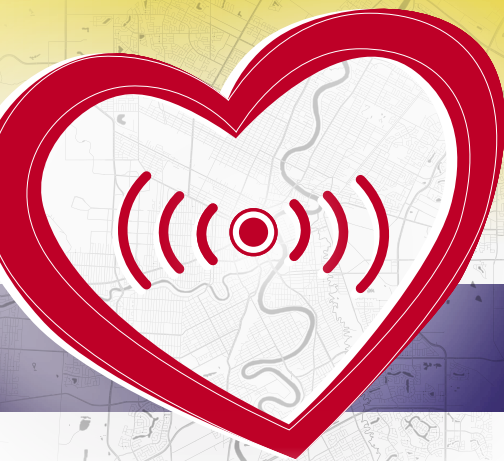


Nostalgia Notes



93.7
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER
OCTOBER 2024



11th Annual Pledge Drive • October 24-26

Put a Little Love
in Our Heart



93.7
CJNU

GREAT MUSIC | GREAT INCENTIVES | GREAT PRIZES!

HELP SUPPORT VOLUNTEER-POWERED, NON-PROFIT COMMUNITY RADIO RIGHT IN THE OF WINNIPEG!

CJNU is located at the heart of our community, and we put love into everything we do. We are In Tune with Our Community— and exist to support that community. It's our privilege to share the love we have for Winnipeg through working with incredible like-minded organizations and highlighting the good things that are happening in our city, and beyond.

We accentuate the positive through playing Timeless Classics from Legendary Artists— with an ever growing collection of some of the greatest music ever recorded, from across the past century in sound. Out of 8760 hours in a year, we dedicate 8000 hours to music. That's 480,000 minutes, or over 150,000 songs!

We are powered, with passion and care, by a team of over 130 volunteers that both produce the programming you hear, and work behind the scenes. They are supported by a small and dedicated staff of just four—and for every 1 hour of paid staff time, over 2 hours of volunteer time are donated to CJNU. At a conservative estimate, that works out to a value of over \$450,000 in donated time—a figure which is growing with each passing year.

Our heart drives us and motivates us... but our head reminds us of the reality that there are hard costs associated with running a volunteer-powered non-profit community radio station. We've done the math, and it's a pretty straightforward equation. When you add everything up, and get to the bottom line, it becomes incredibly clear that what we do is simply not sustainable without the lifeblood of your contributions—and we would cease to exist without your support.



Our Pledge Drive is the one time each year when we pause, and say it to you straight: if you see value in any part of what we do here at CJNU, then we need your help. But this isn't a one-sided ask—if you Put a Little Love in Our Heart then we want to show YOU, and our community, OUR love in return!

We are so proud to be continuing our partnership with Peak of the Market and Harvest Manitoba - where the first three hundred pledges of \$30 or more made will lead to a donation of 30lbs of fresh veggies to Harvest—showing love to some of those who need it most.

We're offering special incentives for those who donate \$60, \$125, \$250 or \$500—plus a truly unique gift for a donation of exactly 'CJNU Dollars' - \$93.70! Read on to learn more, or visit our website at CJNU.ca for all of the latest information.

Plus, we'll have prizes on offer before, during, and after the Pledge Drive for those who choose to make a contribution of any amount - through our Early Bird, Daily and Grand Prize Draws.

Ultimately, our Pledge Drive is a celebration - a three-day showcase of everything CJNU is and does. Every volunteer involved in CJNU will be lending a hand in some capacity - either in the run up to, during, or after the Drive. We sincerely hope you'll be able to lend a hand, too—and Put a Little Love in Our Heart.

INCENTIVES

\$60+

\$10 gift card for McNally Robinson Booksellers at Grant Park or The Forks!

\$125+

\$10 gift card, plus a pair of admissions to FortWhyte Alive!

\$250+

\$10 gift card, FortWhyte passes, plus a pair of tickets to an upcoming concert in the WSO's 2024/25 Season!

