

# Nostalgia Notes



93.7  
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER  
JULY 2024



MANITOBA  
CANADA'S HEART IS CALLING

Celebrating **The Joys of Summer with:**



ROYAL  
AVIATION MUSEUM  
OF WESTERN CANADA



## 9 Ways To Combine Adventure With Great Food In Manitoba Travel Manitoba shows you the ways!

Manitoba offers a tapestry of flavours to tantalize your taste buds. Add in a dash of adventure and you're sure to work up an appetite! Whether you prefer food cooked over the campfire, hot and fresh out of a wood-fired oven or served in style poolside, there's something for your heart (and stomach) in Manitoba.



Serving up mouth-watering pizzas at Moon Gate Guest House, located on the Whitemouth River.

### 1. Nature Retreat, Meet Pizza Night

Indulge in the mouthwatering wood-fired pizzas of Moon Gate Guest House, located on the Whitemouth River. Every Friday, you can either pick up your pizza to-go or savour it on the beautiful grounds, made from scratch using local and organic ingredients. This year, a new menu is being introduced and a screened-in sunset patio is being constructed for an enhanced dining experience. Or extend your stay by immersing yourself in nature while enjoying the cozy accommodations of the guest house.

### 2. Camping Food = Best Food

Some of the best meals are made over the campfire. If you're still looking for your perfect camping site, consider a private campground!

Private campgrounds often provide a range of amenities such as swimming pools, hot showers, electrical and water hook-ups, and other recreational activities. Head over to the Manitoba Association of Campgrounds and Parks website at [macap.ca](http://macap.ca) to browse a variety of campgrounds by amenities offered. And check out the Hunt Fish MB YouTube channel ([youtube.com/huntfishmb](https://youtube.com/huntfishmb)) for some great over-the-campfire recipe ideas.

### 3. Explore, Stay And Eat

Lake Metigoshe has become a favoured summer retreat for locals and visitors alike, and at the heart of this community lies Turtle Mountain Resort. The resort's cluster of roadside cabins, adorned with rustic decor and artwork, offers a range of sizes and bedrooms with a fully stocked kitchen and supplied linens. The retreat serves as an ideal home base for exploring the area.

The onsite Velvet Antler Café is a gem of the region, with decked-out burgers, hand-cut kettle chips, and even bannock-infused dishes on the menu. Nearby adventures include the public beach, the town of Boissevain and Turtle Mountain Provincial Park, where you'll find hiking trails and viewing towers.

#### 4. Neighbourhood Food Tour

Embark on an extraordinary culinary journey through Winnipeg's West End neighbourhood with "Around the World in a Few Blocks," a captivating restaurant walking tour. Experience four local restaurants while immersing yourself in the neighbourhood's cultural tapestry. Keep an eye on the West End Biz's tour page at [westendbiz.ca](http://westendbiz.ca) for upcoming dates and to book!



*Mercato is just one of the fine eating establishments featured in Winnipeg's West End neighbourhood's captivating restaurant walking tour.*

#### 5. Take Flight In Gimli

If you're planning a day trip to Gimli, Manitoba, you're in for a treat! Try a local delicacy – pickerel – at town-favourite Beach Boy Restaurant, dig into delicious pub food at Ship and Plough, or nosh on a variety of specialty pizzas at Brennivins Pizza Hüs.

Once you've grabbed a bite to eat, explore the fascinating world of aviation history at the Gimli Glider Exhibit. The museum commemorates the famous "Gimli Glider" incident that occurred in 1983, when an Air Canada Boeing 767 ran out of fuel mid-flight and made an emergency landing in Gimli. One of the museum's highlights is the flight simulator, where visitors can experience the thrill of piloting and landing an aircraft firsthand.

The Gimli Glider Exhibit is open Friday, Saturday and Monday from 11 am to 4 pm – Sunday, 12 to 4 pm. Find out more at [travelmanitoba.com/flight-pass](http://travelmanitoba.com/flight-pass).

