

Honorable Mentions:

CFUV-FM Victoria, BC – Produced by Liz McArthur – “Post Everything”

**Bios:** Post-Everything is produced by a group of station staff, volunteers and workstudy students who come from a range of backgrounds.

My name is Jenn Harmer I am in my last year of university studying sociology at the University of Victoria. I am constantly curious about how society and culture function and how they influence the individual. My dad would always listen to talk radio while driving which contributed to my passion for radio. I have a specific interest in current affairs and community news, I think it is important to keep the public informed with independent and unbiased reporting. I enjoy working at CFUV because of the eclectic music library and the opportunity to cover stories the mainstream media ignores.

Michelle Macklem has been a programmer at CFUV for over four years, most recently becoming interested in arts and culture related storytelling. As an avid food consumer and critic, her Post Everything episodes usually revolve around local culinary curiosities, from features on craft beer to Victoria’s diverse restaurant offerings.

Phoenix Bain is a Uvic student, originally from Ontario. She has been involved at CFUV for 3 and a half years, originally for music programming, but moved into spoken word programming after getting into interviews. She has hosted U in the Ring – a campus news show and the original producer for Post Everything.

Johnnie Regalado is the Program Director at CFUV.

Liz McArthur is the Community Affairs Director at CFUV.

Johanna Henderson is a community volunteer at CFUV who makes regular contributions to Post Everything covering the quirkier side of the arts.

**About the show:** Post-Everything is an arts, culture and lifestyle program that highlights the quirky, unusual and thought-provoking side of life in Victoria, BC. The show came together to fill a void the producers felt existed in radio in Victoria. Influenced by the ever popular, “This American Life,” strives to highlight arts and culture in Victoria that otherwise falls under the radar. Themes range from neuroscience, to poetry, to culinary, to art, and each host brings their unique style to every episode. We are always evolving to come up with interesting stories and new ways to tell them. Stay tuned!