

# Nostalgia Notes



93.7  
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER  
NOVEMBER 2024

## Creating a Brighter Future at Riverview

I joined Riverview Health Centre Foundation in May and almost every day I hear heartfelt stories about the important role Riverview Health Centre plays in supporting the health of Manitobans.

The centre, nestled along the Red River in the beautiful Riverview neighbourhood, is well-known for its Palliative Care program. And that is for good reason. There are many people who have witnessed the exceptional and compassionate palliative care family members have received at Riverview.

### But Riverview is also so much more.

Riverview Health Centre, with over 900 staff members, is a leader in Long-Term Care, Palliative Care and Rehabilitation in Manitoba.

Every year, Riverview supports over 4700 Manitobans. Approximately 1400 will be supported through inpatient programs and long-term care and another 3300 will visit RHC as an outpatient.

I've met many happy individuals who call Riverview home. These people are living their best lives at Riverview because of the compassionate care provided and opportunities they have to enjoy life as much as possible.

I've spoken with survivors of stroke and brain injuries who have successfully returned to experiencing their

daily activities because of the outstanding rehabilitation and support they received at Riverview.

I've also attended all three fundraising events hosted annually by Riverview Health Centre Foundation: *Cycle on Life*, *Bocce Ball* and *Laughs & Libations*. These events have provided me the opportunity to meet both new and loyal supporters of the Foundation.

Over the last six months I have been impressed time and time again by the sense of community and well-being that Riverview strives to create every day. Riverview Health Centre Foundation also contributes to this by engaging and collaborating with Manitobans to fulfill a shared goal of improving health care experiences for everyone.

The many programs and services offered at Riverview are strengthened because of the generosity of donors. I invite you to give and become part of our Riverview community because together, we will create a brighter future for everyone at Riverview Health Centre.

**If you're interested in joining our community by making a donation to Riverview Health Centre Foundation you can visit [rhcf.mb.ca](http://rhcf.mb.ca) or call 204-478-6271.**

Heidi Struck  
Acting Executive Director,  
Riverview Health Centre Foundation



Riverview residents enjoy outdoor bonfire.



Cycle on Life is a major fundraiser for the Riverview Health Centre.



A summer visit to The Forks.

# Shine a Light in Support of Manitobans with Cancer

Light is a symbol of life, hope, guidance and truth. You can pay tribute to someone you cherish and light up the darkest month with 1,250 white lights, while raising funds to support CancerCare Manitoba and their mission to provide all Manitobans with tomorrow's cancer treatments today.

"Shine a Light" is a meaningful way for people to recognize someone special to them – either in memory, honour, or in gratitude," said Sherelle Kwan, Manager, Community Events and Development at CancerCare Manitoba Foundation. "We had a very positive response from the community to this program since its launch two years ago. It's our hope that the light display will once again inspire and uplift those touched by cancer while raising funds for a brighter future."

When you Shine a Light, you support cancer prevention, leading-edge research, clinical trials and enhanced patient care. All funds raised by CancerCare Manitoba Foundation stay in Manitoba. By Shining a Light, you're helping light the way to a better future for those in our province facing a cancer diagnosis.

To Shine a Light, all you have to do is make a \$100 donation. Each \$100 donation will represent one of the lights that will shine in CancerCare Manitoba's building on McDermot Avenue, starting December 2. You can send a card to let others know who you are honouring – then join us for a special lighting ceremony on December 2 at 5 pm, where you will see your loved one's light and name shining for all to see.

Lights are available by visiting [www.shinemb.ca](http://www.shinemb.ca) or by calling CancerCare Manitoba Foundation at 204-787-4143.



CCFM's "Shine a Light" campaign raises funds for cancer prevention in Manitoba.



Names of "honoured" loved ones reflected in lights on Cancer Care Manitoba's building.

Join us 'live' at 2 pm on Friday, November 8  
as we broadcast the *Taking Time to Remember*' service  
from Riverview Health Centre.





# Concordia Launches The Patel Simulated Learning Centre

*The use of simulation has been identified as a critical and indispensable strategy to improve patient safety and quality of care.*

*Cutting-edge Simulation Learning Lab coming to Concordia Hospital in 2025.*

## Concordia is on the cusp

Simulation has become an essential tool for improving patient safety and quality of care. To better prepare healthcare providers for life-threatening events, Concordia is creating a cutting-edge Simulation Learning Lab for urgent care physicians, medical and nursing students, nurses, respiratory therapists and other healthcare professionals. This state-of-the-art facility will equip staff with the capacity to recognize patient deterioration and respond to emergencies – such as cardiac arrests – effectively.

The simulation lab will provide continuous, hands-on training for all care providers, regardless of their schedules, and will enhance the existing learning and training programs at Concordia. By offering more practical experience, the lab aims to improve the quality of care for patients in critical conditions.

*The lab has been made possible by a generous donation from Drs. Jayshree and Praful Patel in loving memory of their son, Sunil Patel. Concordia is on track to complete the lab by early 2025.*

*We also thank the Winnipeg Foundation, Steinbach Credit Union and other community donors for contributing to this project.*

## Why simulated learning is important

Simulation-based training allows healthcare professionals to practice emergency responses in a safe, controlled environment. This training strengthens their skills, enabling them to detect signs of deterioration earlier and manage emergencies more effectively, ultimately improving patient outcomes.