#### 6. Bears, Belugas and Burgers

Headed to the northern town of Churchill this summer? In between paddle boarding with belugas and watching polar bears lounging on the shores, stop in at the Tundra Pub - a popular local haunt known for its tasty dishes, like the Borealis Burger and Vegetarian Curry.

Travellers not on a packaged tour can book a stay at the cozy Tundra Inn, located just across the street from the restaurant. For more information on your adventure north, check out our website at [everythingchurchill.com](http://everythingchurchill.com).

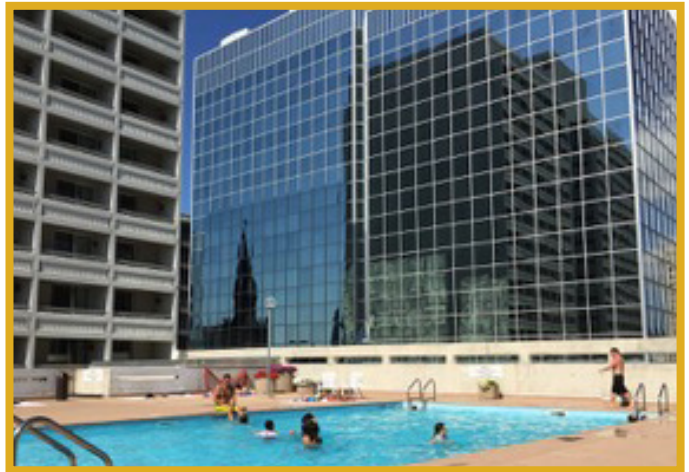
#### 7. Down The River

The free-roaming peacocks, the suspension bridge, the Agate pits... there are many reasons to visit the small town of Souris this summer! Newer to the town is River Rat Rentals, which is located on the dock at Victoria Park, and rents out vessels such as kayaks, canoes and paddle boards.

To pair this adventure with food, explore the town's culinary scene. Local favourites include Minary Homestyle Bakery, The Dairy Bar, 49 Degrees and Woodfire Deli.

#### 8. Rooftop Pool Party

For a contemporary and stylish city adventure, book a stay downtown at the Delta Hotel in Winnipeg. The true gem of this hotel is its rooftop – the dazzling pool area, providing an idyllic spot to soak up the sun while enjoying breathtaking views of the cityscape. Feed your appetite by ordering poolside from the on-site Blaze Restaurant and Lounge. Also available during select times in the summer is the Blu Pool Bar & Terrace menu - featuring trendy cocktails and yummy appetizers.



*The Delta Hotel's dazzling rooftop swimming pool offers poolside service from the on-site Blaze Restaurant and Lounge.*

#### 9. Stylish Meeting Place

Enjoy sophistication and comfort when you stay at Inn at the Forks. This premier hotel brings you closer to the vibrant atmosphere of The Forks, one of Winnipeg's top destinations and a traditional meeting place for thousands of years. Immerse yourself in a plethora of activities, including shopping, boat and walking tours, and a delightful food market.

Also located onsite at Inn at the Forks is SMITH, a contemporary restaurant with a patio. For more tasty trip ideas and heart-stirring itineraries, visit [travelmanitoba.com](http://travelmanitoba.com).



*SMITH, a contemporary restaurant/patio, located at Inn at the Forks, is known for its exotic dishes (like the one pictured here).*

HOST YOUR

# “Lemonade Stand for Hope”

## and support CancerCare Manitoba



*Host a lemonade stand this summer and help raise funds for CancerCare Manitoba.*

Help Manitobans affected by cancer by celebrating a family tradition this summer – host your own *Lemonade Stand for Hope*. If you're wondering how to get involved, just register at [LemonadeForHope.ca](http://LemonadeForHope.ca), receive your free starter kit, choose a day and start pouring the lemonade.