\$500+

\$10 gift card, FortWhyte passes, WSO tickets, plus Playing it Forward! CJNU will donate airtime to the charity or non-profit organization of your choice in 2025, in recognition of your support of our community

FEEL THE BEAT

If you donate exactly \$93.70 you will receive a unique and exclusive gift. You asked us, and so it's back by popular demand for the first time since 2020, and only while stock lasts—a limited edition Bluetooth speaker—themed like a retro-mini-boombox!



PRIZE DRAWS

EVERY pledge of ANY amount will enter you into a draw! We have a number of Early Bird draws for those who pledge before October 24th, Daily Draws for those who donate during the Pledge Drive from October 24th-26st, and Grand Prize packages, which will be drawn for after November 15th. For full details, including all of the latest confirmed prizes, visit CJNU.ca/pledge

The various prizes in each package have been contributed by CJNU volunteers, and thanks to the generosity of various partners and supporters in the community.

MATCHING FUNDS



JAMES RICHARDSON & SONS, LIMITED
ESTABLISHED 1857
AND AFFILIATED COMPANIES

James Richardson & Sons, Limited and Affiliated Companies will be matching pledges on the first day of our Pledge Drive, October 24th



Bob Williams, CJNU member and philanthropist, will be matching pledges during the morning of the second day of our Pledge Drive, October 25th. Please help spend Bob's Money!

FEEDING OUR COMMUNITY



Peak of the Market will be donating 30lbs of veggies to Harvest Manitoba for each of the first 300 pledges of \$30 or more!



HOW CAN I MAKE A PLEDGE?

You can make a pledge to CJNU...

with a credit card, at CJNU.ca/pledge, by using the form at the bottom of the webpage - where you can choose to pledge in full now, or to make a monthly contribution for pledges of \$60, \$125, \$250 or \$500

by phone, with a credit card, by calling the pledge line at 204-410-2700

by interac e-transfer, sent to admin@cjnu.ca - if pledging by e-transfer, please also click here to fill out this brief form

in person - by cash, cheque (made payable to CJNU), credit or debit card - at our office in the Richardson Concourse (open 9am-4pm, M-F)

by mail - with cash, cheque or credit, sent to:

CJNU Pledge Drive,
L7 - One Lombard Place,
Winnipeg, MB, R3B 0X3





Win Big – and help HSC

The HSC Millionaire Lottery returns with thousands of prizes – including \$1.25 million cash

YOU COULD BECOME A MILLIONAIRE!

When you get your HSC Millionaire Lottery tickets, you're in to win thousands of prizes, including prize homes or \$1,250,000 tax-free cash, and gift cards and experiences to tons of local events and business right here in Manitoba – including The Forks, Children's Museum, Royal Winnipeg Ballet, and gift cards for hotels, resorts, and restaurants.

Every ticket ordered is automatically entered in the Grand Prize draw with seven options, including home packages worth up to \$1.5 million. The 50/50 PLUS jackpot could make you a millionaire on its own (*max jackpot: \$3 million*) and the Extra Cash PLUS features \$148,000 in straight-cash prizes.

If you order early, there's more you can win – *including \$300,000 in Bonus and Early Bird prizes.*

And, new this year, everyone who orders their Millionaire Lottery tickets online before November 1st will receive 20% off at HSC prize partner, Manitobah (formerly Manitobah Mukluks)!

Of course, when you win – *we all win.*

Your tickets support healthcare at Health Sciences Centre Winnipeg, and all funds support HSC Foundation.

Simply put, your tickets can help save lives right here in Manitoba.

“The HSC Millionaire Lottery is more than just a chance to win big—it's an important initiative to raise funds to provide better patient care through the development of new clinical spaces, acquiring state-of-the-art medical equipment, while also supporting ground-breaking research at HSC,” says HSC Foundation President and Chief Executive Officer Jonathon Lyon. “Every ticket purchased helps fund innovative projects that provide better patient care.”