Simulation methods are now integral to healthcare, drawing on lessons from high-stakes fields like aviation, space exploration and the military, where rigorous practice and safety protocols are paramount.

Simulation exercises aim to simulate real-life medical emergency scenarios in a safe and controlled environment to prepare healthcare professionals to deal with these situations effectively.

The use of simulation not only enhances the skills of healthcare professionals, but also ensures they can recognize deterioration early and manage it optimally, which ultimately leads to better patient outcomes. It is crucial to acknowledge that delayed recognition and suboptimal management of deterioration can result in increased mortality and morbidity rates, thus highlighting the importance of simulation as a proactive approach to enhancing patient safety.

**Healthcare simulation** is coming of age. The rapid advance of computer science, bioengineering, and design has met demands from all stakeholders for safer, more effective and efficient, ethical healthcare. When the stakes are high, and natural settings do not lend themselves to artificial handling for other purposes, simulation methods will find applications.

The Concordia Foundation, in partnership with the Concordia Hospital, is pleased to support this groundbreaking program for the greater good of our patients and staff. Our Winter Campaign will focus on raising the remaining funds for this project with a ribbon-cutting to be held in the early part of 2025.

# Our Memories – on Remembrance Day

There are many CJNU volunteers who served their country at various times in our history. Here are four of their stories.



## Doug Bumstead

I served in the Canadian Armed Forces for 35 years, joining in 1986 as a reservist. In 1990, I transferred to the regular force, serving as military police officer from 1991 until 2021, when I retired as a warrant officer. I deployed outside of Canada for a humanitarian relief mission to Haiti with the United Nations; NATO missions to Kosovo, Bosnia and Afghanistan; and a few stops to Kuwait and Egypt to round off my world travels.

Over the years, my family and I have lived across the country – from Halifax, Nova Scotia to Cold Lake, Alberta – with a couple of stops in Winnipeg. With my travels to different countries, being able to listen to a Canadian radio station was that link to home. Although today you can do that with a keystroke from your computer, we didn't always have that, so radio was that key connection. As a member of CJNU and on-air host, I not only get to hear the music I grew up with – I get to share my favourite music with listeners. CJNU really is the home of timeless classics and legendary artists.

## Merry-Sue Adair-Gill

I joined the Canadian Forces in 1978. Two of my siblings were already in the Forces, at the time. My dad, uncle and grandfather had all served in the military in the U.S. It might sound trite, but the Forces gave me a sense of belonging, as well as a sense of our history. I served for 20 years, and was posted to Germany, which was unusual for “no-hook” privates. (Normally, you had to have your advance job training before you went overseas.)

I spent almost three years at Base Baden-Solligen. I worked at the Base radio station CFNS, which I loved, and like here at CJNU, I had two shows. One was a Tuesday drive-home show and the other was the late-night show on Sunday. I met my future husband in Germany and, when we got married, I was posted to the Diefenbaker (or CFS Carp) outside of Ottawa, to be with him.

Over the years, I was posted to CFB Borden, just outside Barrie, Ontario. As well, I worked as an instructor at the Electronics School at CFB Kingston, Ontario. My final posting was to CFB Shilo, where I spent the final six years of my military service. Along the way, I had two wonderful children and made some great friends. I retired in 1998 and moved to Winnipeg with my boys. It has been over 20 years since I retired, which means I have been “out of service” longer than I was in. A lot of water under the bridge, but also a ton of great memories.

## Joyce Allen

I attended RAF Spitalgate in Lincolnshire and, after eight weeks of training, was officially a member of the Royal Air Force. Basic training gave my life direction and focus. One of the things that has really stuck with me from those days was learning and understanding the RAF Motto, *Per Ardua Ad Astra* – through diversity to the stars. Many times in my life, I have turned to that motto – in times of stress, I looked toward those stars.

I was trained as an aerial reconnaissance photographer and my life became centred around Lancasters, Blenheims, Mosquitos, etc. These were bomber aircraft that had been modified to carry cameras instead of bombs. They had dark rooms and film-drying rooms, and were filled with the pungent smell of photographic chemicals, aircraft fuel and cleansers. Most of my day-to-day work involved mounting and dismounting cameras and film magazines in the aircraft and processing the rolls of film. I had a good time calculating the required flying speed and altitude of the aircraft, based on the type of camera being used, shutter speed etc. Over the years, I was posted to RAF Bruggen in West Germany and RAF Aden. I served seven years and returned to England for an honourable discharge on December 8, 1966.

Do I regret my military service? Not at all. I still think back on those years with a feeling of pride and accomplishment – a time of enjoyment, challenge and a true appreciation for those who served before me. These feelings are more acute as we near Remembrance Day. I was fortunate enough to serve my country in a period of relative peace, even though the Cold War was still going strong. Each year, especially around Remembrance Day, my thoughts go out to those who served, and are serving, in times of war. Particularly those who gave their lives for their country. They are an example to all of us.

## Herb Henson

It's important to remember those who fought for our freedom. It's also important to remember the importance of volunteering.

My father volunteered to join the armed forces in 1939 and was shipped to Italy. He was in the Service Corps. One day, they were having a celebration in a large hall – for a birthday, I think. The commanding officer came in and asked for a volunteer to go to the front and pick up some wounded. No one wanted to leave the party, but finally, my dad agreed to go. When he got back, the hall had been destroyed by a German bomb. So I am here today because my dad volunteered.