We provide the lemonade crystals, banners, stand signage, promotional pieces, and even sun-bead bracelets. All we ask is that you supply the ice, big smiles and plenty of enthusiasm. Your family, friends, and neighbours will relish the opportunity to bask in the warmth, engage in an outdoor activity and support a worthy cause, by purchasing a cup of delicious, ice-cold lemonade.

The *Lemonade Stands for Hope* weekend is **July 19 to 21**. But if those dates don't work for you, no worries! Register now, receive your starter kit, and host your stand anytime during the summer.

Simply round up your kids, grandkids, and other loved ones to stand with you in solidarity for cancer patients in Manitoba. From families and daycares to schools, businesses, and community groups, people across the province are hosting

lemonade stands this summer. Join them in making a real difference!

Every cup of lemonade sold funds vital research, supports families of those with the diagnosis, raises awareness, and so much more. By taking a stand against cancer, you're helping many Manitobans navigate through one of life's toughest challenges. You really do have the power to change lives and transform the world.

All funds raised for CancerCare Manitoba stay right here in our province.

Get started today! Register your stand on [LemonadeForHope.ca](http://LemonadeForHope.ca) or call 204-784-2777 to learn more. And, if hosting isn't your thing, check out the map on our website, locate a stand in your neighbourhood, and show your support for these superheroes by buying a cup of lemonade.

Thank you for creating Hope.



# Sunny Days, Sunny, Sunny, Sunny Days...



**93.7**  
**CJNU**

AIN'T NOTHING BETTER IN THE WORLD  
YOU KNOW THAN DRIVING IN THE SUN  
WITH YOUR RADIO.

- TIMELESS CLASSICS, LEGENDARY ARTISTS

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# Three things to look forward to this summer at... The Royal Aviation Museum!

*This Avro Lancaster is the only airworthy one in North America, and one of only two in the world (Photo by Doug Fisher)*

## 1. Visiting Aircraft

### **July 9 – 10: Canso PB5-A**

The Canso played a vital role in Canada's history. It was used as a submarine hunter, and for search and rescue during the war. After the war, it was converted for civilian use, mostly as a water bomber to help fight forest fires – first in Newfoundland and later in western Canada.

Tours available from 12 pm – 8 pm both days!

### **July 16 – 17: Avo Lancaster**

The Mynarski Memorial Lancaster, also nicknamed VeRA, is owned and operated by the Canadian Warplane Heritage Museum – a non-profit charitable museum located in Hamilton, Ontario. The museum's restoration crew, consisting mostly of World War II veterans, painstakingly restored the aircraft over 11 years. This 'Lanc' is the only airworthy one in North America, and one of only two in the world.

Advance tickets required.

### **August 9 – 11: P-51D Mustang**

This aircraft could fly circles around the competition, especially when it came to escorting Allied bombers deep into enemy territory. Originally built for snooping around as a recon plane by the Royal Air Force (RAF), the Mustang got a makeover that turned it into a high-flying, sky-patrolling warrior. The P-51D's ability to switch gears at the drop of a hat made it a go-to asset for the Allied forces.

## 2. Pedal Planes

Ride the runways! These ride-on toys – ideal for children aged two through six – come in two sizes and a variety of designs, including a Tiger Moth biplane, Starfighter jet, and Canadair Tutor. Pedal planes are available daily from 11 am to 4 pm during July and August. Rides are included with admission.



*These ride-on toys – called pedal planes – are ideal for children aged 2 - 6.  
(Photo by Dave Brandt)*

## 3. Summer Fun Days

Summer Fun Days programming starts July 2, 2024, and runs every Tuesday morning from 10 am to 12:30 pm through August 20. Each program is 2 ½ hours long and includes: a museum tour, an educational component, a hands-on STEM activity, a nut-free snack, and supervised playtime outdoors in Aviation Plaza (weather permitting).

There are two programs to choose from, suitable for ages five through 12. Participants can learn about the four forces of flight, design and build their own aircraft, and more!