No other lottery this fall gives you the chance to support Manitoba's biggest hospital and the chance to win a brand-new home.

This year's Grand Prize options include homes in Sage Creek (by Maric and Sterling), Highland Pointe (by KDR), and Bison Run in Headingley (by Irwin).

If you're looking to vacation or retire on Canada's gorgeous West Coast, the Millionaire Lottery also features an oceanfront home on Vancouver Island at SookePoint, just a short drive from Victoria.

Or, you can become an instant millionaire with \$1,250,000 *tax-free* cash.

What better way to bid adieu to 2024 than with the biggest win of your life!

Tickets are available at hscmillionaire.com or by phone (204-253-5688) until November 14, 2024. Tickets start at 1 for \$100. 50/50 PLUS and Extra Cash PLUS tickets start at 2 for \$20.





PROVINCE OF MANITOBA

PROCLAMATION

Seniors' Month

WHEREAS Older adults are recognized by the UN International Day of Older Adults for their invaluable contribution and commitment to families and communities throughout Manitoba.

WHEREAS Older adults are diverse with varying interests, accomplishments, values, experiences and backgrounds; and

WHEREAS Older adults remain active, connected and engaged members of communities, and serve as models on the importance of healthy living, remaining socially connected and living active lives; and

WHEREAS Older adults are valued, cherished and celebrated as they enrich communities by listening and sharing their extensive knowledge, wisdom and skills through working, volunteering and caregiving; and

WHEREAS All Manitobans are striving to continue to build strong communities, where everyone benefits from the participation of older adults in volunteer or paid work.

Now therefore let it be known that I, Uzoma Asagwara, Minister of Health, Seniors and Long-Term Care for the Province of Manitoba, do hereby proclaim October 2024, as

Seniors Month

in Manitoba and do commend its thoughtful observance to all citizens of our province.

Minister



Saluting, Celebrating And Empowering Manitoba Seniors.

SOCIAL PRESCRIBING



MANITOBA ASSOCIATION OF SENIOR COMMUNITIES

October celebrates seniors and elders in Manitoba

October is Seniors and Elders month, and October 1 is the Day of Older Persons. It is a time to celebrate the contributions of older adults in our communities and how those contributions have helped shape society.

Active Aging Week – Sept 30 to Oct. 6 –kicks off Seniors and Elders month, and it’s another way to recognize the value of continuing to be active as we age. Active Aging Week aims to celebrate older adults’ contribution while also promoting wellness and a healthy lifestyle.

The main principals of Active Aging Week focus on physical activity, mental engagement, social connections and making healthy lifestyle choices. Regular physical activity helps to maintain health and improve strength and mobility, two factors important to maintaining independence as we age. Being active for 20 to 30 minutes each day can help improve one’s balance, strength, and mobility.

If you’re planning to be more active and, perhaps, replace some summer activities with something new as the seasons change –remember to start off slowly and gradually build up your endurance. It’s also important to do some cognitive exercises, which could include engaging with others and participating in activities that stimulate the mind. Joining a walking group, where you can be physically active and engage with others at the same time, is a great way to keep your mind stimulated. So is trying a new activity like Tai Chi or yoga, or joining an exercise class.

Staying active supports social relationships and prolongs one’s health. Maintaining connections helps reduce social isolation and has a positive impact on our physical and mental well-being. Interactions with family, friends, peer groups, neighbours and younger generations are all valuable to maintaining optimal health.

To help older adults in Manitoba make those connections, Manitoba Association of Senior Communities and Active Aging in Manitoba are working together to enlighten the medical community –family physicians, in particular –about the non-clinical services available in the community. The goal of the “Social Prescribing” program (which is a global movement), is to help family doctors link their patients with services in the community that will connect them to others and improve their well-being.