# REMEMBRANCE DAY 2024 – The 80th Anniversary of D-Day

## FEW VETERANS LEFT TO TELL THE TALE

In September 1939, Canada went to war for the second time in a generation. This war lasted six years. Six years is a long time, and at war's end there was little in Canada that was as it had been in 1939. For one thing, the war lifted Canada out of the Depression. It produced an enlistment record that was extraordinary – about one person in every 11 in uniform. It produced a record of industrial achievement – of ships, guns, tanks and planes, and another 10,000 items of material produced – which was equal, on a percentage basis, to what the United States could produce.

But in this anniversary year, we should not talk about figures, the bottom line of a bill of goods. What we should acknowledge, at all times, is people – and in particular, our Canadians, as citizens of one of the greatest nations on earth.

However, because this is the 80th anniversary of D-Day, that is what I wish to write about.

For four long years, since the lightning Nazi strikes of 1940, the nations of Western Europe had suffered under the Nazi occupation. For four years – men, tanks, guns, supplies, ammunition and trucks had been piled onto the island of Britain until it was claimed that the island would sink under the great weight of war supplies.

Then D-Day came, and early on June 6, 1944, the greatest fleet of ships in the history of the world carried the greatest invasion force of all time to storm the beaches of Normandy in France and Hitler's Fortress in Europe. More than 15,000 Canadian soldiers, the Royal Canadian Air Force and over 60 Canadian ships and landing craft, took part in the invasion. Manitoba forces involved in the invasion of Normandy included the Royal Winnipeg Rifles, Fort Garry Horse Unit, The Cameron Highlanders and the 12th Manitoba Dragoons. Overhead, the Royal Canadian Air Force was flying thousands of raids and bombing runs on German positions.

The Germans responded rapidly, shelling the beaches, mortaring them and spraying them with machine gun bullets. The Canadians raced down the ramps of their assault craft into the face of this fire. The men on the landing craft had expected a dry landing. Instead, they were forced to carry their rifles and packs over their heads into seven feet of freezing water. Men dropped, crossing that open beach. Seventeen-year-old Charles Cline described the assault:

**"When the landing craft dropped its ramp, I remember running up the beach. There were body parts on the beach...I vomited and tried to figure out what was going on. Nobody who was there came back the same."**

Captain Paul Martin, of the Royal Winnipeg Rifles, who was only a 23-year-old signalman at the time, recalls D-Day vividly.

**"I think what people have to realize is that Saving Private Ryan was exactly how it was – real scary. We were just kids. Some of us were young, 18, 17... some were crying, some were calling for their mothers."**

*Juno Beach landing, June 6, 1944*

In the first hour of the assault on Juno Beach, the Canadian forces suffered approximately 50 percent casualty rates. Once the Canadians cleared the seawall (about an hour after jumping off the transports), they started to advance quickly inland. By noon, the 3rd Canadian Division had landed completely and had pushed several kilometres inland to seize key bridges and towns. By the end of D-Day, the 3rd Canadian Division had penetrated farther into France than any other Allied force.

Normandy cost Canada 18,400 casualties, among them 5,000 dead. But the Canadians drove beyond the beachhead and moved north, clearing the vital ports along the English Channel and onto the liberation of Holland and, ultimately, across the Rhine River into Germany itself.

This year marks the 80th anniversary of one of the turning points in the war. In our small way, we honour not only the infantry and the tank crews, but all the other vital elements of the invasion success – the sappers and gunners, signal corps, intelligence officers, truck drivers, loggers in the Canadian Forestry Corps, Canadian Women's Air Corps, medics, doctors, and nurses.

And what can we say of these men and women? Perhaps one veteran said it best:

**"We were never heroes...we just went over and we did our jobs... and we came back – some in less than one piece – and we helped build up this society and put it where it is today."**

One 80-year-old veteran wrote in 2004, "It took me an awful long time before I could talk about my war experiences... Over the years, I have had many nights of no sleep and, as recently as two weeks ago, I had a dream about German bombs falling on the beach."

As of June of this year, the Canadian delegation to Juno Beach has just 13 veterans, all between the ages of 99 and 104. It seems likely that this will be the last major anniversary event to involve the men who witnessed D-Day.

Their time is short. We dedicate this remembrance to them.



# SOCIAL PRESCRIBING



MANITOBA ASSOCIATION OF SENIOR COMMUNITIES

manitobaseniorcommunities.ca

info@manitobaseniorcommunities.ca



## Who Are We?

GenWell, a registered Canadian NFP, is Canada's Human Connection Movement whose mission is to make the world a happier and healthier place by **educating, empowering, and catalyzing** Canadians around the **importance of face-to-face social connection** as a proactive step we can all take for our **health, happiness, longevity, and the betterment of society.**

FOUNDED IN:

**2016**

GOAL TO CONNECT:

**41M** 

## What Do We Do?

**Annual Campaigns:** Our Connection Campaigns give every Canadian the reminder, excuse and permission to reach out and connect with others.

**Our Programs:** Our Educational Programs help people in Canada better understand and take action around their social connections and health.

## Join Us for Our Upcoming Human Connection Workshop

**Human Connection 101: Building the Foundation for a Happy & Healthy Life**

**December 3, 2024 | 11:30 AM EST**

Do you ever feel like something is missing in your life, but can't quite put your finger on it? Many older adults experience this vague emptiness without realizing that the missing piece is human connection.

