



CJNU Nostalgia Radio
Community Newsletter

August 2021

CJNU WELCOMES OUR HOST SPONSORS FOR AUGUST
*CancerCare Manitoba Foundation and
Concordia Hospital Foundation*

Help change the course
of cancer in Manitoba



All funds raised stay in Manitoba.

“You have cancer.” Frightening words which one in two of us will unfortunately hear in our lifetime. These three words have the power to flip one’s world upside down—a feeling many of us have been familiar with over the last year and a half as we’ve been met with uncertainty in the face of a pandemic. In true Manitoba fashion, we have met the challenge and done our part to protect ourselves and each other.

At CancerCare Manitoba Foundation, we have our own *Challenge*—one which hasn’t diminished in the face of the pandemic. The challenge is supporting CancerCare Manitoba so it can undertake leading-edge research and provide the very best treatment to Manitobans with cancer. To continue to do this, we need *you* now more than ever.

This August, we are asking you to join the *MOVEMENT* in the *Challenge for Life* to help change the course of cancer. Manitobans from all corners of our province are rallying and you can join them. People like Ted Fransen, from Morden, is a multi-year participant in the *Challenge for Life* and has been a first-hand recipient of the world-class care provided at CancerCare Manitoba.

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Concordia launches
*Heart of Care Renewal
Campaign*

Looking to community for support



The nursing station is recognized as the first inpatient care delivery site. When you want to visit a loved one or ask a question, this is where you come for help. These stations, situated throughout the Concordia Hospital, also act as “mission control” for the nurses, doctors and staff you rely on during your time of need.

Our nursing stations have served us well for several decades, but it is time to modernize and refurbish these “unit desks,” to reflect the hospital’s stature as a leader in advanced medical care and research. We aren’t just talking about a makeover—our goal is nothing short of a complete renewal of the space that serves as the *Heart of Care*.

We have several requirements for this vital space. It supports check-in consultations, planning and administrative work, medication and heads-down work that demands concentration. It needs to be open so staff are approachable and interaction is encouraged. At the same time, it needs to provide semi-private areas for staff collaboration.

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Challenge for Life

“Hardly a day goes by when I don’t reflect on how fortunate I have been personally and the many people who also get great care and attention at CancerCare Manitoba. My involvement in the Challenge

is a small way to express my profound appreciation,” says Ted. No matter your ability level or location in the province, you can join Ted and others as a part of a community committed to changing lives.

Learn more about how you can help make a difference at:

challengeforlife.ca

204-927-LIFE (5433) 🙌



Bikers take part in the Challenge



Families Matter in Challenge for Life



Participants in the Challenge for Life



We will design the space so it helps to organize the diverse and rapidly changing information needed for patient care and keep it within easy reach. Quiet, private areas can also help manage staff stress.

The renewal campaign will ensure the enhancement of patient care through monitoring patients remotely, communicating with patients and families, storing medication, providing better accessibility for wheelchairs, walkers and other mobility aids, and assuring privacy for patients, among other things.

We’re asking our community to help us raise \$150,000 to upgrade the Day Surgery area at Concordia Hospital and support our exceptional front-line health care professionals.

The multiple levels and types of work being performed by so many people and the effects on patient care are why this is a high priority and why we need your support.

Our collaborative, enthusiastic team of health care specialists comes to work every day to give you their best. By supporting them—we support each other.

With your help, we will revitalize our *Heart of Care* to ensure better patient support and care for today and in the future. 🙌



Red River Exhibition Park home to Fall Fair

Enjoy Manitoba Midway and local entertainment

The Red River Exhibition Association is excited to announce there's a plan in place for a safe and newly designed fall fair to take place from August 27 to September 6 at Red River Exhibition Park. *The Fall Fair* will focus on local music, food vendors, entertainment and a Manitoba midway by Select Shows and Canuck Amusements.

"There is no one more eager to welcome everyone back for 11 days of great entertainment—than us. But we all have to do our part, together, in order to keep everyone safe," said Garth Rogerson, CEO, Red River Exhibition Association.

