director, mapping out a million-dollar movie that played entirely behind their eyelids.

Mark Havens and Heather Robbins don't just hit play on old tape reels; they act as your ultimate late-night tour guides, ushering you into a cozy audio cocoon. Their curation turns what could be a dusty museum exhibit into a vivid, comforting habit. It's the perfect antidote to our overstimulated days.



By the time the final Foley sound effects fade and the closing credits are read at 11:00 p.m., you'll find something miraculous has happened. You won't be agitated by having watched flashing screens or political rants. Instead, your mind will be calm and primed for sleep, with great stories that pave the way for spectacular dreams. So, do yourself a favor tonight. Ditch the late-night TV, let your phone starve for attention on the nightstand, and tune your dial to 93.7 FM at 10 p.m.

Your imagination – and your sleep cycle – will thank you.



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

Did you get your fall flu shot?

Autumn marks the start of the most socially active season, when people come together at concerts, theatre, hockey games and family celebrations. That's why autumn is also the prime vaccination season for Manitobans who don't want to miss a minute of the fun.

However, getting reliable facts about vaccines can be challenging – particularly at a time when so much wrong information is spreading through social media.

To counter the misinformation out there, CJNU's Grant Patterson recently hosted a one-hour panel discussion on the latest vaccination recommendations for Manitobans aged 65-plus.

The panel included two strong advocates for seniors – Connie Newman, Executive Director of Manitoba Association of Senior Communities, and Linda Brown, Executive Director of Active Aging in Manitoba. Expert advice was brought to the table by pharmacist Jason Hoeppner, who owns and operates The Medicine Shoppe Pharmacy on Osborne Street and is a volunteer board member of Pharmacists Manitoba.

Much of the discussion focused on respiratory illnesses that are concerning at this time of year, including flu, COVID-19, RSV and pneumonia. It's particularly important to prevent respiratory illnesses because many can be spread unknowingly in the early stages, before any symptoms have appeared.

As Linda summed it up: "If you like to like to be active and out in the community, and if you want to be healthy for the holiday gatherings, you should be vaccinated. It's a way to protect yourself, and to protect your family and friends."



(L-R) Connie Newman, Linda Brown and Jason Hoeppner were in the studio on October 1 to discuss fall vaccinations for seniors.

And here in Manitoba, many vaccines are free for older residents.

To learn more, speak with your primary health care provider, pharmacist or local public health unit. You can call Health Links – Info Santé at **204-788-8200** or **1-888-315-9257** (toll-free).

Vaccines Covered for Manitoba Residents 65 Years and Older

Vaccines	National Recommendations	Coverage Details[1]
COVID-19	At least 1 dose of either Comirnaty or Spikevax COVID-19 vaccines per year	Comirnaty and Spikevax are available for free for older adults
Influenza	1 dose of either Fluad or Fluzone High-Dose per year	Fluad or Fluzone are available for free for older adults
Pneumococcal (Pneumonia)	1 dose of either Prevnar 20 or Capvaxive[2]	Prevnar 20 is available for free for older adults, based on one's previous vaccination history and risk factors
RSV	1 dose of either Abrysvo, Arexvy or mRESVIA can be used based on personal factors	Abrysvo and Arexvy are available for free for certain older adults (e.g., personal care home residents)
Shingles	2 doses of Shingrix	Shingrix is not available for free for older adults, exceptfor certain Veterans[3] and Indigenous[4] older adults
Tetanus and Diphtheria	Immunization history will determine the type of vaccine and the number of doses needed	Vaccines are available for free, including for older adults every 10 years

[1] *If you have a private drug plan, it may cover the cost of vaccines that are not publicly covered.*
[2] *Recommendations vary for older adults who have received a hematopoietic stem cell transplantation.*
[3] *Eligible Veterans may be covered for this vaccine through Veterans Affairs Canada.*
[4] *Eligible First Nations and Inuit may be covered for this vaccine through Indigenous Services Canada's Non-Insured Health Benefits (NIHB) Program.*

Source: National Institute on Ageing

Victoria Hospital FOUNDATION
HEALTHIER FUTURES

NOVEMBER IS FALL PREVENTION MONTH

Tips to help you stay on your feet

As we get older, staying active and independent becomes more important than ever. While falls are more common with age, here's the good news: Falls are not an inevitable part of aging, and many can be prevented! A few simple changes to your daily routine and home environment can make a big difference in helping you stay safe, healthy and confident.