### Key Topics Covered:

- **Our History of Disconnection:** Explore the evolution of social disconnection and its impact on modern society.
- **Defining Key Concepts:** Gain a clear understanding of social health, human connection, loneliness, social isolation, and disconnection.
- **Negative Impacts on Seniors and Society:** Learn about the effects of loneliness on seniors and the broader societal consequences.
- **Benefits of Human Connection:** Discover the numerous advantages of fostering strong human connections, including improved mental and physical health.
- **Practical Strategies:** Find out where and how to build more meaningful connections in your daily life.

## Did you know?



Nearly 25% of Canadians aged 65 and older have expressed a **desire for more social engagement**

\* Angus Reid, 2019; National Seniors Council, 2014 and 2017



**Scan to register!**

# November is Falls Prevention Month at Active Aging

## AAIM Continues to Inspire Active Lifestyles

Some of us think about preventing falls daily – others only think about fall prevention after a friend or family member has a fall. Unfortunately, many people think about fall prevention AFTER they have a fall.

The statistics are not great – 1 in 3 Canadians, 65 years or older, will have a fall this year. And anyone who has fallen is at greater risk of having another fall. Fifty percent of all falls happen at home, and falling is one of the leading causes of hospital admissions for older adults.

The good news is that you can prevent a fall, which is key to remaining independent in your home. Regular exercise can help with muscle strength, endurance, mobility and balance. As we age, our muscle mass decreases, and our ability to react quickly to a loss of balance also declines. Similarly, our capacity to recover from a loss of balance isn't as good as it once was. Fortunately, specific balance exercises can be done daily – even walking helps maintain balance and mobility.

## Since Half Of All Falls Happen At Home, Here's A Checklist To Help You Prevent Yourself From Falling:

- Remove tripping hazards such as scatter mats, and create clear walking space by moving/removing furniture.
- Keep dark areas well lit – especially at night.
- Keep steps and sidewalks clear of leaves, snow and ice.
- Wear shoes with good grips, both indoors and out.
- Use assistive devices, like walkers and canes, if needed.
- Take your time when going from a lying or seated position to a standing position.
- Take medications as directed – know what medications may affect your balance.
- Stay hydrated and well-nourished.
- Have your vision and hearing checked regularly, as changes to vision and hearing loss can contribute to falls.
- Manage any chronic health conditions with the help of a healthcare professional.
- Be physically active for at least 30 minutes daily and include some strength exercises at least twice weekly.
- Do some balance exercises for a few minutes each day.

## Balance Exercises:

- **Walking the line:** Using a chair or wall for support, step forward with one foot in front of the other as if walking a tightrope, with arms extended to help with balance. Add walking backwards on the tightrope as your balance improves.
- **One-leg stand:** Using a chair or wall for support, lift one foot off the floor and switch. To challenge your balance, move to one hand, then no hands on the chair or wall for support. Or alternate opening and closing your eyes.

For more information and balance exercises, check out: Active Aging in Manitoba's website for a falls prevention webinar at [www.activeagingmb.ca](http://www.activeagingmb.ca) and "Staying on your Feet" at [www.preventfalls.ca](http://www.preventfalls.ca).

And be sure to tune into CJNU at 93.7 FM for "Take a Minute to Move" (daily at 9:33 am and 1:33 pm), where you will learn more exercises that help improve your balance.

By Linda Brown, Active Aging in Manitoba (AAIM) Executive Director, Certified Falls Prevention Educator

## Move More... Sit Less... Feel Better!



**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!**



# November ushers in two top-notch plays at Royal MTC

After a hilarious opening to the 2024/2025 season with *The Play That Goes Wrong*, Royal MTC is bringing two new shows to the stage this November.

The Tom Hendry Warehouse opens with a story right from the heart of rural Manitoba. Funny, poignant and subversive, *The Recipe* is a heartwarming Prairie Gothic from a singular Manitoban voice, featuring a cast of misfit characters, in Armin Wiebe's Gutenthal series. *The Recipe* is Wiebe's second play to hit the stage. His first, *The Moonlight Sonata of Beethoven Blatz*, premiered at Theatre Projects Manitoba in 2011 with a sold-out opening night. Theatre Projects Manitoba will be co-producing *The Recipe* with Royal MTC.

As we head into the holiday season, Louisa May Alcott's timeless novel, *Little Women*, will come to life on the John

Hirsch Mainstage. Alcott's original novel has seen several adaptations for the stage and screen. From its first stage appearance in the early 1900s to the Academy-Award-winning film directed by Greta Gerwig in 2019, *Little Women* has captured audiences for over a century. Royal MTC is thrilled to bring Canadian playwright Jordi Mand's adaptation to the stage.

Interested in securing your seats for the 2024/2025 season? You can subscribe to get the best seats and savings! Royal MTC is offering subscription packages starting at \$177.50. Benefits include savings over single ticket prices, monthly installment plans, and dining and retail discounts. Pricing is determined by your seating area and performance series.

**Royal MTC is also offering Choose Your Own (CYO) packages** for those who need a little flexibility in their busy lives. With CYO packages, you can pick all your favourite shows while qualifying for subscriber benefits, including:

- preferential seating before tickets go on sale to the public
- one free exchange per show
- exclusive discounts

For more information, call the box office at 204-942-6537 or visit [www.royalmtc.ca](http://www.royalmtc.ca).

