

CFBX Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM	The Woodsongs Radio Hour Folk/Roots	Tony's World of Folk Folk	Uptown Bluegrass Bluegrass	Art of the Song Music/Interviews	Hurtin' for Real Roots/Country		
9 AM	Deconstructing Dinner Talk (Food issues)	Tony's World of Folk Folk	Uptown Bluegrass Bluegrass	The Woodsongs Radio Hour Folk/Roots	Putumayo World Music Hour Worldbeat		
10 AM	WFMT Music Specials Classical/Jazz	Classics With Art Classical	Swing Session Jazz	Music and the Muse Classical/Poetry	Classical Connections Classical		Gospel Hour Gospel
11 AM	WFMT Music Specials Classical/Jazz	Classics With Art Classical	Swing Session Jazz	Music and the Muse Classical/Poetry	Classical Connections Classical	Putumayo World Music Hour Worldbeat	Sundays on the X Easy Listening/Folk
12 PM	The Link Talk (Immigrants in Canada)	TBA	TRU Talk Radio Talk (TRU)	Deconstructing Dinner Talk (Food issues)	Alert Radio Talk (News/Culture)	The Top 30 Show New Music	Called to Love Christian
1 PM	True News Radio Talk (Social Justice)	Democracy Now Talk (politics)	Gaydio Gay/Lesbian Issues	Hear the World Worldbeat	This Week with Anna and Nathan Talk (news)	Live Mike Literature/Music	Desi Attack Banghra
2 PM	Indie Can Radio Canadian	Conversely Talk (Poetry)	Earth Beat/The State We're In Talk	Ways to Wellness Talk (Holistic Healing)	Radio Goethe German	Rockin' with Roca Eclectic	Anime-d in Japan Japanese
3 PM	Folk 'n Country Roots/Country	CFBX Canadian Talent Showcase Interviews and Music	Skeptically Speaking Talk (science)	Community Connections Talk (Kamloops)	Radio Freethinker Talk (skepticism)	The Shootaround Talk (sports)	Anime-d in Japan Japanese
4 PM	Stormy Monday Blues	Blues Boogie and Bop Blues	Backstreet Blues Blues	Mind the Gap Rock/Pop	The Friday Funhouse Eclectic	Celtic Connection Celtic	For the Hearing Prepared Eclectic
5 PM	Prog Dog Progressive Rock	Rick Around the World Worldbeat	Jazz Notes Jazz	Radio Surgery Rock/Eclectic	Jazz on the Rocks Jazz	Celtic Connection Celtic	Area 51 Worldbeat
6 PM	Prog Dog Progressive Rock	Rick Around the World Worldbeat	Jazz Notes Jazz	The Amateur Hour Eclectic	Jazz on the Rocks Jazz	Musical Memories Oldies/Folk	Keep Calm and Carry On Eclectic
7 PM	Circus Rock/Eclectic	The Trainwreck Radio Show Punk/Psychobilly	Ska on the X Ska	Highway 61 - The Blues Highway Blues	Accelerator Punk/Eclectic	French Immersion French	Gripes of Wrath Talk/Music
8 PM	The Boneyard Report Rock/Eclectic	Untitled Eclectic	Bazooka Bear Sound Cathedral Eclectic	Interviews and Opinions Rock/Eclectic	Do Not Touch This Amp Experimental		Black, Stock and Two Smoking Barrells Rock
9 PM	Running with Scissors Rock/Eclectic	New Directions at Night Eclectic	Stench Radio Punk/Hardcore	Spinning in the Room Eclectic/Retro	TBA		True News Radio Talk (economics/politics)
10 PM		Broken Glass Punk		This Microphone Smells Rock	Film Reviews from the Basement Talk (movies)		True News Radio Talk (economics/politics)
11 PM		Mitchell Forgie Presents Electronic					

Programmer Profile

Jack Pollard
Swing Session
Wednesdays 10 AM-Noon

Jack Pollard is a newcomer to campus/community radio, but he's been on the commercial side of radio for more than 50 years, starting at CKCK in Regina in 1946. Now retired, he's happy to be hosting his



jazz and swing program, Swing Session, at CFBX.