As we embrace the changing seasons – consider how you can approach active aging more holistically. Check out programs offered at your local community centre or talk to the Senior Resource Finder/Coordinator in your area. A list of Senior Resource Finders/Coordinators can be found on the CJNU website at cjni.ca.

For more ideas about how to stay socially connected, tune into CJNU the last Wednesday of the month for “INSIGHTS ON SOCIAL CONNECTIONS”, aired at noon. Pete Bombacci, founder and CEO of GenWell, will be our guest on October 30. GenWell is leading the human connection movement in Canada. Visit the GenWell website at www.genwell.ca.



A conference for family and friends
caring for people living with dementia.

Event sponsor  brightwater

Saturday, October 19th, 2024
Victoria Inn Hotel & Convention Centre
1808 Wellington Ave, Winnipeg, MB
9 am - 3:30 pm | Cost: \$50

REGISTER NOW!
alzheimer.mb.ca/care4u

Alzheimer Society's Care4U Family Conference leading resource for caregivers

The Alzheimer Society of Manitoba's annual Care4u Family Conference is just around the corner. Join the Society on Saturday, October 19, from 9 am to 3:30 pm, at the Victoria Inn Hotel & Convention Centre in Winnipeg for a day of education and support for care partners. Learn strategies to help with the day-to-day challenges of caring for someone living with dementia.

Over 19,600 Manitobans currently live with dementia and most of us know someone who is impacted by the disease. You are not alone. The Alzheimer Society connects you with the right support when you need it.

Now in its 13th year, the Care4u conference has been a leading resource for care partners – a place where they can build their knowledge, discover resources, gain support and connect with other care partners in the dementia community.

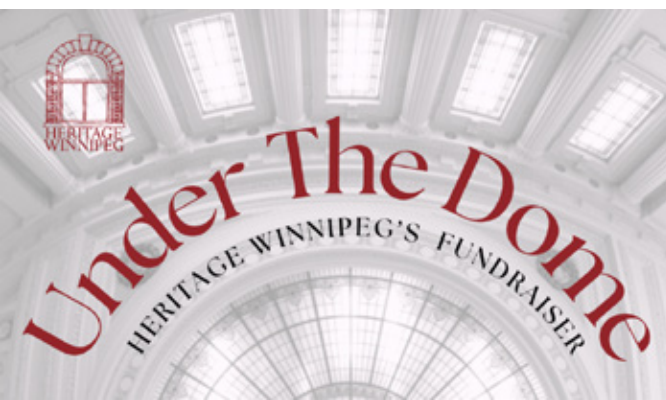
The theme for this year's Care4u conference is “Building Confidence for Day-to-Day Care”, which will explore a range of helpful caregiving topics, including communication and responsive behaviours, home safety, adapting to change, legal and financial matters, navigating end-of-life issues and more.

The cost to attend the conference is \$50 – this includes coffee and snacks, a hot lunch and take-home resources.

During the conference, attendees can choose between eight breakout sessions, and hear from speakers within the health care industry. They will discuss practical tips and advice for navigating dementia, while sharing insights from their personal experiences as caregivers.

Those attending the conference will also have the opportunity to explore exhibitor booths from local community organizations for resources and information.

Visit alzheimer.mb.ca/care4u to learn more and register.



“Under the Dome” - Heritage Winnipeg's Gala Fundraiser
Friday, November 8, 2024, at the Millenium Centre.

There will be a VIP Reception from 6 to 7 pm and Cocktail Party with food, entertainment and drinks from 7 pm to midnight.

Tickets are \$150/person (VIP tickets - \$250/person)

Sponsorship opportunities are available on Heritage Winnipeg's website:
heritagewinnipeg.com.



WJO Promises Spectacular Series Of Fall Concerts

Featuring Tomson Highway, Kelly Bado, Ellington and more!