"We are very fortunate to have a lot of



outdoor space for everyone to be able to social distance. Our park is situated on 200 acres so we're inviting everyone who feels

comfortable to come and visit. We are listening closely to government officials and will work to make sure that everyone follows public health recommendations and that enhanced cleaning protocols are followed."

Mark your calendars for August 27—September 6, 2021 and stay tuned to our website and our social media pages for more information. Tickets are on sale at local retailers and online. Visit redriverex.com for all of the details.

Special thanks to CJNU for their support of *The Fall Fair*. You can hear more about this event in the coming weeks on CJNU—stay tuned! 🍂

CJNU Personality Corner Janet Brady

I retired from the University of Manitoba's Northern Social Work Program in June 2018, after teaching in Thompson for 16 years. I then moved to Winnipeg and became a member of CJNU in December 2018. I started working as a volunteer at the radio station in July 2019.

The oldest of eight children, I was raised in Montreal during the 1950s, 60s and 70s, so I am a proud baby boomer. I moved to western Canada in 1977 after graduating from Concordia University and have lived in all three prairie provinces, earning my living as a social worker and volunteering with various community organizations, such as Big Brothers & Big Sisters and the Boys & Girls Club. I currently volunteer with Meals on Wheels, delivering meals in Charleswood, Westwood, Sturgeon Creek and St. James. I guess after 44 years of living in Western Canada I can proudly call myself a *westerner*.

While growing up out east, I remember listening to the Beatles, Joni Mitchell, Gordon Lightfoot and many other singers and bands. I love all types of music except opera and heavy metal. We all remember the summer of 1969. As a 15-year-old girl living in Montreal—only about a five-hour drive away from where Woodstock was taking place—I wanted to hitch-hike to upper state New York to attend this truly historic festival. Needless to say, my mother did not allow it.



On the Cabot Trail, Cape Breton Island, Nova Scotia, October 2019.

I sincerely believe that music is a universal language that has the power to heal and bring people together. I saw this for myself when I travelled with three friends to Cape Breton Island in Nova Scotia in Oct. 2019 to attend the Celtic Colours International Music Festival. This festival brings musicians from all over the world to Nova Scotia each fall to expose people to Celtic music and culture.

Here at CJNU we try every day to bring lovers of nostalgia music together in our community of Winnipeg. Our cooperative community radio station enjoys the support of its members and community sponsors and businesses. We are an important part of our community and I am very glad that I am part of the CJNU team. 🍂

Go Fish! The Goldeyes are coming home!

The Goldeyes' official 2021 home opener is set for Tuesday, August 3, and a total of 20 regular season home games (at Shaw Park) have been added to the remaining schedule.

Check out all the details about the schedule, ticket information and safety protocols at goldeyes.com.

As always, CJNU 93.7 FM is the official voice of the Winnipeg Goldeyes. Stay tuned for continuing updates.

Goldeyes' fans in Shaw Park



August, time for reflection COVID-19 and the education system



While school supplies fly off shelves and autumn shopping begins in earnest, many of us are still savouring the four or five weeks of summer we have left. Yet August is an ideal month to reflect on what we've been through and where we're going. A new school year is usually a fresh start; a new beginning. Unfortunately, due to Covid, our reflections of the past year may be somewhat compromised.

For instance, everyone involved in the school system, from students and teachers to guidance counsellors and librarians, have had to adapt to the changes COVID-19 has brought to their professional lives. Like us,

children have become tired of the relentless restrictions, which either keep them home or otherwise unable to be physically close to their classmates.

One Winnipeg teacher (who wishes to remain anonymous) notes that social distancing—the buzz word of the pandemic—affects certain students more than others. “Some kids carry the stress with them—you can see it,” says the nearly 40-year veteran.

To help counter that anxiety, she explains that a portion of school time is spent on mental health—allowing the children to voice, and learn how to cope with, the extreme feelings they are having. At the same time, she wants, as much as possible, to let kids

be kids. “I would like to keep it as normal as possible for the remote kids so they can have a good day and be engaged.” She admits that distancing requirements also challenge her teaching methods as she's used to working with groups and partners.

