

**oar** 105.4 FM  
dunedin

# Programme Guide November 2018

See inside for 90+ extra OARdinary Dunedin-made Shows



**Phil's Trucking Show**  
Every Second Monday @ 1pm

Listen to Podcast via  
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12 am	<b>BBC World Service</b>	Daily through to 8am
8 am	<b>Pulse of Politics with Neale McMillan</b>	Join veteran journalist Neale McMillan for an in-depth topical interview with a politician
8:30 am	<b>Eco Living in Action</b> Thanks to Taste Nature	Host Maureen Howard discusses sustainable living with guests - <i>fortnightly</i>
9 am	<b>The OARsome Morning Show with Jeff</b> Thanks to Disability Information Services	Dunedin community news and interviews every weekday morning - including <b>The Digest</b> with Disability Information Services
10 am	<b>Golden Sounds of Stage and Screen</b> Thanks to The Regent Theatre	Russell Campbell hosts an hour of nostalgic music and comedy
11 am	<b>The Sheila Shuttlebus Half Hour</b>	Be entertained by Sheila's amusing musings and original poems with music from 40s, 50s and 60s
1 pm	<b>Listen Yourself Well</b>	Rebecca and Sophie share information on resources for wellbeing - they healthier choice is the easier choice
12 pm	<b>Heritage Matters</b> Thanks to Southern Heritage Trust	Dougal Stevenson, Bill Southworth, Jane Edwards, Judy Southworth, Richard Stedman, Keith Scott, Ann Barrowclough and Gregor Campbell interview special guests, highlight local stories and heritage news - <i>fortnightly</i>
1 pm	<b>Chris's Country and Folk Extravaganza</b> Thanks to CCT	Join Chris McFelin for an hour of toe-tappin' vintage country and folk tunes - <i>fortnightly</i>
1 pm	<b>Phil's Trucking Show</b>	Phil Rogers presents his favourite trucking songs as well as dedications - <i>fortnightly</i>
2 pm	<b>Fine Tune with Alistair Addis</b> Thanks to Portil	Alistair brings us two hours of the best new acoustic, jazz, electronica and world music you've never heard
4 pm	<b>Youth Zone Mondays</b>	Sam, Judy and Kirsten bring you music, interviews, news and events for the after-school audience
5 pm	<b>B2M Business Insights with Simon Fawkes</b> Thanks to B2M.co.nz	Tips and information on strategy, marketing and social media to bring fresh ideas for your business - <i>fortnightly</i>
<b>Connecting Cultures Zone</b>		
6 pm	<b>The Lave Mai Show</b>	A platform that brings together Tongan students and other youth, to discuss and express their thoughts on issues they face. - <i>fortnightly</i>
7 pm	<b>La Vida Loca</b>	An hour of Hispanic music and culture hosted by Lina and Adelson (in Spanish) - <i>fortnightly</i>
7:30 pm	<b>HerStory</b>	HerStory brings to you stories of women from India - <i>fortnightly</i>
8 pm	<b>Namaste Telugu</b>	Music and news from the Telugu region of Southern India with Sasi (in Telugu)
8:30 pm	<b>Chinese Cultural Music Night</b>	With Hillary and Ian from the Chinese Art/Instrument Association (in Mandarin)
9 pm	<b>Mabuhay Radio Filipino</b> Thanks to Plains FM in Christchurch for this show	Interviews and music to entertain our kabayans to help you make a smooth transition into the Kiwi way of life.
10 pm	<b>Fa'atauaina o Aiga</b>	Focus on Family (in Samoan) Thanks to Plains FM in Christchurch
11 pm	<b>BBC World Service</b>	Through until 8am Tuesday