Jack attended Regina Collage in 1946 before starting to work full time at CKCK in 1947. He's since worked in Vernon at CJIB and then in Kamloops for CFJC and CFFM. He'd been retired for 23 years when he saw that CFBX was looking for on air volunteer and got the itch to get back into radio doing what he started doing in Regina: jazz radio.

Jack's show focuses on traditional forms of jazz, vocal-based, instru-

mental, big bands and small groups, ranging from the 1930s to the modern day. He's been hosting the show for just over a year.

Jack enjoys his experience at CFBX and enjoys working with and meeting his fellow volunteers. "Every program is different. It's old time radio the way it was in my youth."

inde



TRU AND KAMLOOPS' FIRST
CAMPUS AND COMMUNITY STATION

CFBX Radio
92.5 FM 106.1 Cable
www.thex.ca

March 2011
FREE!

Staton Update

by Steve Marlow, CFBX Programming
Coordinator

Hi folks, things are still rolling along here at CFBX. We're excited to be able to bring you great community based programming and especially excited to offer you new programs, many of which will be coming on the air in the coming weeks.

First, an update on fundraising. Our fundraising dinner at the Fox and Hounds on February 28th was a success. We'd like to thank everyone who bought a ticket and came out to support us, and the Sahali Centre Mall and Fox and Hounds for providing the food and the venue for

the dinner. The money raised will be going towards some much needed new CD players for the on air booth. We'll be doing another dinner again soon.

Second, coming up on April 2nd, 2011, CFBX will be celebrating our tenth anniversary on the air, so we'll be celebrating with a number of different events. Most importantly will be a free concert at the Kamloops Convention Centre featuring many local acts. We'll also be celebrating on air with lots of special programming. We'll have more details as the events come closer, so keep watching our website and listening to the station.

Third, we're now in the planning stages for our 4th annual Record Fair, to happen this summer. This is another major fundraiser for the station and we'll be looking for people both to sell and buy music

and music-related material. If you have music or music-related items you want to sell, or if you want to donate them to CFBX so we can sell them, then call us at 250-377-3988 or email to radio@tru.ca. Again, more details as they become available.

Thanks, and keep listening!

Do you have a musical event
you want promoted?

Index lists local concerts for
free!

Just email the information to
index@thex.ca and we'll get
it in the next issue.

**CFBX Charts to
February 25, 2011**
* indicates Canadian Content
** indicates a local artist

- 1) Rural Alberta Advantage* - Departing (Paper Bag)
- 2) Les Jupes* - Modern Myths (Head in the Sand)
- 3) Chikita Violenta - Tre3s (Arts and Crafts)
- 4) Friends Electric* - External Feelings (Independent)
- 5) The Decemberists - The King is Dead (Capitol)
- 6) Brazilian Money* - Friendly Neighbour EP (Independent)
- 7) Garth Hudson/Variou Artists* - A Canadian Celebration of the Band (Sony)
- 8) Olympic Symphonium* - The City Won't Have Time to Fight (Forward)
- 9) Prince Perry and the Gladtones* - Whatever You Can Get Away With EP (Winterbeard)
- 10) My Dad vs. Yours* - Little Symphonies (Independent)
- 11) Living Illusion* - Suffering (Independent)
- 12) Porkbelly Futures* - The Crooked Road (Cordova Bay)
- 13) Oren Barter** - Written All Over Me (Independent)
- 14) Laura Peek* - Key (Just Friends)
- 15) Josh Taerk* - Never Look Back (Independent)
- 16) 22nd Century* - Where's Howie? (Bugnut)
- 17) Braids* - Native Speaker (Flemish Eye)
- 18) Social Distortion - Hard Times and Nursery Rhymes (Epitaph)
- 19) A.S.H.** - No Looking Back (Independent)
- 20) Gonjasufi - The Caliph's Tea Party (Warp)
- 21) Esben and the Witch - Violet Cries (Matador)
- 22) Iron and Wine - Kiss Each Other Clean (Warner)
- 23) Shaun Murphy - Trouble with Lovin' (Serenity Hill)
- 24) Samiam - Orphan Works (No Idea)
- 25) Black Mastiff* - Black Mastiff EP (Independent)
- 26) The Concerns of Royalty* - The Concerns of Royalty (Independent)
- 27) Alicia Hansen* - Fractography (Independent)
- 28) Money in the Banana Stand* - There's Always... (Bird Law)
- 29) Kate and Anna McGarrigle* - Oddities (Querbservice)
- 30) Odel* - Redemption (Ohm Grown)

Christopher Arruda

by Eroca Lillace

Eroca: You play piano and guitar, were these the first instruments you learned to play?