Advance registration is required.

Visit [royalaviationmuseum.com](http://royalaviationmuseum.com) for details.



# Solo Meets Social – Travel Solo Together

It's time to grab life by the map and embark on the adventure you've been craving with CAA's Extraordinary Explorations® Solo Collection. These small-group tours are specifically designed for independent travellers and offer exciting itineraries with unique local experiences.

With a CAA Host handling all the details, all you need to do is pack an open mind. Explore Australia's Outback, Enchanted Ireland's landscape and heritage or Costa Rica's magical cloud forest with the freedom and security that come with travelling together. With Extraordinary Explorations, every solo journey becomes a shared adventure where you truly belong.

## Why Treat Yourself to a Solo Tour?

- A private room is included.
- There'll be a balance of guided tours and free time to explore.
- Your CAA Host will handle all the details.
- You'll make travel memories and lifelong friends.

**Start Planning Your Next Solo Journey**  
 Listen "live" to CJNU from Noon to 1 pm on Wednesday, July 17th as Frank Stecky chats with CAA's Lois Farley, Business Development Specialist, Extraordinary Explorations.  
 For more information, visit [extraordinaryexplorations.com](http://extraordinaryexplorations.com).

# Celebrating Winnipeg 150

Throughout 2024, Winnipeg will be celebrating with community events, recognizing outstanding Winnipeggers, and touring displays by the City Archives. There will be something for everyone!

## Did you know Winnipeg has 11 Sister Cities around the world?

One of the Winnipeg 150 celebrations coming up in July is our Sister Cities event at The Forks. Taking place on Sunday, July 7 from noon to 5 p.m., each of Winnipeg's 11 Sister Cities will be showcased. Each Sister City will be highlighted and have the opportunity to demonstrate its unique culture.

### Winnipeg's 11 Sister Cities are:

- |                          |                               |                       |                                    |
|--------------------------|-------------------------------|-----------------------|------------------------------------|
| • Setagaya, Tokyo, Japan | • Minneapolis, Minnesota, USA | • Taichung, Taiwan    | • Chinju, South Korea              |
| • Reykjavík, Iceland     | • Lviv, Ukraine               | • Kuopio, Finland     | • San Nicolás de los Garza, Mexico |
| • Manila, Philippines    |                               | • Be'er-Sheva, Israel |                                    |
|                          |                               | • Chengdu, China      |                                    |



# SOCIAL PRESCRIBING



MANITOBA ASSOCIATION OF SENIOR COMMUNITIES

Join host Jim Feeney on Wednesday, July 31, noon to 1 pm,  
for some insights on social connections!

## “Insights on Social Connections”: A new path to health and wellness

CJNU, in partnership with the Manitoba Association of Senior Communities (MASC) and Active Aging in Manitoba (AAIM), is excited to continue with our brand-new series “Insights on Social Connections.” The program airs during the last week of each month, and features host Jim Feeney, who is joined by co-hosts Connie Newman (MASC) and Linda Brown (AAIM). The next program will air on Wednesday, July 31, from noon to 1 pm.

Every month, they will be discussing the unique aspects of social prescribing - the medical term for connecting patients with non-clinical services in the community. Dr. Michael Routledge, who was featured on the May 29th program launch, sees social prescribing as a valuable tool that can aid

family physicians in connecting their patients to the senior resource coordinators/finders in their local community.

Each program will feature a guest who contributes to fostering community social connections for older Manitobans. We will explore program options in Winnipeg and rural Manitoba, and hear first-hand some of the benefits individuals gain from being active and socially connected.

The goal of “Insights on Social Connections” is to reduce social isolation for older adults by providing information to listeners about the resources in the community and how they can connect. We want to help people experience for themselves the power and health benefits of social connections.