## LITTLE WOMEN

Based on the books  
*Little Women* and  
*Good Wives*  
by Louisa May Alcott

Adapted for the stage  
by Jordi Mand



TICKETS START AT \$29.50

Nov 20—Dec 14

## THE RECIPE

By Armin Wiebe



Nov 6—23

TICKETS START  
AT \$25.50



## CJNU will be broadcasting remotely from Riverview Health Centre

For the month of November, we are delighted to be back at Riverview this year to share in their Remembrance Day service.

As they say at Riverview, "people are at the heart of everything we do."





## Enter the enchanting world of Giselle with the Royal Winnipeg Ballet

The Royal Winnipeg Ballet (RWB) invites you to experience the beloved classic, *Giselle*, coming to the Centennial Concert Hall from November 7 to 10. Following its remarkable success at the Fall for Dance Festival in New York City, the RWB presents a tale that beautifully balances love, loss, and hope.

*Giselle* is a timeless story that captures the essence of love's purity and the resilience of the human spirit. It follows the journey of Giselle, a spirited peasant girl whose heart is filled with passion and innocence. Her enchanting love story with Duke Albrecht reveals the joy of love, while exploring the complexities that arise when secrets threaten to tear them apart.

As the plot unfolds, Giselle faces challenges that test her spirit and resolve. Through captivating choreography, stunning costumes by Peter Farmer and emotional storytelling, the RWB dancers remind us that even amidst trials, love can illuminate the darkest paths. Review Vancouver describes the RWB's rendition of *Giselle* as "classical ballet at its finest hour" – a must-see performance celebrated by generations of ballet enthusiasts.

Vanessa Léonard, the Anna McCowan-Johnson Aspirant Program Director at RWB, once danced the role of Giselle herself as a principal dancer. Now, she will mentor the Corps de Ballet, sharing her firsthand experience with the next generation of artists. Léonard expressed her excitement, stating, "I'm thrilled to share the depth and beauty of *Giselle* with these talented dancers, helping them connect with the story and the emotions it evokes."

Enhancing this magical experience, the Winnipeg Symphony Orchestra will perform the score live, under the baton of renowned guest conductor Geneviève Leclair.

Mark your calendars for November 7 to 10 at the Centennial Concert Hall, and be part of this cherished tradition that has captivated audiences for generations. Purchase your tickets today at [rwb.org](http://rwb.org) and be immersed in the timeless beauty of *Giselle*.



2015 *Giselle*, Jo-Ann Sundermeier, Liang Xing & Company  
Photo by Réjean Brandt

## 25th anniversary of Asper Jazz pays special tribute to its founder

The Izzy Asper Jazz Performances season opens with Montreal-based vocalist Susie Arioli. Known for her vintage styling, signature snare drum and playful wit, Arioli has generated a dedicated following, rave reviews and a host of awards, including the Oscar Peterson Prize and two Félix Awards, over the past three decades. Arioli's brand new album, *Embraceable*, has led critic Frédéric Cardin to observe that "a Susie album is like returning to the roots of a happiness that is never forgotten or fades away".

Concerts take place at 8 pm on Saturday, November 16 and 2 pm on Sunday, November 17, in the lovely Berney Theatre at the Asper Jewish Community Campus, 123 Doncaster. To mark our 25th anniversary, we're paying special tribute to Izzy Asper, community builder, jazz aficionado and visionary creator of this series. In the hour prior to these two shows, we are hosting a Roaring Twenties, pre-concert celebration in the theatre lobby. There will be music, food and libations, so dress up in your glamorous garb and toast our next 25!

Susie Arioli kicks off a three-concert season, with Grammy-nominated reed sensation Anat Cohen appearing on March 22, and Jane Bunnett and Maqueque bringing the sounds of Cuba to the stage on May 17 and 18. Subscribe to all three and save!



Award-winning, Montreal-based vocalist, Susie Arioli opens the Izzy Asper Jazz Performances season.

Get more details at  
[izzyasperjazz.com](http://izzyasperjazz.com)  
or by calling  
204-477-7534.



## MAMA HÉ



KELLY BADO

## CITY OF SING



AL SIMMONS &amp; SOL JAMES

WINNIPEG  
150

## The Winnipeg Jazz Orchestra offers two spectacular concerts this November!

The **Winnipeg Jazz Orchestra's** (WJO's) concert season continues this month with two exciting concert experiences you won't want to miss.

The first one, *Mama Hé*, on November 10, features the amazing music of African artist Kelly Bado. Originally from the Côte D'Ivoire, Kelly's music draws influence from neighbouring countries throughout Western Africa, and reflects her inspiring journey to the heart of the prairies in Canada. With two opportunities to see this spectacular show, (2 pm and 7:30 pm), this event also features other guests from the River City's African community, honouring Africa's rich musical culture. As well, it showcases Kelly's emotional and inspiring original songs. This fall, the Centre Culturel Franco-Manitobain will be alive with the rich sounds of Kelly's music as it transcends cultural barriers and brings audiences together in joy and hope.

On November 30, 7:30 pm, at the Winnipeg Art Gallery, WJO presents *Winnipeg Sings Along* – a celebration of Winnipeg

150's *City of Song* celebration. Featuring talented special guests Al Simmons and Sol James, the WJO encourages you to sing along to some of the greatest prairie tunes of all time. Al will perform some of his charming classics, like *IM4U* and *I Collect Rocks*. The concert will also include hits from other Manitoba artists, including Neil Young, BTO, Rick Neufeld, Fred Penner and more!