Chris: I was one of those kids that was harassed into playing the piano by their parents. I didn't really want to do it, but I think my parents could sense that I had a couple musical bones in my body and they had been involved with music as well so, they forced me to take piano lessons. I didn't really enjoy it at first. I was involved with classical music. Going through the Royal Conservatory thing I just kind of realized that the whole idea of I guess being educated and taking tests and getting grades on music didn't really resonate a lot with me. It didn't make a whole lot of sense. And then I started getting into jazz, and writing your own stuff, that kind of spawned my musical direction at this point.

Eroca: So is it possible that perhaps education sometimes gets in the way of the creativity would you think?

Chris: Yeah, absolutely. Even today with trying to be a successful artist today in mainstream music it's tough because you feel like to some extent you have to write to a specific code or a specific conventional song format. You know like, verse chorus, verse chorus, bridge, and then outro, or chorus outro, whatever you want. I feel like that does, for some people anyways, I'm not saying that it's impossible to have a great song that is written like that, it's just that I think for some people it really stifles the creative process. Because the way I always personally approach it is that I'd like everyone to be able to enjoy my music, but I'll never let format get in the way of a beautiful idea. I think the most important thing is to let the song go where it's supposed to go. Whatever feels right. So that's where I like to take it.

Eroca: What led you to your decision to perform as a solo artist?

Chris: After Open Parachute ended, I had a girlfriend, and I had a job and a car and a place I lived alone at, and I had all these things I thought were the ingredients to a happy life. The relationship ended which ultimately was the catalyst for this record, and I just decided I was going to do something that I never

thought I would do. Which is record a record by myself. I had a bunch of songs that I felt like they needed a home. So I started recording by one or two songs, and seeing how that went, and eventually we had this full length record with this underlying concept of hope, and not letting a fear of failure disrupt what you are here to do. So that's how *God Hates A Coward* was born. That's what the whole concept is about really.

Eroca: Tell me about *The Swain EP*, and how long did it take to create?

Chris: The idea with *The Swain EP* was, I was listening to lots of acoustic music Bon Iver, Radiohead B-sides which were decidedly rough, and I just had some songs that all sounded and felt the same to me. They were all written over the same two or three months on a guitar. I decided I wanted to create something that was really warm, and felt truly honest. Sometimes when you do things like that by yourself in your bedroom you get the creaks and it's not perfect you know. I didn't punch in and do a bunch of takes. I knew what I wanted it to sound like and I tried my best to recreate that. I feel that it comes across as something that is really close to me. Ultimately I'm very happy with the result. I think I recorded it probably over two or three months, was actually how long it took to record the tracks.

Eroca: How are you promoting this album?

Chris: *The Swain EP* I'm actually not doing a whole lot of promotion. It's not a full length release. It's very unconventional. I guess maybe part of it is just me feeling kind of self-conscious about the production. People hear it and like it better than "God Hates A Coward", I've had a lot of my friends say that. But I guess for me I recorded it as something I may go back on the next record and revisit some of those songs and record them properly in a studio give them kind of a full band treatment. With this one here I basically released it. I did a limited pressing of 200 copies, I released it at a show in my home town of Nanaimo. I don't want to make it sound like I'm trying to hide it, but, it's not something I really promoted as a record to anyone around me. This is a project that needs to come out because the songs have been recorded and I wanted it to be released in that form, and that's pretty much how it happened.



Editor: Steve Marlow

Concert Listings: Bruno Mazzotta

Contributors: Kyle Dyck, Kim Jensen,

Eroca Lillace

Editor-in-Chief: Steve Marlow

Index is a publication of CFBX Radio.