### To learn more about implementing social prescribing...

**Manitoba Association of Senior Communities**

<https://manitobaseniorcommunities.ca>

**Alliance for Healthier Communities**

<https://www.allianceon.org/>

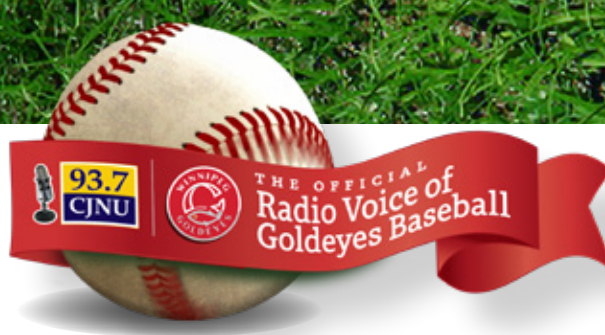
**Canadian Institute for Social Prescribing**

<https://www.socialprescribing.ca>

**World Health Organization**

**- toolkit on social prescribing**

<https://www.who.int/publications/i/item/9789290619765>



## 23 Year-Old Announcer Calls The Shots!

On January the 17th, CJNU listeners heard the debut of 23-year-old Trevor Curl as he hosted the Goldeyes “Inside Pitch” show on CJNU. For Trevor, as for many of us, radio and baseball are synonymous. And, despite his youth, Trevor has a deep background in baseball – from playing catch with his dad after supper, to T-Ball, to college baseball.

He was an avid listener of longtime Seattle Mariner play-by-play announcer Rick Rizzs. Trevor liked the way Rizzs painted a picture of games in listeners’ minds. This, coupled with him attending games at T-Mobile Park to watch Mariner greats Felix Hernandez, Ichiro Suzuki and Ken Griffey Jr., cemented Trevor’s dreams of becoming a play-by-play announcer.

While playing infield for the Eastern Oregon Mountaineers, Trevor graduated with a communications degree. He broadcast in North Carolina in 2022 with the Old North State League, and, in 2023, with the perfect game collegiate baseball league in upstate New York. With that rich baseball heritage and youthful enthusiasm, it is no wonder that the

Goldeyes signed him for the 2024 season.

On a typical broadcast day (following a night game), he rises at 9:30 am and walks for a couple hours through downtown, or The Forks, to prepare his material for the day. He gets to Blue Cross Park by noon. Trevor then checks the American Association stats and preps his game notes in point form. He organizes his pages of information about the pitchers, especially their highs and lows. Then it’s prep time for the field positions and season stats (another four-for-four game for Max Murphy!). A half-hour before game time, Kevin hosts the pre-game show “Ride to the Ballpark”, after which he’s set to go on the first pitch.

Naturally, there has been a learning curve, as he balances his commentary with the time clock, the tempo of the different pitchers and the use of TrackMan. TrackMan is an innovative technology in professional baseball which provides – among other factors – pitch speed, home-run distances and exit velocity, the speed at which the ball leaves the bat.

There have been lifestyle adjustments for Trevor here in the ‘Peg – road signs (kilometres vs miles), language (toque vs. beanie) and even food; Trevor had perogies for the first time! But one difference Trevor really emphasized was the friendliness of Winnipeggers.

He’s a bit of a foodie and loves home cooking. (How can he not be with Sicilian heritage in his background?) He reminisced about the fresh seafood from Puget Sound or spaghetti sauce brewing for hours on the stove at home. On his rare off- days, he spends his time golfing, sightseeing and searching for new coffee shops.



*New Goldeyes’ announcer Trevor Curl poses with CJNU’s Tom Dercola.*

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**Join Trevor for every home game of the 2024 Winnipeg Goldeyes season on CJNU 93.7 FM as he creates the ‘theatre of the mind’ - Baseball Style.**

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# **Goldeyes 50/50 tickets available online on game days!**

**25% goes to CJNU on July 19, August 16, August 28 and September 2**

CJNU is proud to team up with your Winnipeg Goldeyes to promote several game-day, 50/50 draws this season – and now it's even easier to get your chance to win big and support your favourite radio station!