The Winnipeg Jazz Orchestra (WJO) is back at it again with a truly amazing lineup of concerts this 2024-2025 season. We are pulling out all the stops by giving our audiences a series of concert experiences they won't soon forget!

Our first concert, on October 19th -- Tomson Highway Meets the WJO -- sees the acclaimed playwright collect some of his most powerful musical pieces and, along with the WJO, remaster and reimagine them with all of the intensity and presence of the WJO's big band sound. You'll hear songs from his greatest works, such as *The Rez Sisters*, *The (Post) Mistress* and *Cree Country* like you've never heard them before!

The rest of our fall concert roster this year will really knock your dancing shoes off! On November 10, at

our *Mama Hé* concert, award-winning singer/songwriter Kelly Bado joins the WJO in celebrating her music and Africa's diverse musical landscape.

At our *Winnipeg Sings Along* concert on November 30, the WJO invites you to celebrate Winnipeg's 150th birthday in style, as we play hits from world-famous Winnipeg artists like Neil Young, BTO, and Fred Penner. On December 19, enjoy a sultry, if somewhat silly, Christmas concert with a romping rendition of Ellington's *Nutcracker* and a ridiculous reimagining of the modern Yuletide classic *Elf*!

And we have even more in store for the spring! There's fun for the whole family, and a little something for everyone, in this fabulous lineup of shows designed to make your heart soar, your toes tap, and your souls celebrate the power of amazing, made-in-Manitoba music and the exciting energy of big band jazz!

Check out www.winnipegjazzorchestra.com for all of the details and to get your tickets now! Ticket line: 204-632-5299 or tickets@winnipegjazzorchestra.com.

CJNU will continue broadcasting remotely for the month of October from the shopping gem that is Kildonan Place. If you're in the mall, stop by and say hello. *We would love to see you!*

Victoria Lifeline Celebrates The Contributions Seniors Make To Our Society

October 1st is a day set aside to celebrate Seniors Day in Manitoba. We invite our wonderful partners at CJNU Nostalgia Radio to join Victoria Lifeline in acknowledging and celebrating all the ways older adults enrich our lives and our communities. At Victoria Lifeline, seniors are at the very heart of everything we do and one day is simply not enough to celebrate all the ways they make our lives better. Recognizing the valuable contributions of older adults supports a thriving, age-inclusive society where every voice matters.

Older adults are volunteers, staff members, caregivers, grandparents, advocates, friends and mentors. With many active years ahead of them after retirement, older adults contribute to society in so many meaningful ways. Some continue to work part-time - the last Canadian census reported that one in five older adults work in some capacity after age 65. Furthermore, by age 70, nearly three in 10 men reported working part-time. As people live longer and spend more time in retirement, this emerging trend of 'encore work', paid or unpaid, is becoming more prevalent.

Older adults contribute the most volunteer hours per age category, averaging 223 hours a year according to Volunteer Canada. Many companies and non-profit organizations rely on the generosity of volunteers, including Victoria Lifeline and CJNU. Most of Victoria Lifeline's volunteers are retired and contribute an incredible 5,000 hours a year! The Lifeline medical alert system is installed and serviced by a dedicated group of Home Service volunteers.

Older adults are generous not only with their time, but also with their money. According to a report from Statistics Canada, older adults are the most generous charitable donors in the country. Thanks, in part, to their generosity, charities can fulfil their mandates and support the health and well-being of all Canadians.

We could write hundreds of pages on why celebrating the contributions of older adults is so important, but for now we'd just like to say thank you for building the thriving communities we live and work in today.

Victoria Lifeline celebrates seniors, while giving them peace of mind.



Club Regent Presents Yesterday Once More

A nostalgic evening of iconic music!

From the creators of Oh What A Night!, and Four By Four, comes an electrifying new show called Yesterday Once More – a unique musical revue celebrating the songs of ABBA, The Carpenters, The 5th Dimension and The Mamas & Papas. Four dynamic performers – individually and together – will sing and dance through the memories of your youth.