To contact *Index* with questions, information and ad sales:

Phone: 377-3988

Email: index@thex.ca

Index is printed by

NEW Copy & Design

Downtown
779 Victoria Street
Kamloops, BC V9C 9B6
Phone (250) 571-1105
Fax (250) 571-1106
Email: news@copydesign.ca

Your ONE-STOP Copy Shop

Computer use for layout provided by the Thompson Rivers University School of Journalism.

How to listen to CFBX

On Radio: Tune your radio to 92.5 MHz FM

On Cable: Hook your TV cable into the cable plug of your stereo system. If you do not have a cable plug, buy a two-pronged cable attachment and tape it to your radio's antenna. Tune to 106.1 MHz FM.

On the Internet: Go to www.thex.ca and click on the tower graphic on the main page. Download Winamp if needed.

Volunteer at CFBX

CFBX is a campus/community radio station run entirely by volunteers. If you want to get involved on air or off air, we need you! Drop by the station at House 8 on the TRU Campus (behind the Campus Activity Centre) and fill out an application. Volunteer at the X and make your mark!

"It's Called Working...": An Interview With The Malibu Knights

by Kyle Dyck

"Hopefully third time's a charm" says Dan Harden, guitar and vocals for the Malibu Knights, says about their current album. The band recently stopped by The X studios for an update on a new CD, video potentials, and future tours.

Backed by Dean Irving on bass and Rod Anderson on drums, the band has many ideas and goals for the future; some even include potential overseas tours and big music events across the country. One of their biggest plans however was recording and supporting a new CD that hit iTunes late last year; with hopes to continue supporting and touring well into this year. The most recent self-titled CD is much more polished and perfected, which is what fewer time restraints will allow.

After starting off recording an acoustic album entitled *Since Happy Hour...*, the Knights have released a 4 song rock EP, and more recently a full-length rock album complete with pictures of the band being tied to giant sticks of dynamite; which is probably why they define themselves as "adventure rock". This unique description of not only their music, but their style is what will set them apart from many other musicians who are looking to make it big. This CD is the one that Dan hopes will catch the attention of a recording label.

"Whenever labels ask for anything from us we give them whatever they ask for, and you hope for the best; if they get back to you, sometimes they don't get back to you sometimes they do. Our biggest thing is the labels in Canada that we've talked to say they want to hear the next album, they want to hear where we're going to go. They've heard the acoustic album, they've heard the EP, and since the albums keep on getting better, our records, recordings and songwriting, so hopefully third time's a charm."

The music video bug is also something that has crossed the minds of the band, however it can be a tricky thing, Dan says. "We want to do a video, but it's a matter of either spending buttsloads of money on a video, like 20 or 30 grand

which is what those videos you see on MuchMusic cost, or you can get a little more creative and do it independently. But then you have to have a super-solid idea that MuchMusic will play it. If you go to a company where you spend the money, then the video will look great, its going to have a great story, a great producer rather than having to have a really solid idea, and pull something off spectacular visually to get it on the mainstream flow of videos." The Knights still are undecided about which avenue the band will follow.

Regardless of whichever route The Malibu Knights take, this is one band you are going to want to keep an eye on. The band visits Kamloops at least 3-4 times a year, so take some time out of an evening to check out one of the best up-and-coming bands of our generation. The Malibu Knights' self-titled CD is now available on iTunes for digital download.

Sabrina Weeks

by Kim Jensen

I first heard Sabrina Weeks sing with a couple of band members of what's now known as Swing Cat Bounce at a fundraiser for CFBX's new console (and what an awesome console it is too!). Their music picked up my spirits right away and it just kept getting better as they continued to play and Sabrina gave life to the lyrics of the songs. The local blues/jazz /swing/boogie act has their first album out called *Tales from Lenny's Diner*.

With Bill White, Ken Sell, Mike Hilliard, and Ed Hilliard as the newly formed "Swing Cat Bounce" who just kind of merged together, added to Sabrina's vocal talent, they are creating some very serious (as in professional) and seriously fun music as well The album is being played and listened to globally including in France, the US, Australia and Germany as well as Canada and it was just named as one of the top 10 best albums released in 2010 by The Blues Underground Network! Get your copy of the album from a variety of online sources such as iTunes and CD Baby. A great addition to your music library just in time to help deal with the winter blues and cabin fever!