As always, you can purchase 50/50 tickets for all Winnipeg Goldeyes home games at Blue Cross Park, but, if you can't make it to a game, you can now get your 50-50 tickets online. Just visit [goldeyes5050.com](http://goldeyes5050.com).

We encourage you to buy your tickets on these specific dates: July 19, August 16, August 28 and September 2, as 25 per cent of the proceeds on those days will go directly to CJNU, to help support non-profit radio and the music you love - with

the other 25 per cent going to the Field of Dreams Foundation, and, of course, 50 per cent going to the lucky winner - which could be you!

And stay tuned to CJNU throughout the summer, as we'll be reminding you about these special dates on the air as they approach.

We encourage you to get involved in this unique way to support the community, support your radio station, and get the chance to win something for yourself!

Good luck!

## **Fun had by all at Goldeyes' Family Fun Day - May 31 at Blue Cross Park**



*Pre-game entertainment on the Promenade.*



*Save On Foods is on hand to provide fresh fruit snacks for the whole family.*



*Goldie and Goldette invite your youngsters to join in the fun.*



*The little ones love this pre-game fun.*



*On the Concourse, say hi to Big Blue.*



*Great memories as the players sign your hats, gloves, baseballs.*



# Local original musical opens Rainbow's 2024 season

## Song-and-dance spectacle celebrates Filipino culture

2024 marks the 70th anniversary season of Rainbow Stage. This year's first production is also the 150th musical to appear at Canada's largest and longest continually-running, professional, outdoor theatre company.

So, it makes sense that Rainbow has chosen to present a truly singular, song-and-dance spectacle for the whole family! Ma-Buhay (pronunciation: "Maw-BOO-High") is not only an original musical, created (book, music and lyrics) and directed by Winnipeg's own veteran Filipino artist Joseph Seville – it also features an all-Filipino cast and creative team. If that's not enough, Andrea Macasaet – the original Anne Bolyn from Broadway's "Six" – returns to her native Winnipeg to join the cast.

Joseph, who's performed in musical theatre across Canada for 27 years, says he's only had one opportunity to play a Filipino character. It was this that compelled him to create

the musical he says is crucial for Filipinx artists to see, so they can hear their voices and believe they can achieve at the highest levels in the industry.

"Mabuhay" means "to live", but is commonly used as a greeting, such as "Welcome!". This encapsulates the overall goal of the musical – to welcome Filipinos and non-Filipinos alike, in experiencing a fun-filled show everyone can relate to.

Over six years in the making, the musical is about three young singers, who compete to win a reality-TV singing competition to improve the lives of their families. Through a series of extraordinary musical numbers, the story takes us from backstage to onstage, from past to present, and from Winnipeg to the Philippines, as we meet an assortment of wonderful characters and cheer on our favourite competitor.

Set in Winnipeg against the backdrop of a reality-TV singing competition (like The Voice or American Idol), Rainbow Stage will be transformed into a modern TV studio. Huge screens, live camera operators, unforgettable music and amazing dancers will fill the stage, and audiences will be treated to a heartwarming story that spans the entire emotional arc.



*The Ma-Buhay song, I'm My Own Star (written by Joseph Seville, performed by Andrea Macasaet and arranged by Dane Bjornson), is available on Rainbow's YouTube channel. To hear the song, go to: <https://www.youtube.com/watch?v=YIBxh-q0ZS8>.*

**CJNU is thrilled to be broadcasting remotely  
for another month from Kildonan Place!**

If you're at the mall in July, stop by and say hi. We're always happy to see you!