And be sure to get your tickets for WJO's upcoming December Christmas concert, *Nutcracker, Ellington, and Elf, Oh My!*, for your chance to dabble with the Duke and experience the modern yuletide movie classic, *Elf*, like never before! Enjoy all this and more with the Winnipeg Jazz Orchestra's 2024/2025 season.

Check out details at  
[www.winnipegjazzorchestra.com](http://www.winnipegjazzorchestra.com).  
 Ticket line: 204-632-5299  
 or visit [tickets@winnipegjazzorchestra.com](mailto:tickets@winnipegjazzorchestra.com).



Together  
we give

[GivingTuesday.ca](http://GivingTuesday.ca)

#Givingtuesdayca

GIVING  
TUESDAY

Dec  
3

## Tuesday, Dec. 3 is Giving Tuesday

Be sure to tune in to CJNU on Tuesday, December 3 for our annual coverage of *Giving Tuesday* – a day when the non-profit and charitable sectors remind us of the importance of supporting causes that mean the most to them.

Join us at Noon as co-hosts Adam Glynn and Johnny Mac take an in-depth look at the world's largest generosity movement, and the remarkable impact it has within our local communities.



# Welcome to the Winnipeg Philharmonic Choir's 102nd Season!

We are overjoyed to bring our audiences an exciting season of three concerts of stunning choral music here in Winnipeg. The Phil remains dedicated to performing large, choral works with top-notch local collaborators, as we celebrate our excellent Manitoban musical community and audiences through excellence in choral music.

We kick off the year in December with the spirit of a winter's day off at Christmas with The Phil: Snow Day! This program will feature the return of beloved guest organist Wes Elias, and, of course, will include chances for you to join us in our traditional carol sing-alongs! Our next concert in February is titled Strings Attached and will showcase music written for choir and strings, ranging from 18th century classics to contemporary masters, with a special focus on iconic Norwegian choral composer, Ola Gjeilo.

I'm thrilled to step from the office to the stage to play viola with the choir for this concert. I will be joined in this program by a fabulous string quartet, hand-picked

from among my excellent Winnipeg-based colleagues. Our final offering of the season is one of my favourite choral-orchestral masterworks: **Haydn's Seven Last Words of Christ**. This epic work will be sung on Palm Sunday 2025, and we are delighted to be joined by both the incredible Winnipeg Singers, and our friends and frequent collaborators – the musicians of the Winnipeg Symphony.

We look forward to having you join us this season. **Only Season Subscribers are guaranteed seats** for our exciting series of concerts. You can order tickets using the order form in the enclosed brochure, by using our online ticket app at [www.thephil.ca](http://www.thephil.ca) or by calling us at 204-896-PHIL (7445). Our lineup of fan favourites coupled with bold new directions demonstrates the Phil promises to be one of the best places to hear magnificent choral music this season!

Vijay Chalasani  
Manager, Winnipeg Philharmonic Choir



Add a layer this fall.  
**Get a flu shot to help protect  
your loved ones.**

Manitoba 

# We're Feeling the Love!

As the wind whips the last of the leaves from the trees, it must be November in Winnipeg. Here at CJNU, I think it's fair to say we're still being 'blown away' by the whirlwind of support we received during our 11th Annual Pledge Drive.

We asked you to **Put a Little Love in Our Heart...** and oh my goodness, we can feel that love!

At the time of writing, almost 500 donors have helped us raise more than \$78,000 – and we cannot thank each and every one of you enough for your support! Without the direct support of our listeners and members, we simply wouldn't be able to continue to be on the air.

## We are so very close to our goal of \$85,000

**... and you might be the one who helps us get there – as it's not too late to donate!**

If you make a contribution to CJNU before 11:59 pm on November 14, it'll be counted toward the final Pledge Drive total for 2024 – and you'll still be eligible to receive all of this year's Pledge Drive incentives!

**\$60+** - a \$10 gift card for McNally Robinson Booksellers at Grant Park or The Forks

**\$125+** - the \$10 gift card, PLUS a pair of passes to FortWhyte Alive

**\$250+** - the \$10 gift card, FortWhyte passes, PLUS a pair of tickets to an upcoming concert during the Winnipeg Symphony Orchestra's 2024-2025 season

**\$500+** - all of the above, PLUS the opportunity to Play It Forward, and donate airtime on CJNU to the charity or non-profit organization of your choice

**\$93.70 Feel The Beat** - an exclusive gift, back by popular demand – a limited edition Bluetooth speaker, themed like a retro-mini-boombox!



And every Pledge of ANY amount received before the end of November 14 will be entered into our Grand Prize draws!

For those who've already made their pledges, please keep an eye on the mail in the coming days and weeks – if your pledge was eligible for any of this year's incentives, you should be receiving them shortly.

This year's special **\$93.70** gifts will be distributed a little later – hopefully in December. So, if you made a pledge of 'CJNU Dollars', we'll be contacting you directly to coordinate either pickup or delivery.

Toward the end of November, and throughout December, CJNU celebrates *The Season of Giving... Back*. In next month's newsletter, we'll be doing as much 'giving back' as we can, by naming our Pledge Drive prize draw winners, acknowledging the amazing organizations that made contributions to this year's prize packages, and recognizing the incredible CJNU volunteers that stepped up and made prize contributions of their own.