12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
8 am	<b>Democracy Now!</b>	International news from New York <i>Tues - Sat</i>
9 am	<b>The OARsome Morning Show</b>	Dunedin community news and interviews every weekday morning - including <b>'Round The Boards</b> with Dunedin Community Boards and <b>Countdown to Summer School</b>
11 am	<b>Community or Chaos</b> Thanks to Quaker Aotearoa NZ	Marvin Hubbard hosts in-depth interviews on social, environmental and political topics
12 pm	<b>Dr Carl Bamlet: The Modern Caveman</b> Thanks to Plains FM in Christchurch	All about health and the importance of healthy bodies to improve business performance
12.30 pm	<b>Restoring the Balance</b> Thanks to Tauwi Solutions	Suzanne Menzies-Culling and guests focus on building peaceful relationships in Aotearoa, the Pacific and globally - <i>fortnightly</i>
1 pm <b>NEW</b>	<b>Natives Be Woke - Taihoa E Hoa</b>	Shining a spotlight not only on wahine Māori but also highlighting and acknowledging our indigenous sisters of the pacific. - <i>4 weekly</i>
2 pm	<b>Mike's Country Show</b> Thanks to CCT	Mike plays classic country from great artists - <i>fortnightly</i>
3 pm	<b>Woven Stories</b> thanks to Team Robinson / One Agency	Another chance to hear storyteller Allie Simpson as she weaves through the classic to the contemporary stories for children and the young of heart
<b>Youth Zone Tuesday</b>		
4 pm	<b>Funky Monkey Underground</b>	Improv comedy from James, Arlo, Quinn, Louis, Max and Silas! - <i>fortnightly</i>
4 pm	<b>Switch Radio Show</b>	Tayla, Julia, Aiden, David, Diago and others from IDEA Services Switch Youth Centre - <i>fortnightly</i>
4:30 pm	<b>East West</b>	Selection of Hindi and Fijian music and reviews with James and Birkita - <i>fortnightly</i>
4:30 pm	<b>Choice As!</b>	Karl brings you new and classic NZ tracks plus interviews with musicians - <i>fortnightly</i>
5:30 pm	<b>Speak Legal</b>	Spotlight on legal issues affecting our daily lives, supported by the Faculty of Law at the University of Otago
<b>Connecting Cultures Zone</b>		
6 pm	<b>Dunedin Multi Ethnic Council on Air</b>	Celebrating unity through diversity with Lux Selvanesan, Paul Gourlie, Marie Laufiso, Andrew Rudolph and Valerie Tan
6:30 pm	<b>Hamro Awaz / Our Voice</b>	Govinda, Saugat, Sunil, and Ashik share opinions and music (in English/ Nepalese)
7 pm	<b>Vanakkam Tamizha</b>	Join Lux, Rajesh and guests from Dunedin Tamil Friends for an hour celebrating the richness of Tamil language and culture, and uniting Tamil Communities
8 pm	<b>Buddhist Radio (Cantonese)</b> Thanks to Buddhist Youth Association	Buddhist teaching and history (in Cantonese)
8:30 pm	<b>Settlement Information with Citizens Advice Bureau</b>	Robbie and the CAB team provide the latest information for new migrants - <i>2nd week of the month</i>
9 pm	<b>AA Live</b>	Presented by Alcoholics Anonymous - <i>fortnightly</i>
9 pm	<b>Alcoholics Anonymous Radio Show</b> Thanks to Plains FM in Christchurch	Aiming to increase public awareness of Alcoholics Anonymous as an effective means of recovery from the disease of alcoholism. - <i>fortnightly</i>
10 pm	<b>Golden Sounds of Stage and Screen</b>	Russell Campbell hosts an hour of nostalgic music and comedy. Thanks to The Regent Theatre Dunedin
11 pm	<b>The Shelia Shuttlebus Half Hour</b>	Be entertained by Sheila's amusing musings and original poems
11:30 pm	<b>Heritage Matters</b> Thanks to Southern Heritage Trust	Local stories and heritage news with Dougal Stevenson, Bill Southworth, Jane Edwards and the team.
Midnight	<b>BBC World Service</b>	Through to 8am Wednesday