The most difficult task of teaching during the pandemic, says the third-grade teacher, is having to teach remotely and in the classroom simultaneously, because you are always “wearing two hats”. She confesses that “it's physically exhausting because with every lesson I teach, I have to do double what I normally do and I have to pre-think everything I do... I am constantly moving and rearranging and plugging and unplugging.” Another difficulty is ensuring the children online have the materials (books, paper, paints, math sheets, etc.) that they need to work from home, “because I don't want them to do everything on screen.”

But mostly, says the teacher, I feel for the kids, because, like us, they are tired of all this craziness and they just want to go back to a “normal” world where they can see their friends, and not worry about wearing masks or keeping their distance.

When asked if she's seen anything good come out of this pandemic, she is quick to note: “I think there will be a greater appreciation for things that we maybe took for granted before.”

Indeed, this may be the one area where each of us, who felt powerless under the pandemic restraints, will think a little more about those things we had that were taken away from us. And maybe the new school year will help us better appreciate the good things. 🙌

~Robbi Goltsman-Ferris, Editor

Ride for Dad Help beat prostate cancer!

CJNU is a proud Media Sponsor of The 13th Annual Ride for Dad Manitoba in support of prostate cancer. Prostate cancer is the most common cancer among Canadian men but, with early diagnosis, 90 per cent of cases can be successfully treated.

A good source of information about treatment and research is the Manitoba Prostate Cancer Survivor's Group (MPCSG) with its monthly newsletter and monthly meetings (pandemic restrictions currently in place). Go to manpros.org and follow the links.

If there are any other motorcycle enthusiasts who may wish to take part in The Ride, you may register at www.ridefordad.ca/manitoba/

The format for this year's Ride will again



be *Ride Alone Together*. Registered riders are asked to collect pledge donations to fight prostate cancer in Manitoba and *Ride Alone Together* on the days and routes of your

choosing to October 2, 2021.

Proceeds from the Manitoba Motorcycle Ride for Dad stay in Manitoba for prostate cancer research and education. 🙌

Is it time for Tiki Time again?

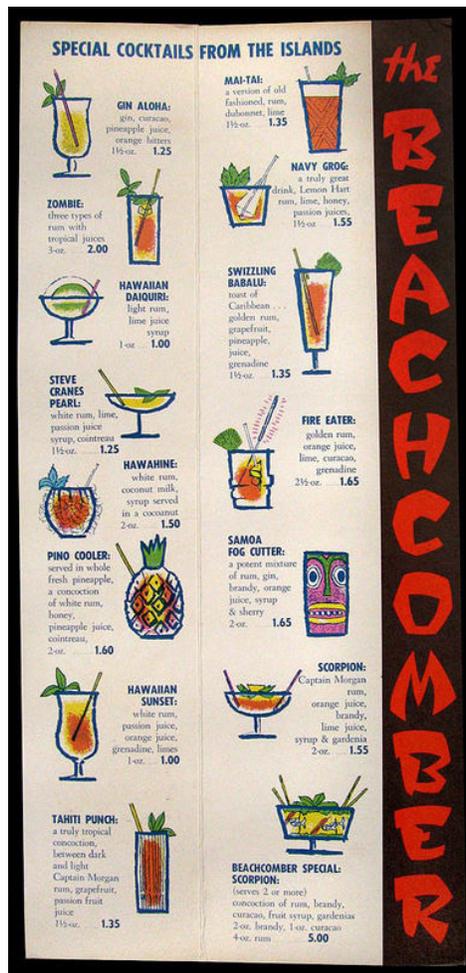
As the heat ratchets up and long lockdowns lead to feelings of cabin fever, many Winnipeggers may be dreaming of an escape to the tropics—where the smell of flowers floats on the wind and stars dot the indigo evening sky. These escapes to fantasy and the imagined idylls of island life have enchanted North Americans for close to a century, and from these dreamy few the Tiki movement was born.