Keep Moving, Stay Strong

One of the best ways to reduce your risk of falling is to keep moving! Regular physical activity helps maintain muscle strength, balance and coordination. Walking, swimming, tai chi and gentle strength exercises are all great options. The key is finding activities you enjoy and making them part of your routine.

Small Changes Make a Big Difference

Sometimes, everyday surroundings can create unexpected tripping hazards. Take a fresh look around your home and these simple improvements:

- **Clear the way:** Keep walkways free of clutter, loose rugs and electrical cords.
- **Light it up:** Make sure hallways, stairways and bathrooms are well-lit, especially at night.
- **Get a grip:** Install grab bars in the bathroom and use non-slip mats where needed.
- **Choose supportive footwear:** Wear comfortable, well-fitting shoes with good traction, even indoors.

Don't Forget Your Health

Changes in vision, hearing, medications and overall health can affect balance. Regular eye exams, medication reviews with your pharmacist and conversations with your healthcare provider can help identify potential concerns before they become problems.



Confidence to Keep Doing What You Love

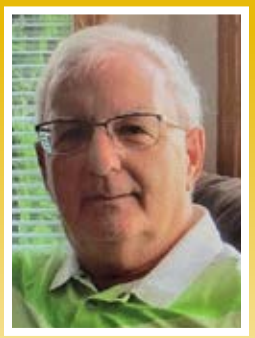
Preventing falls isn't about limiting your activities. It's about making small, proactive choices that help you continue enjoying life on your terms.

And while no one can prevent every fall, having a plan to get help when needed adds an extra layer of confidence. A medical alert service like Victoria Lifeline provides 24/7 support, helping older adults and their families maintain independence and peace of mind.

Remember, aging isn't about slowing down. It's about staying strong, active and confident!

For more information about Victoria Lifeline, visit **victorialifeline.ca.**

This article is for informational purposes only and is not intended to replace the advice of a healthcare professional.



10 Questions with... John Panting

This month's featured volunteer is an expert in moving people. He spent much of his career delivering travelers to their destinations by way of big motor coach buses. Today, as host of CJNU's Friday drive-home show, he takes listeners on a different type of journey, helping them endure the slog of rush hour by guiding them through the beloved back roads of our shared musical past.

Let's meet John Panting!

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

I was randomly scrolling through the channels on the car radio and found the station playing an old radio serial. I started to listen more often, heard a request for volunteers and decided to get in touch. I was invited to a remote broadcast location at the Manitoba Theatre for Young People at the Forks. At the time, my cousin Georgina Panting was operating for Gren Marsh. They plunked me in the chair, and 20 minutes later said I was good to go. I operated for a variety of announcers until I finally secured my own announcing spot on the radio.

2) What is your favorite childhood memory?

Playing hockey on the local outdoor rink for hours.

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

Over 30 years of senior management in the transportation sector (buses), done exclusively by working my way up the employment chain.

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

53 years of marriage to a beautiful, talented lady who is my soulmate and biggest supporter. A gift that gets better as the years go by.

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

The eclectic cultural make up. Here we have wide ranges of artistic expression that have inspired a great many artists.

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

Whipped Cream and Other Delights by Herb Alpert & the Tijuana Brass.

7) What was your first concert?

The band Chicago on November 15, 1972 at the Winnipeg Arena.

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

Grapes.

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

My Irish tweed hat.

10) What is your philosophy on life?

Do what you love, and love what you do.

Faces & Places

(L-R) ***Resby Coutts*** *swapped tales from the ice with World curling champion* ***Cathy Gauthier*** *on October 21 during the debut episode of The Curler, a new show airing monthly on CJNU. Tune in the third Wednesday of every month as Resby shares his insights into the state of the sport across Manitoba.*





Connie Newman *(L), a valued friend of CJNU, was honoured in the Manitoba legislature last month in recognition of her tireless advocacy for seniors across Manitoba. The presentation was made by Sport, Culture, Heritage and Tourism Minister* ***Nellie Kennedy*** *(R).*

As the long-time Executive Director of the Manitoba Association of Senior Communities, Connie advances partnerships among seniors-serving organizations in Manitoba, including CJNU. Congratulations on this well-deserved recognition, Connie!