Once again, on behalf of all of us here at CJNU, THANK YOU for supporting our Pledge Drive – and good luck in our Grand Prize Draws!

## THANK YOU TO OUR PLEDGE DRIVE INCENTIVE SUPPORTERS





## Personality Corner Tim Brown

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

I grew up on the west side of the city, and, except for a few years (prior to marrying Karen in 1990), I've lived my whole life there. We have two sons, ages 31 and 29, who are the "city- and country-mouse" personified. When they were growing up, my wife and I spent countless hours volunteering in their sports activities in various capacities.

I worked for the Province of Manitoba for 32 years, spending the majority of that time regulating the trucking industry. After retiring in 2021, I worked on vehicle safety projects for MPI for three years. My most recent retirement was in May of this year, and I'm hoping that this time, it sticks!

I've always had a passion for music – growing up, I was the stereotypical "school band geek". When I became a reservist with the Royal Canadian Navy at age 17, my chosen trade was that of 'bandsman'. My love of music continues to this day and is focused on collecting and exploring various genres. I currently have more than 2,000 vinyl LPs and several hundred CDs and cassettes in my library. My wife has steadfastly said there's no way we could move to a condo because there wouldn't be enough room for all my music!

I was led into volunteering at CJNU by my friend, Mark Havens, who's contributed to the station in various capacities for a number of years. Mark and I first met when our sons played hockey together two decades ago – later, I joined Mark's beer league team for a long, undistinguished career! He knew I was into music and had a comprehensive knowledge of artists, especially when it came to Canadian content. After three years of his relentless encouragement, I took the leap and began learning about broadcasting.

Last winter, Grant Patterson set me up with James Dykstra and Jeff Sinnock as my mentors, on Saturday mornings. I couldn't have asked for more supportive and patient colleagues. I've been putting together my own shows since April, and am grateful for the opportunity to share music from the vast CJNU library, and my personal collection, with our community members. I approach every show like I'm planning a vinyl party in Tim and Karen's living room!

*\*\*Correction: The name of the volunteer featured in last month's (October 2024) Personality Corner, was misspelled. The correct spelling is Parris Filbert.*

**PLEASE MARK YOUR CALENDARS FOR CJNU'S AGM:**

**Sunday, Nov. 24, 2 Pm, At The Winnipeg Winter Club, 200 River Ave.**

**We Hope To See You There!**

# LOLLA PAW LOOZA

Fundraising Evening for Winnipeg Pet Rescue

Featuring

RETRO RADIO



Thursday Nov. 14th - 24  
Park Theater

7:00 PM Tickets - \$19.99

[tinyurl.com/LollaPawLooza](http://tinyurl.com/LollaPawLooza)

SPECIAL GUEST



# MANITOBA PHILANTHROPY AWARDS

FRIDAY NOVEMBER 15TH, 2024



A National Philanthropy Day celebration recognizing outstanding charitable work throughout the province.

FOR MORE INFO VISIT

[mbphilanthropyawards.ca](http://mbphilanthropyawards.ca)

**CJNU 93.7 FM is a proud partner of AFP Manitoba and is pleased to shine a light on the recipients of this year's Manitoba Philanthropy Awards.**



*Outstanding Philanthropic Group* **Bell MTS Volunteers**



*Outstanding Corporation* **Access Credit Union**



*Outstanding Youth in Philanthropy*  
**Pacey Wall**



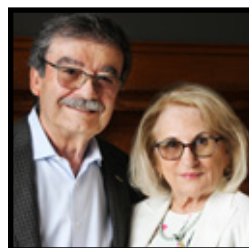
*Outstanding Professional Fundraiser*  
**IN MEMORY OF Carolyn Basha**



*Outstanding Volunteer Fundraiser*  
**Paul Ong**



*Lifetime Achievement Award*  
**Jo Wright**



*Outstanding Philanthropist*  
**Jose and Maria Graciete Correia**

Award recipients will be celebrated at the Manitoba Philanthropy Awards, hosted by the Association of Fundraising Professionals (AFP) Manitoba Chapter. Celebrate Manitoba philanthropists while enjoying an extraordinary afternoon filled with inspiration, networking, and a scrumptious lunch.

**Awards Luncheon  
November 15, 2024**

**11:30 am – 2 pm**

**RBC Convention Centre**

Tickets are available for purchase until November 7 at [mbphilanthropyawards.ca](http://mbphilanthropyawards.ca).

**Join host Adam Glynn for a conversation with award recipients & AFP members on November 13 at Noon.**

**About National Philanthropy Day**  
([afpglobal.org/NPDLove](http://afpglobal.org/NPDLove))

National Philanthropy Day is a special day set aside on the 15th of November. The purpose of this day is to recognize the great contributions of philanthropy – and those people active in the philanthropic community – to the enrichment of our world.

For more information on the Manitoba chapter, visit: [afpmanitoba.org](http://afpmanitoba.org).



*Groundbreaking ceremony for future home of Agape Table.*

## New Agape Table Will Bolster Food Security For Clients

On October 10, a unique celebration unfolded on Furby Street, just north of Portage Avenue. Community leaders, Agape volunteers and clients gathered for the groundbreaking ceremony for the new Agape Table building.

The new facility, located at 352 Furby Street, will offer much-needed space for volunteer food preparation and storage, provide clients with sit-down meals inside the facility and meet the growing need for food security.