Direct from Las Vegas, this show has earned rave reviews from audiences.

The music of The 5th Dimension was a blend of sunshine pop and soul pop. Canadians were avid buyers of the group's new sound, sending Aquarius, Up Up and Away and Wedding Bell Blues to the top of the charts.

Although The Mamas and Papas had only a short three years of recording together, they defined the spirit of a better tomorrow with their counterculture sound. In their brief recording lifetime, the group scored three platinum albums, and topped the Canadian charts with Monday, Monday and I Saw Her Again.

The Swedish group ABBA had their greatest success in Europe. Songs such as Fernando, S.O.S. and Mamma Mia were among their biggest hits. ABBA also inspired the stage musical, and later, the movie Mamma Mia (with Meryl Streep and Pierce Brosnan), which featured all songs from ABBA and made them a worldwide name. Their success earned the group a place in the Rock and Roll Hall of Fame.

The easy listening sounds of The Carpenters sold more than 100-million records worldwide, including 15 Number One hits on the Adult Contemporary Chart. Among the most memorable recordings were Yesterday Once More, Close To You and We've Only Just Begun.

By evening's end, you'll probably be asking yourself: "Why isn't this outstanding music still around?" (We all know that it still is, on CJNU 93.7 FM, your nostalgia station).



So take a musical journey
back in time with Yesterday Once More,
at Club Regent on November 2.
Tickets are available at clubregent.ca.



Join CJNU and Active Aging in Manitoba
as we Take a Minute to Move!

Every day at 9:33 AM and 1:33 PM, only on CJNU 93.7 FM!



Those Were The Days!

MUSIC FILLED WITH MEMORIES



Re-live The Moments Of The Week With
Community Café Each Friday at Noon on CJNU

in partnership with the Free Press Community Review
as we chat about what's making news in our community.

WWW.CJNU.CA | @CJNU937    | BELL MTS TV CHANNEL 725 | *POWERED BY YOUR MEMBERSHIP*

The True Meaning of Thanksgiving

Growing up, Thanksgiving wasn't a big deal –at least in terms of the meaning of the holiday. It was always a wonderful day for food. My dad did the bulk of the cooking, and he made one heck of a Thanksgiving dinner! The food was tremendous...and plentiful.

Sometimes, extended family came over; other times, it was just my mom, dad, sister and me. Dad would cook chicken or turkey, stuffing, mashed potatoes, perogies, cabbage rolls, turnips (my least favourite item) and, often, apple pies. As soon as he got in the kitchen, his Ukrainian side would come out –meaning he would make enough food for an entire village! That's what Thanksgiving was for me as a kid.

But, over time, it changed. The food was still amazing, but I began to get the idea of giving thanks and exactly what that meant. It seems the older we get, the more we find to be grateful for, and we appreciate our blessings just a little more each Thanksgiving.

Every year, we look back at all that's happened –both good and bad. We feel sad when a relative passes away, but grateful for the time we spent together. We despair when health issues hit the family, but give thanks to the doctors,

nurses (and science) for helping us get through the pain. We remember the celebrations that took place that year –weddings, graduations, promotions, births –and we are thankful. And the more time that goes by, the more grateful we feel for our family and friends who we love and care for, and who love us back.

Sometimes, I feel thankful for every day I'm alive, because I know there are no guarantees in life. But I'm here now, and for that, I'm grateful.

This never struck me as a kid –that time in your life when you feel immortal and take for granted that the people in your life will always be there. But change is a part of life. So is recognizing our vulnerability. And with that, Thanksgiving gradually transformed from a day to stuffing myself till I lapsed into a turkey coma, to something far deeper and more meaningful.

Happy Thanksgiving, everyone, and may you have a lot to be thankful for this year.