Faces & Places

A Night of Nostalgia we won't soon forget!

Our sold-out event on October 17 brought a wealth of home-grown talent to the Gas Station Theatre stage. It was the perfect kick-off to our 20th year celebrations!

Photos courtesy of Alex Regiec.



The St. Charles Big Band opened the show.



***Stephen Sim** and **Caity Curtis** reprised the Burns and Allen comedy schtick that has won rave reviews on the Fringe Festival circuit.*



*Andrews Sisters harmonies were channeled by the Fabulous Nostalgics (L-R): **Jan Harding Jeanson, Agatha Moir, Bettey Trevenen, Sally Dick** and **Greta McLean Wood.***



*CJNU pioneers like (L-R) **Sheila Down** and **Susan Hamilton** were saluted by the evening's host and organizer, **Garry Moir.***



*(L-R) **Emily Sinclair** and **Josh Peters** jiving to the tunes*



*(L-R) **Jack Slessor,** playing Groucho Marx, paired up with **Ron Robinson,** who filled the role of an old-timey radio announcer.*



*A medley of Broadway tunes was presented by singers (L-R) **Marc Moir** and **Laura Turner.***



***Joey Gregorash** (centre) closed out the night with favourite tunes and a little help from fellow musicians **Tannis T** (L) and **Brian McMillan** (R).*



***Vince Barletta,** CEO of Harvest Manitoba (centre), stopped by our studio on October 29 to help rev up donors on the first day of CJNU's annual Pledge Drive. CJNU's **Johnny Mac** (L) and **Frank Stecky** (R) hosted on air throughout the weekend, along with many other volunteers and contributors. Many thanks to all who participated!*

EDITOR'S NOTES

CJNU Podcasts: On Demand and On Your Terms

"Radio isn't what we do. It's how we do it."

This was how Station Manager Adam Glynn described CJNU's mission during a video call earlier this year, soon after I joined the volunteer ranks of CJNU. Those words have stuck with me ever since.

What a perfect, concise way to describe the full scope and purpose of this community co-operative! CJNU is more than a radio station. It's a vehicle to inform, entertain, involve and empower Manitobans who seek positive energy and meaningful experiences as they age. Ultimately, CJNU's job is to serve and strengthen our community using the power of communication.

In that spirit, it's great to see that CJNU doesn't limit itself to traditional broadcasting. As media evolve, so too does CJNU.

Case in point: Have you noticed CJNU's growing range of podcasts? Since 2019, CJNU has been exploring this newer form of broadcasting, which continues to attract new fans across all listening audiences. In fact, in North America, the fasting growing group of podcast-listeners is seniors!

So why are podcasts becoming so popular? And what do they offer CJNU listeners?

In a nutshell, the answer is complete control over what you hear, when you hear it, and how you enjoy it. Episodes are easy to stream or download on demand, and they have a more focused, uninterrupted format – perfect for taking deep dives into a topic. If you're really engrossed, you can listen to as many episodes at one time as you please. Think of it as "radio on your own schedule."

For these reasons and more, podcasts are the perfect soundtrack for tedious tasks like weeding the garden, cleaning out the garage or driving on desolate highways. There's something magical about listening to deep thoughts while doing something relatively mindless.

Does this mean podcasts are in competition with radio? No, not at all. In fact, the two formats complement each other. It's a way of getting more mileage out of great content, while creating new ways to explore important topics.

For casual listeners, CJNU airs its podcasts on 93.7 FM at scheduled times. If a program broadcast piques your interest, you can stream earlier episodes directly from the cjnu.ca website using our built-in web player. If you want to download episodes to your phone or tablet to listen on the go without an internet connection, you can subscribe to us through platforms like Apple Podcasts, Spotify or SoundCloud.

And if you're interested in producing your own podcasts, by seniors and for seniors, we have a resource for you! In 2025, CJNU helped create the **Podcast School for Seniors**, an online guide funded by the National Campus and Community Radio Association (NCRA).

Check it out, and tune into CJNU podcasts soon!

Gail Granger, Editor

CELEBRATING 20 YEARS 93.7 CJNU

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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.