# WEDNESDAY

# NOVEMBER 2018

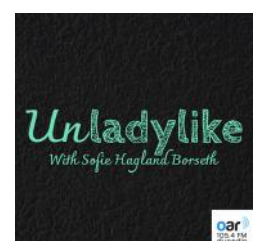
12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
8 am	<b>Democracy Now!</b>	International news from New York <i>Tues - Sat</i>
9 am	<b>The OARsome Morning Show</b>	Dunedin community news and interviews every weekday morning - including the <b>Write Spot</b> with Dunedin UNESCO City of Literature and <b>Southern Health Future</b> with the Southern District Health Board
10 am	<b>Bringing Wellbeing to Life</b>	The show that takes the science of wellbeing off the page and into your life. With Dr Denise Quinlan from the NZ Institute of Wellbeing and Resilience
11 am	<b>The Natural History Show</b>	Another chance to hear Sophie Fern and guests chat about our amazing natural history and local wonders - <i>fortnightly</i>
12 pm	<b>Lung Talk</b> Thanks to Otago Asthma Society	A half-hour show about lung health and asthma - presented by Murray, Russell and Guests - <i>1st week of the month</i>
12 pm	<b>Write On with Vanda Symon</b>	Interviews and reviews with renowned author Vanda Symon from NZ Society of Authors - <i>2nd week of the month</i>
12 pm	<b>Collaborative Voices</b> Thanks to Wellington Access Radio	Ros Rice from Community Networks Aotearoa, profiles community organisations and their people - <i>4th week of the month</i>
12:30 pm	<b>MS Momentum</b>	Join Valerie for Information about Multiple Sclerosis from MS Otago - <i>1st week of the month</i>
1 pm	<b>Sounds of a Lifetime</b> Thanks to Summerset at Bishopscourt	Richard Stedman blends the early with the recent and opens the door to the soundtrack of a lifetime
2 pm	<b>The Mixtape with Shane</b> Thanks to CCT	Shane plays great tracks from the 50s, 60s and 70s - <i>fortnightly</i>
2 pm	<b>Artwaves</b>	Music and information presented by the team from the award-winning Artsenta - <i>fortnightly</i>
3 pm	<b>The Positivity Show</b>	Julia and her two lemur friends, Ricky and Ronnie, bring you a show that will put a smile on your face. - <i>fortnightly</i>
3 pm	<b>Connections Collection</b>	Clients from Connections Activities Centre play their favourite music. - <i>fortnightly</i>
4 pm	<b>Global Youth NZ on Youth Zone</b>	Daniel, Jayden and Serenity Grace present multicultural information with great music and special guests
6 pm	<b>The Vinyl Vault</b>	Host Steve Buller spins classic vinyl from the 60s and 70s with a weekly featured album. Mmmmmm Vinyl...
<b>Connecting Cultures Zone</b>		
7 pm	<b>Toranj</b> Thanks to Plains FM in Christchurch	A taste of Persian culture for Farsi and English speakers.
7:30 pm	<b>Say Mê Việt Nam / Passionate Vietnam</b>	Join Lien in celebration of Vietnamese culture and music (in Vietnamese)
8 pm	<b>Buddhist Radio (Mandarin)</b>	Buddhist teaching and history (in Mandarin)
8:30 pm	<b>Hello Kerala</b>	Soulful Malayalam songs from Kerala with Sabin and Roy (Indian, Malayalam and English)
9 pm	<b>STeudaemonia - International Students Living Well</b> Thanks to Plains FM in Christchurch	A show by, for and about international students in Canterbury, supported by the Ministry of Education's International Student Wellbeing Strategy funding.
10 pm	<b>Kampai Japan</b> Thanks to Free FM in Hamilton	Japanese music, current events and news with the chance to learn a Japanese word or phrase
11 pm	<b>BBC World Service</b>	Through to 8am Thursday

# THURSDAY

# NOVEMBER 2018

12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
8 am	<b>Democracy Now!</b>	International news from New York <i>Tues - Sat</i>
9 am	<b>The OARsome Morning Show</b>	Dunedin community news and interviews every weekday morning - including <b>Speak Legal</b> with Community Law Otago
10 am	<b>Calder Prescott's 'My Kind of Jazz'</b> Thanks to Ironic Cafe and Bar	Hosted by Dunedin's own legendary jazz-man, Calder Prescott
12 pm	<b>Arts Hub</b>	Tania Robinson and Kristy Pearson explore local art and performance with weekly guests
1:30 pm	<b>Focus Vocational Services Radio</b>	An hour of musical treats and stories with the Focus Team from Focus Vocational Services - <i>fortnightly</i>
1:30 pm	<b>Radius Fulton Home Residents' Show</b> Thanks to Radius Care	An hour of nostalgia with your hosts Lloyd, Frances, Ross and Beth
2:30 pm	<b>Eco Living in Action</b> Thanks to Taste Nature	Host Maureen Howard discusses sustainable living with guests - <i>fortnightly</i>
4 pm	<b>Youth Zone Thursdays</b>	Join Tabitha, Phaedra, Daisy and Jared for information, events and music for after schoolers
5 pm	<b>Jazz Cafe</b> Thanks to Rhubarb Cafe and Harvest Cafe	An hour of jazz with the suavest gent in town, Lou McConnell
6 pm	<b>Community Interviews</b>	Interview highlights from this week's OARsome Morning Show with Jeff
6:30 pm	<b>Science Notes</b> Thanks to the Science News and Promotion Group, University of Otago	Hosted by Dave McMorran with students from University of Otago Science Department
7 pm	<b>Sustainable Lens</b> Thanks to Otago Polytechnic	Informed, provocative discussion with Samuel Mann, Shane Gallagher and guests
8 pm	<b>Buddhist Radio (English)</b> Thanks to Buddhist Youth Association	Buddhist teaching and history, with great advice for novice or experienced mediators
8:30pm	<b>Being Healthy Naturally</b>	Naturopath Francisca Griffin provides a guide to living well, with simple tips for positive change.
9 pm	<b>OUTearoa</b> thanks to Morning Magpie	Join Brighid as she highlights local LGBT voices, exploring queer and takatāpui lives in New Zealand
10 pm <b>NEW</b>	<b>Water We Watching?</b>	Joshua, Noah and Joe discuss and compare two movies each fortnight with a connection to water. - <i>fortnightly</i>
10 pm	<b>Unladylike</b>	Sofie Hagland presents a show by and about women breaking taboos and standing up against gender inequality and underrepresentation of women
11 pm	<b>BBC World Service</b>	Through to 8am