*A view from the deck at our Gimli Air B&B lakefront cottage.*

We had barely recovered from my mother's 90th birthday celebration at the Human Rights Museum when we were off for a week with our New York relatives (my sister, brother-in-law and nephew) for some fun in the sun (read: partial clouds, but enough sun to make it worthwhile), at our Air B&B lakefront cottage in Gimli – just a small family contingent of 18. The number changed as husbands, nieces and nephews came and went, and when the stunning four-bedroom, two-bathroom, sprawling bungalow couldn't stretch enough to contain us all, the two tents erected in the front yard did the trick.

When the sheer number of people – which included visiting friends and neighbours – threatened to overwhelm us, we could always retreat to our bedrooms and read, or take a stroll on the beach for some AT (alone time). But we mostly revelled in the company of loved ones, lounging on the oversized front deck with a Ginzy (a flavourful combination of gin, tonic, lots of ice and a wedge of grapefruit – a drink we perfected over the past three summers), walking to town to explore (read: shop) the great selection of stores and boutiques, relaxing in the cottage over a game of Mah-Jong, Rummy, Cribbage or Taboo, or working on the seasonal puzzle set up permanently for the duration.

There are too many "favourite" beach routines to choose from, but if I had to, it would be our early-morning walks to Gimli's Starbucks-like café, where we visited over Lattes and bagel BLTs; the scrumptious dinners made by each "couple" (these included an Olive-Garden-inspired Fettuccine Alfredo, with chicken or sausage, and an "all-you-can-eat" salad; an assortment of home-made, tortilla-based pizzas with a plethora of toppings, paired with Gimli's famous Europa Greek salad and mouth-watering Sex in a Pan for dessert; yummy chicken tacos – okay, they were from Costco, but you had to combine all the ingredients at home and besides, it's the thought that counts;) and the nights around the bonfire, where my nephew from New York (the "chosen" DJ for the week) provided a musical smorgasbord of tunes from every genre for our large, flame-enthralled circle.

Sunday, our last night there, happened to be the evening of the Tony Awards. For those of you who are not hardcore, musical-theatre fanatics – like my family (I've been a Broadway-inspired songwriter all my life and wrote/produced a musical at the Winnipeg Fringe Festival last year; my sister, Marni, moved to the Big Apple in 1987 for an award-winning lyric-writing class, where she met her songwriter-husband, Peter, and gave birth to her now 21-year-old son, Shafer – a New-York-based singer/actor; another sister, also a singer and resident of Toronto for 12 years, toured with the musical Les Miserables as merchandise manager, and, since her return to Winnipeg in 1981, has produced many local musicals and is now Winnipeg Studio Theatre's board president – and, if that's not enough, her daughter, a graduate of U of M's music program, is a budding stage manager whose partner is performing at Rainbow Stage this summer. Phew!!!)

Back to Sunday night... we all took part in Marni and Peter's annual online Tony Award pool (I think it was the first year my husband ever watched the Tony's!). We had to guess which show won best musical, best play, etc. in about 15 categories. To make it more difficult, we were pitted against participants from New York – friends of my sister and brother-in-law – many of whom had actually seen the nominated Broadway productions.

Fortunately, we clueless Winnipeggers discussed the current favourites on Broadway with our New York family, so we could securely enter the contest with a little knowledge. It was all computerized and we made our guesses on our phones (thanks to my technologically trained/gifted sister, Marni). Peter took home the big prize (\$24... and bragging rights!) and, much to my surprise, I tied for 2nd with my nephew, Shafer!

It was a spectacular end to an even more spectacular week. But I think the best part was seeing my 90-year-old mother's glowing face as she "shepped nachos" (Yiddish for derived pleasure) from seeing all her family together in one place.



## Volunteer Corner

- Heather Robbins

I've lived in Winnipeg all my life. I've worked in many professional roles, most notably as a journalist. Currently, I am an administrative assistant with the City of Winnipeg. My interests include cooking, reading about world history, ballroom/ Latin dancing and, of course, music.