Despite its exotic aesthetics, the Tiki craze is thoroughly North American. Traditionally traced to Don Beach (born Ernest Gantt) in the 1930s, Tiki bars introduced rum to the American palate and aimed to entice and mystify their clientele with the exotic charms of the tropics. Authenticity was scarcely a concern and, by the 1960s, Tiki bars were serving up a daydream mish-mash of Polynesia, southeast Asia and the Caribbean. Tiki bars were not about representing a particular place or time—only providing a welcome respite from the doldrums of the ordinary.

Winnipeggers of a certain vintage will remember our own slice of Tiki history: the *Beachcomber*. Part of a Canada-wide chain, the *Winnipeg Beachcomber* opened in 1961 in the Carlton Motor Hotel following an investment of over \$250,000 (more than \$2 million in today's dollars). For decades of dinners and first dates, the *Beachcomber* served up samoa fog-cutters and navy grog all under a faux starlit sky, and a team of chefs, hired on from Hong Kong, prepared such specialties as tomato beef skewers and pu-pu platters.

By the time the *Beachcomber* closed its doors in the early 1990s, the glory days of Tiki were long past and are now associated with mid-century kitsch, over-sugared cocktails and head-splitting hangovers. However, Tiki has enjoyed a sort of revival in the ensuing years, with its kitsch and fun catching on with younger crowds. Newer, slicker Tiki joints, such as the *Shameful Tiki* room, with locations in Toronto and Vancouver, have packed them in for zombies and scorpion bowls.

But if there's any time for a revival, it's now. The Tiki movement was born out of the 1930s, when international travel was



The original drinks menu from the *Beachcomber*



From the archives of the *Winnipeg Tribune*, Oct 21, 1961—the brand new *Beachcomber*

Assemble the following ingredients:

- ¾ oz of lime juice
- ¼ oz of simple syrup
- ¼ oz of orgeat (a sweet almond-based liqueur, available at specialty stores in Winnipeg)
- ½ oz of orange curacao (such as triple sec or cointreau)
- 2 oz of aged rum (not spiced!)

Shake all ingredients with ice before pouring into an old-fashioned glass or ceramic Tiki mug and garnishing with a mint sprig and lime peel.

Enjoy while reclining on a favourite chair and let your imagination wander.

If you're looking for a full introduction to Tiki and its history within our own community, seek out the 2013 documentary *Mai-Tais, Toques and Tikis*, a short retrospective on the *Winnipeg Beachcomber* restaurant and a look at modern-day Tiki enthusiasts. It is available to watch for free online via Vimeo. 🍹

William Harrison MSc is an archaeologist and anthropologist based in Winnipeg.

CJNU Annual General Meeting

The *CJNU Annual General Meeting* is slated to take place Thursday evening, September 30th, at the Seven Oaks Performing Arts Centre (SOPAC) at Garden City Collegiate, 711 Jefferson Avenue. This venue was chosen as it offers

easy access, ample free parking, and is larger than our traditional AGM location—meaning we have the room to physically distance.

The official AGM notice will be published nearer to the time of the meeting—likely in early September. At that time, any documents for the meeting will also be made available via the CJNU website.

Naturally, we will be reacting to any changes to public health orders if and when they may