Chris Hearn
CJNU Volunteer



Thursday, October 17th, 2024 | RBC Convention Centre

WITCHY Wonderland

A ^{NOT}_{SO} fright fest

OCTOBER 2024
11-13 • 18-20 • 25-27



at The LOOP at Red River Exhibition Park, 3977 Portage Ave.

Get ready for a wickedly good time at The Ex!

Visit Exhibition Park for the second annual Witchy Wonderland. Enjoy some (not-so) frightful fun with the whole family at Manitoba's newest, multi-day Hallowe'en attraction. Don your favourite Hallowe'en costume

and experience a world of enchanting activities and spooktacular festivities that will leave you and the little ones grinning ear to ear.

Visit redriverex.com to learn more.



Radio Classics Is Back with A New Season

A new season of Radio Classics begins October 1. Gather round the radio at 10 pm every Sunday through Thursday to hear your favourite shows of bygone days.

Your hosts this year will be Mark Havens, Peter Nadolny, Heather Robbins and Jennifer Benjaminson. They are each looking forward to sharing their love of the radio classics with you.

They also take requests, so if there's a particular show or series you want to share with the rest of the listeners, shoot them an email at: radioclassics@cjnu.ca. and they'll do their best to work it in.

Make sure to check out the Radio Classics page at CJNU.ca for a schedule of shows for the month.

Happy listening!



What's really scary about Hallowe'en?

When the kids were young, Hallowe'en was always a scary time for me. But not for the reasons you'd think. Ghosts, goblins and equally eerie enigmas didn't phase me. What was truly terrifying was finding a way for my non-crafty self to fashion two costumes that wouldn't be "noticeably" lame when my children went trick-or-treating through the neighbourhood.

Now maybe I'm judging myself too harshly. After all, I was a creative being –the fact that my creativity didn't lend itself to anything that had to be made by hand wasn't my fault. And the fact that my husband and kids could draw circles around me when I couldn't draw a straight line was simply a genetic glitch. I didn't have the "crafty" gene! Sue me!

Back to Hallowe'en. In those days, it was the rare parent who purchased their child a ready-made costume. Now, it seems to be the norm. Valu Village, and other similar establishments, boast racks of "wily witches", "pretty princesses" and "scary skeletons" ready to go (all accessories included). Today's tot would not be caught dead in a white sheet with holes for the eyes, or some such hastily assembled attire their exhausted mother pulled together at the last minute! (Are you picturing me here?)

Yes, those supermoms still walk among us –the ones who can sew, knit, crochet, weave, embroider, macrame,

decoupage, do origami, make candles, juggle (well, maybe only the really devoted ones can juggle!) My point is, they often spend days finding just the right sequins to sew onto their little girls' Cinderella costumes or just the right fabric to fashion their sons' Super-Hero outfits. Now don't get me wrong. I have nothing against these pillars of perfection. (Sigh)...it just makes it hard for the rest of us.

I managed to pull off a few miracles –but they were few and far between. Nonetheless, it strangely didn't take away from the excitement of seeing my little monsters all decked out in their finery, clutching glow-in-the-dark treat bags and Unicef boxes (yes, we still collected change for Unicef –I guess people just trusted each other back then. It was a different world.)

Then, after our hour-long trek in the snow, my rosy-cheeked kids would race back into the house to inspect their tasty treasures. Once they'd dumped the candy on the floor (in two separate piles), they'd compare who got the better stash. Sometimes, we'd be up half the night with the kids –inspecting, eating, inspecting, eating. By that time, the costumes, which had given me so much grief, hardly mattered –we were all having too much fun!

Robbi Goltsman-Ferris
Editor

PAST HALLOWE'ENS



*Heading out the door
– the pirate and Barney!*



A scary Batman looms over his little sister.



An eager bumble-bee checks out our candy.



Personality Corner: Parris Philbert

Every month, we shine a spotlight on a CJNU volunteer who has made a significant contribution to our station. October's personality is Parris Philbert and this is his story.