Music has been part of my life for as long as I can remember. I don't recall a time when the radio wasn't on in my parents' home. In 2000, I discovered nostalgia music while looking for an alternative to what my peers liked. I started listening to the Guess Who, then found The Beatles and other great 60s/70s pop on KY58 and 1290 CFRW.

My love of jazz, particularly Frank Sinatra, started in my 20s and never stopped. I crave variety; I get bored listening to the same genres all the time. That's why I love CJNU. Where else can you hear Dean Martin, Billy Joel and the Kingston Trio back to back? CJNU is a true alternative to commercial radio anywhere, not just Winnipeg.

I've listened to CJNU in its various forms since 2008, but didn't start volunteering until 2020, when I completed Robertson College's administrative assistant program. I used my skills to support the station's administrative assistant, rather than sit idle until the pandemic-shaken job market stabilized. Once I returned to work, I continued performing miscellaneous clerical tasks at the station on weekends, and answered phones during pledge drive.

Now, I'm one of the voices you hear raising awareness of the wonderful organizations advertising on CJNU. You've also heard me on the Promise of Spring promos. I enjoy the challenge that being part of CJNU's voice bank brings. I've learned how to present information in a clear, engaging way. It's also fun hearing people trying to guess if it's me on the radio!

I'm proud to be part of keeping the music we all love on the air, and look forward to spending many wonderful years volunteering!

# Faces & Places

## A large crowd took in CJNU's Seniors' Day concert at the Ex

It all went down at the Red Barn Stage!



*The crowd loved it - some folks even got up and danced!*



*CJNU's Frank Stecky with jazz singer Helen White.*



*St. Charles Swing Band gets the crowd moving!*



*The Red Barn audience enjoys the smooth vocalizations of jazz singer Helen White.*



*Retro Radio performs a selection of "oldies but goodies" for the appreciative crowd.*



*CJNU volunteers and staff man the booth. (L to R: front row - Josette Lukowycz, Helga Stecky & Willow Harvey; back row - Adam Glynn & Dan Mitchell.*



*Frank Stecky with Nicole Chammartin, CEO, Victoria Hospital Foundation.*



*(L to R) Carson Natrass, Rainbow Stage's artistic director, and Joseph Sevillo, composer, lyricist & director of Ma-Buhay! (June 27 - July 14)*



*Insights on Social Connections inaugural program (L to R): Co-hosts Connie Newman, ED at MASC; CJNU's Jim Feeny; Linda Brown, ED at AAIM; and guest Dr. Michael Routledge.*

# Do you have your "Perks" membership card yet?

CJNU Perks Program  
welcomes new partners

CORPORATE MEMBERS:

Bookstore Brewing  
Bright Idea Graphics

PARTNERS:

Supper Central

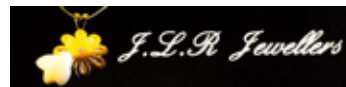
For more information,  
visit [CJNU.ca/perks](http://CJNU.ca/perks)



## CORPORATE MEMBERS



## PARTNERS



We Continue With  
Our Feature Highlighting  
The Top 10 Reasons  
To Support CJNU.



## NO.4 LIVE, LOCAL, AND ON LOCATION

We are live, local and on location – whether we’re broadcasting from our Home Studio in the Richardson Concourse, out and about from our Remote Studio, or even popping up at special events – we are a community radio broadcast FROM the community! So whether you’re listening to our volunteer announcers, our daily newscasts, hourly weather updates, traffic reports, Garry Moir’s History Vault, or even our community service announcements – CJNU is real radio that Sounds Like Winnipeg.

## It could be U

CJNU loves to run contests that give you, our listeners, the opportunity for you to win a variety of prizes. Here are our lucky winners from May’s contests.

### Red River Ex Senior’s Day Concert (Grand Prize)

Colleen

### Joey Gregorash at Club Regent Casino

Daphne Maria Adele

### GoIdeyes tickets – Father’s Day game

Jock Maria Brian  
Aida Sylvana Dale

Keep listening for your chance to win!