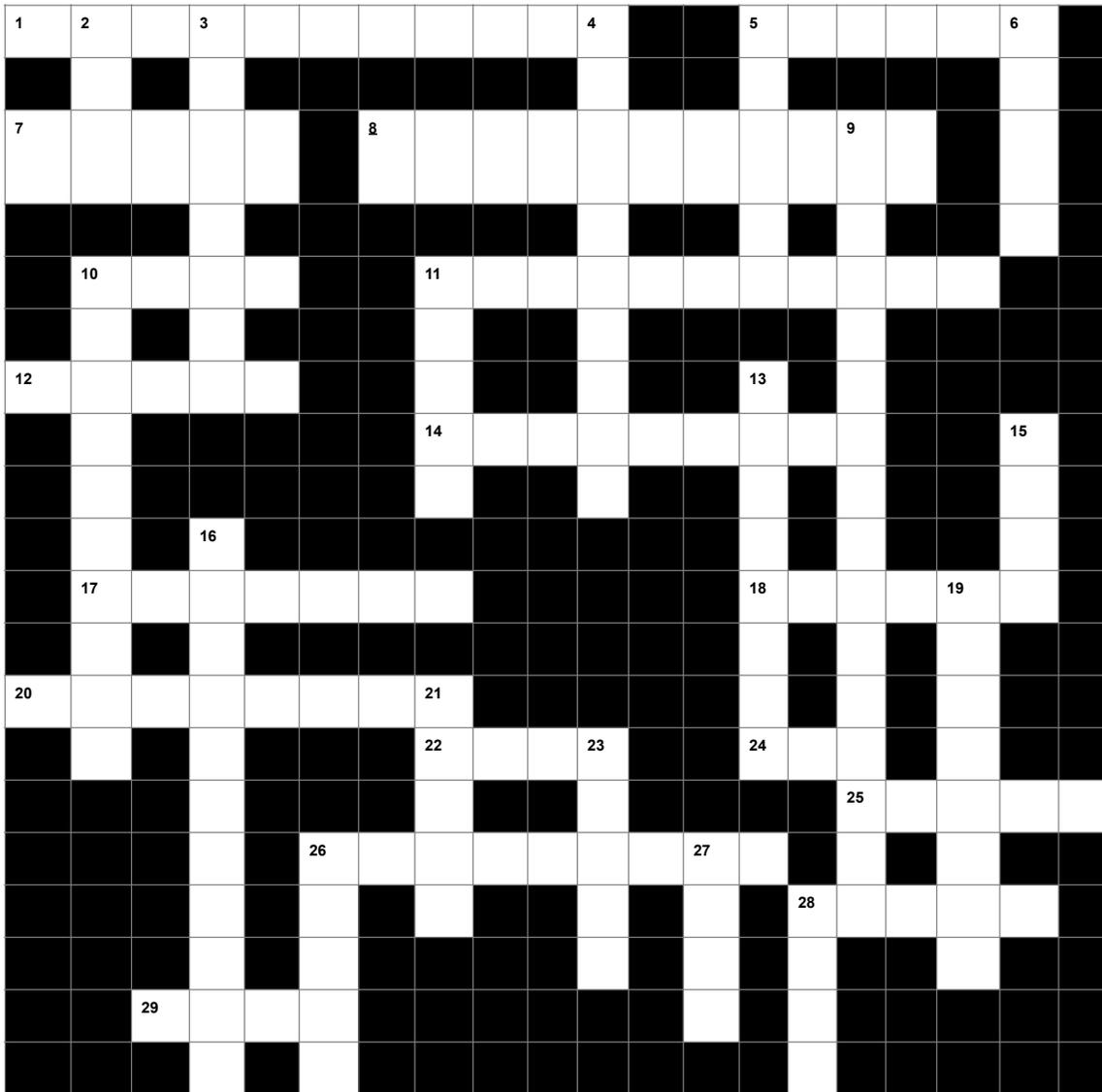
come, and will keep you posted if they will affect the meeting.

We're hoping that, in addition to the short business meeting, this will be an opportunity for CJNU members to gather and socialize—something that has been sorely missed by so many of us for so long.

In the meantime: keep your eyes and ears open for further information! 🍹

Mind Games

Music makers crossword



Across

- The Doors' frontman who died at age 27.
- Paul Simon had a hit in 1973 with this picturesque song: *Koda* _____.
- _____ *Days & Mondays Always Get Me Down*.
- Billy Joel is referred to as this, which is also one of his songs.
- A single-named female icon who used to be part of a married singing duo in the 60s.
- She played Dorothy in the *Wizard of Oz* and is Liza Minelli's mother.
- This band—a key player in the original wave of British Punk—was best known for the album and signature song, *London Calling*.
- This celebrated singer, whose popularity rose in the 60s, played Billie Holiday in the movie *Lady Sings the Blues*. (Hint: She's supreme.)
- Women love this "Neil," an early 70s singer-songwriter who had a hit with *Song Sung Blue*.
- This iconic singer/actor has played strong women on Broadway, like Dolly Levi and Fanny Bryce. What is her first name?
- This 60s quartet had the first Motown Album to reach No. 1 in Britain: *The* _____.
- Alecia Beth Moore is the real name of this "colourful" songwriter/rocker.
- Paul McCartney & Wings* wrote the theme song for the 1973 Bond film *Live and Let* _____.
- The first name of this female country music legend, known for her hit *Stand by Your Man*.
- As host of *American Bandstand*, he introduced rock & roll to countless teenagers.
- Led by two female singers, this band produced the hits *Crazy on You* and *Magic Man*.
- Dan _____, a 70s singer-songwriter who wrote the tender hit, *Sometimes When We Touch*.

