

# STU JEFFRIES

Stu Jeffries is a veteran of the radio and television industry. A familiar face and voice across Canada, Stu is known for his “realness” and his effortless ability to connect with an audience. This genuine style has earned Jeffries’ reputation as one of the most likeable personalities in broadcasting today.

Stu began his radio career in small town Saskatchewan, as an all-night host for CJGX. Through the years, he moved up and down the dial and all around the clock, finding homes in Regina, Edmonton, Vancouver, and most recently in Toronto where he helmed the morning show on 97.3 EZ Rock.

Stu’s television career has included hosting duties for more than a dozen national shows on all major Canadian networks. His versatility as a host is reflected in the range of programs, from kids’ shows (CBC’s “Switchback”) to sports talk show (Global’s “Million Dollar Ice Picks”), the Commonwealth Games, and a variety of music and entertainment programs and live specials (CMT Central – daily, CMT’s ‘Live and UP! Front with Shania Twain’, ‘Sevens Live! With Garth Brooks’) – even a game show for good measure (“Love Handles” on Global/GSN/Prime).

Stu is perhaps best known for his 10-year role as host of CBC's Rock Video Journal "Good Rockin' Tonite". At "Good Rockin' Tonite", Stu came face-to-face with such music icons as Paul McCartney, Madonna, Janet Jackson and Mariah Carey as well as film legends including Tom Cruise, Nicole Kidman, Matt Damon and Meryl Streep.

Along with reading, sports and being a Mac geek, Stu loves to spend time with his young family and is a die-hard fan of the Leafs, the Jays and his boyhood home-team, the Winnipeg Blue Bombers.