I grew up in West Kildonan. My special interests are: art (especially mid-century modern design and architecture); collecting vintage paperback novels from the 1950s; craft beer (started brewing company in early 2021); building electric guitars (started a small business called Retromeh, focusing on original retro designs); and jazz from the 20s through the 60s.

My profession/job is owner of Bookstore Brewing Company Inc., a local Winnipeg craft beer maker. The brand is a celebration of the vintage paperback novel cover art from the 1950s, with original art and stories.

Music had just a minor influence on my life in my teens. I discovered the Rat Pack crooners in my mid-twenties through friends, but didn't realize my true love for music till my 40s, when I discovered old jazz. (I wish I'd discovered it decades ago. I find it deeply soothing.)

Embracing jazz, I hunted for radio stations that played it. A few did –though at odd hours. Then I discovered CJNU, who played this kind of music more often. I also appreciated their local community

focus. In September 2023, I heard an ad on CJNU asking for potential on-air operators and/or hosts. Having been on the radio in the past for other events (namely, my programming work for the short-lived Winnipeg International Film Festival), and enjoying it, I applied.

Being trained to operate, and comfortable hosting at the same time, I enjoy the freedom of expression, offering my preferred jazz selections to an appreciative audience –within the responsible parameters of CJNU programming requirements, of course. Gift-giving is my love language, so getting feedback from listeners who enjoy my shows is consistently rewarding.

As I continue down jazz history rabbit-holes, it's such a thrill to discover long-forgotten music and performers that I can play on CJNU. As well, since I own a local brewing company, I created a fundraiser beer for CJNU called Timeless –a light lager. The way it works is: 93.7¢ from each 473ml can goes to CJNU. To date, it's raised over \$1,000.

I continue to enjoy my association with CJNU. Here's a link to the MBLL listing for Timeless beer:
[BOOKSTORE BREWING TIMELESS A LIGHT LAGER](#)



ANNOUNCING:

THE NUMBER 1 REASON TO SUPPORT CJNU!

We have finally come to the end of our feature, The Top 10 Reasons to Support CJNU.

**And The Number
1 Reason Is...
THE MUSIC!**

The music you hear on CJNU is like a fine wine – it improves with age. It's a mix of music you just won't hear anywhere else. Whether it's something you remember from when you were young, something you listened to with your parents or grandparents, or something you just heard for the first time today – we play Timeless Classics from Legendary Artists, from our library of over 25,000 selections. Oh – and, of course, we love to play your requests.

Faces & Places



Charlene Diehl, Director, Plume Winnipeg (formerly Winnipeg International Writers Festival)



Garth Rogerson, CEO, Red River Ex, visits Frank on Breaky with Stecky



Erin McGrath, Winnipeg Studio Theatre, Artistic Director - she directed Miss Shakespeare.



Erin Crawford, CEO, Alzheimer Society of Manitoba

Teddy Bears' Picnic at Lyric Theatre



Frank with Alyssa Gallano, Marketing & Communications Coordinator, Children's Hospital Foundation of Manitoba



Frank with Sara Shyjak, Manager, Marketing & Communications, Children's Hospital Foundation of Manitoba

It could be U CJNU loves to run contests that give you, our listeners, the opportunity to win a variety of prizes. Here are some recent lucky winners.

Tickets to Herman's Hermits at Club Regent

Roz, John, Claudia, Brent

Tickets to Thin Air Writers' Fest

Roz, Mirla

Tickets to Daniel O'Donnell at Club Regent

Sheryl, John, Janet, John, Linda

Goldeyes Tickets

Don, Larry, Katie, Mario, Rob, Meaghan, Sharon, Randy, Heath, Warren, Julie, Jackie, Kim

Keep listening for your chance to win!

HAPPY HALLOWEEN



CJNU welcomes new Perks corporate member:

interior  illusions

If you don't have a Perks membership card yet, what are you waiting for?

Find out more at CJNU.ca/perks.