Down

- George Gershwin wrote songs with his brother, _____, in the 20s and 30s.
- This late 60s teenage heartthrob band wrote *Daydream Believer*—still, many believed they belonged in a zoo.
- This well-known singer, who grew up in Winnipeg, has a heart of gold.
- The *Vienna Schoolboys'* _____ is one of the most famous of its kind in the world.
- This Fitzgerald is often referred to as the "Queen of Jazz."
- "You oughta know" this singer—unless you were *Uninvited* to the party. (Her name's missing an 's'.)
- This Canadian superstar had the longest running show in Vegas.
- Naomi & Wynonna made up this mother-daughter, country-singing duo: *The* _____.
- This single, written by Fleetwood Mac in 1977, was on the 'B' side of *Dreams*.
- The theme music to the movie *Dr. Zhivago* was called _____s theme.
- This musician and storyteller is probably best known for his hit, *The Cat's in the Cradle*.
- George Clooney is the nephew of another famous Clooney—a singer who came to prominence in the early 50s.
- Victoria Beckham was once a member of the pop-star group, *The* _____ *Girls*.
- _____ Clarkson was the Grand Prize Winner on the very first *American Idol*.
- The first name of a widely celebrated country singer-songwriter who owns her own theme park.
- The mother's name in the musical *Gypsy*.
- While popular in the 60s, this singer/musician's real success began in 1975 when he recorded _____ *Williams Jr. and Friends*.

The answers to the puzzle will be published in the September 2021 issue of Nostalgia Notes.

July Answers

How well do you know CJNU?

1. Although this announcer has headed west, we'll never forget the sounds coming from **Bucky's** Balcony.
2. He is known as **Country** Jim Tomko on his WOC show.
3. Who is CJNU's authority on the music of Broadway? Hint: Also a host of *Radio Classics*. **Jim Pappas**
4. Which American city does *Denny Farrell's Big Band* show hail from? **Chicago**
5. As a young producer in the 1960s, who did Harry Taylor tell he would never make it as a singer? **Neil Young**
6. From which green isle does our station manager originate? **Ireland**
7. CJNU's motto is "Accentuate the **positive**."
8. Who is the voice of the fish on CJNU's summer broadcasts? **Steve Schuster**
9. Which Winnipeg restaurant is a supporter of CJNU's nostalgic music and, back in the day, was frequented by The Guess Who? **Salisbury House**
10. Who wakes up in Los Angeles and does an early morning show on CJNU? **Chuck Southcott**
11. Susan plays jazz music in the evenings from this man's collection. **Izzy Asper**

Expert Level:

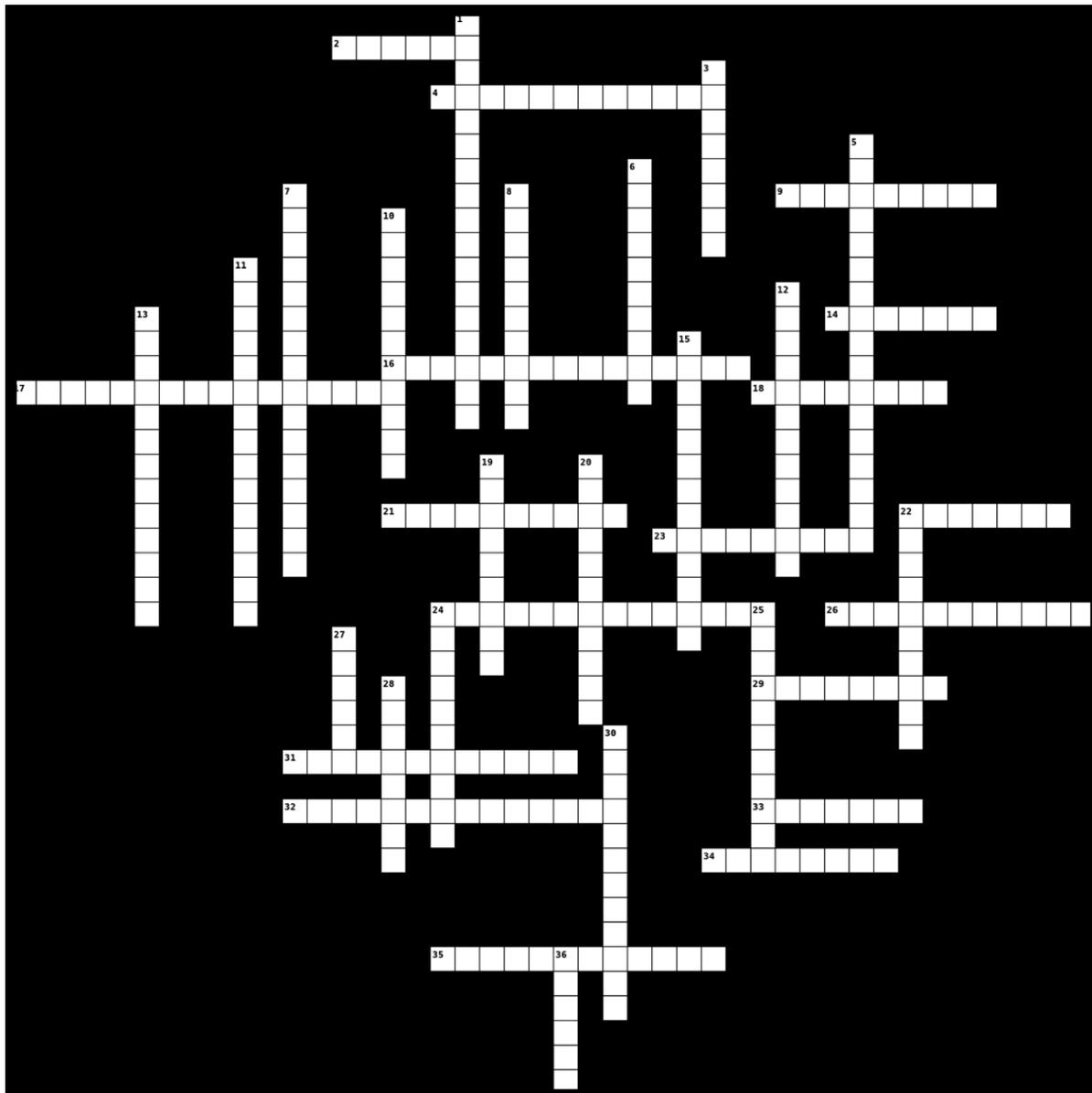
12. Our CJNU Builder Award is named in honour of **Garry Robertson**.

Summer in the city crossword

Our apologies:

There is an error in the crossword puzzle, "Summer in the City."

No. 13 down—*Old Grant's Mill*—is the correct answer, but it does not match the corresponding letter in no. 17 across (*Exchange District*).



Across

2. Tuxedo
4. Rainbow Stage
9. Transcona
14. IG Field
16. Assiniboine Park
17. Exchange District
18. Goldeyes
21. Valour Road
22. Route 90
23. Seven Oaks
24. Bois des Esprits
26. Human rights
29. Trappist
31. Kildonan Park
32. Portage and Main
33. Nonsuch
34. The Forks
35. Gabrielle Roy

Down

1. Royal Canadian Mint
3. Terry Fox
5. Winnipeg Free Press
6. Saint James
7. Johnston Terminal
8. Centennial
10. Muddy Waters
11. Canadian Pacific
12. The Golden Boy
13. Old Grants Mill
15. Walker Theatre
19. Louis Riel
20. Charleswood
22. Richardson
24. Bridgwater
25. South Pointe
27. Leo Mol
28. Polo Park
30. Point Douglas
36. Eatons