**Agape** comes from the ancient Greek word, which may be defined as ‘the highest form of love – selfless, sacrificial and unconditional love’. Agape Table is the longest-running food program in Winnipeg dating back 44 years. Over those many years, it has operated from leased spaces in various church facilities. However, these rental arrangements have limited the hours and days on which Agape is available to serve the community. As General Manager David Feniuk told this writer, “hunger doesn’t take a break on weekends”.

Currently, Agape Table is only open five days a week, from 7 am to 11 am for bag lunch pickup. Agape also runs a family hamper program twice a week. A bagged lunch typically includes a cup of soup, sandwich, beverage and a granola bar. As food insecurity has increased, so have the demands on Agape Table. On one

late summer day this year, more than 1,000 individuals received a bagged lunch. Guests include students, the homeless, new Canadians, low-income families, the unemployed and under-employed, and people with disabilities.

Due to the increasing needs, the current location creates enormous difficulties for staff, volunteers and guests. The volunteers must hand-cart supplies up the stairs from the basement storage area to the sidewalk pickup point, which is simply a plastic table. There is a high street curb that makes access to the table difficult for guests to collect the lunch bags or even for donors to drop off the supplies.

Despite all the issues, Agape Table believes that if you are hungry, you will receive food – it is that simple! Agape Table embraces a non-judgmental, unbiased and respectful attitude to anyone who seeks assistance.

Winnipeggers can support Agape Table in several ways – surplus garden produce, new and gently used winter clothing, monetary donations to daily needs or to the Building Fund (tax receipts available for donations over \$20). Your company can help, too, by volunteering for a breakfast shift, 7 am - 11am, Monday to Friday. Details are on the website at [agapetable.ca](http://agapetable.ca).





## After 60 Years, What's The Secret?

For Erickson Motors and its customers,  
there is no secret! It is simply old-fashioned  
customer service - before, during and after.

This November, Erickson Motors celebrates its 60th year of operation. Across four generations, the Erickson Family has provided quality workmanship, honesty and integrity in its dealing with customers. Those “little” things do make a big difference!

I had the opportunity to sit down with Harold last month and get a perspective on the company's success over six decades. Harold's father, Andy, started the business in 1964, operating as a Roco service station at the corner of Jubilee and Osborne streets. Andy's son, Harold, worked at the station part-time and summers when attending school.

Like most service stations of that day, an attendant pumped gas, checked your oil and cleaned your windows. But, the constant ‘dinging’ as a vehicle came to the pumps, made it difficult to focus on the service work while rushing to fill a car. Incidentally, gas sold for 32.9¢ a gallon and a station made 3¢!

After graduation, Harold headed off to Thompson to work in the mining industry. In 1968, he returned for a long weekend and realized that both the business was struggling and Andy was having health issues. Harold stayed on to help his dad. The station had moved to a new location at 1444 Pembina, but, in 1969, they decided to lease a location at Sargent and Agnes. Lease conditions were 30-day affairs and often dictated days and hours of operation.

The six- and seven-day work weeks were taking its toll on the family members, so, in 1977, Harold moved the operation to its current location at 194 McPhillips, with no gas pumps and a five-day work week. Over the years, Harold's son James and grandson Evan have joined the operation, and both are red seal mechanics.

Staff training and new technology are paramount to Harold. His son James and their lead technician, Patrick, have attended Sema Shows in Las Vegas where the latest technological advances are unveiled. And that widescreen TV in the waiting room is also a teaching tool with videos for all his staff. Every month, Harold oversees the purchase of online manuals to keep up with the technological changes in the auto industry.

He emphasized to me that reading comprehension is absolutely necessary for new hires because a “\$1000 oops!” is a charge against the business, never the

customer. He also oversees new equipment, because he wants all repairs done in-house rather than farmed out to another company, where the quality control may not be as good.

As we summed up our time together, these threads emerged. Despite the downturn during the Covid crisis, he kept his staff on because, as he said, “They are an investment, not a cost”. When asked why customers keep coming back – sometimes across generations – he replied, “We treat our customers as we would like to be treated – as people, not numbers”.

Since 1977, he has used estimates as his pricing guideline. “It can go down, but never up”. As his dad Andy told his son, “Either you're a crook or you're honest”.

And what of the future? Is he considering retirement? Travel? “Not really!” he quips. “I enjoy coming to work every day, meeting customers – my staff and I like to problem-solve.”

He has two apprentices and likes the opportunity to share his expertise and knowledge.

After our meeting, I can readily understand why Erickson Motors has existed for 60 years. It is indeed based on the concepts of customer service, honesty and integrity. CJNU congratulates Erickson Motors on 60 years of dedicated service to Winnipeg motorists.



*Erickson Motors celebrates its 60th year of operation this month.*

# Faces & Places



*(L to R) CJNU's Chris Caslake & Frank Stecky with CAA Manitoba's Susan Postma & Stacey Lupky, from CAA's Travel Expo Pre-Show (The Travel Expo took place Oct. 1, 2024.)*



*Joan Gillis, manager and Richard Gillis (artistic director) of Winnipeg Jazz Orchestra, on Tom Dercola's show October 7.*



*Melissa Wallace, Richardson International, joins Adam Glynn for Community Champions.*



*Frank Stecky with Jon Lyon, HSC's president & CEO, on Community Champions, Oct. 8.*



*Manitoba Association of Senior Communities' (MASC's) Connie Newman (R) and Brenda Tonn (L) with CJNU's Frank Stecky.*