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# FRIDAY

# NOVEMBER 2018

12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
8 am	<b>Democracy Now!</b>	International news programme from New York <i>Tues - Sat</i>
9 am	<b>The OARsome Morning Show</b>	Dunedin community news and interviews every weekday morning - including The <b>Volunteering Hotspot</b> with Volunteering Otago
10 am	<b>Joan's Joyful Hour</b> Thanks to CCT	Musical treasure and community news with your host Joan from CCT - <i>fortnightly</i>
10 am	<b>Kilts and Kiwis</b>	Scottish music and culture with Marion and Simon from the Dunedin Edinburgh Sister City Society - <i>fortnightly</i>
11 am	<b>The Jukebox Highway</b> Thanks to the New Edinburgh Folk Club	A hot-pickin' hour of roots, folk and country music plus local gig news and guests from far and wide
12 pm	<b>Mā Te Oro Ka Ora - Good Sounds, Good Health</b>	Celebrating Puaka Matariki, hear from folk with local connections about the things they do and the ways they've learnt to plan for a healthy future - with Vicki Lenihan
1 pm	<b>Mix-Match</b> Thanks to PACT	Eclectic music to liven up the afternoon with the PACT Team
1:30 pm	<b>Noteable Radio</b> Thanks to Disabled Persons Assembly	Chris Ford from Disabled Persons Assembly and guests discuss achieving inclusion for all New Zealanders - <i>fortnightly</i>
1:30 pm	<b>Connor's Hits</b>	Join Connor and enjoy some great rock, pop and classic tracks - <i>fortnightly</i>
3 pm	<b>Safe and Sound</b> Thanks to Manawatu People's Radio	A weekly programme looking at animal issues, and animal rights.
<b>Youth Zone Fridays</b>		
4 pm	<b>Project Rioteer</b>	Join Ashley and the Riot for conversations and information about how you can make a difference in your community - <i>fortnightly</i>
4 pm	<b>Bangers and Trash</b>	Rosa and Trent bring you the <b>best</b> and the <b>worst</b> - filled with interviews, discussion and music for the after school audience - <i>fortnightly</i>
4:30 pm	<b>Kool Beanz</b>	Zane, Edd, Leo and Liam discuss and debate a new topic each episode - <i>fortnightly</i>
5 pm	<b>Town Belt Kaitiaki</b>	The Town Belt Kaitiaki update you on the latest news from the project, with interviews with student leaders and people involved in the project.
5 pm	<b>Let's Talk Sport with Liam</b> Thanks to Parafed Otago	Liam Wilson chats with local, national and international sports people and lets you know what's happening in sports this week. - <i>fortnightly</i>
6 pm	<b>Lupe Fetala'i</b>	John, Christine and special guests from Samoan Society Inc present two hours of music, upcoming events and conversation in Samoan.
8 pm	<b>Misadventures in Sound with Viki and Amanda</b>	Your guides, Viki and Amanda, play your favourite sounds, including NZ faves and rarities. 'We're just two music geeks trying to make our way in the world, and we're taking you along for a ride' - <i>fortnightly</i>
9 pm	<b>The Afro-Caribbean Show</b>	An hour of African and Caribbean music and poetry and social commentary with your host Tim McMullen
10 PM	<b>Bluesology</b> Thanks to The Good Oil Cafe	Tony Neilsen shares his knowledge and passion for classic blues
11 pm	<b>BBC World Service</b>	Through to 7am Saturday



**Find out what's happening in our city**  
Community Events and Notices **On Air and Online**  
[oar.org.nz](http://oar.org.nz) - and click 'Noticeboard'

# SATURDAY

# NOVEMBER 2018

12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
7 am	<b>Woven Stories</b>	Join our storyteller Allie Simpson as she weaves through the classic to the contemporary stories for children and the young of heart
10 am	<b>Democracy Now!</b>	Pioneering international news programme
11 am	<b>Arty Farty Hour</b> Thanks to Art Zone, 57 Hanover Street	Ron Esplin and Andy Cook host an hour of artyfacts and music - <i>fortnightly</i>
12 pm	<b>Wireless Books</b> Thanks to Dunedin Athenaeum Library	Christine and Beth explore our city's rich literary heritage, with people who are passionate about the printed word. - <i>fortnightly</i>
12 pm	<b>All Good Poems Wear Traveling Shoes</b> Thanks to the University Book Shop	Showcase of poetry, poets, literary events and books, featuring local and visiting poets - reading and discussing their work - <i>fortnightly</i>
12:30 pm	<b>Jean and Tonic</b> Encore Season	Join Jean Balchin as she dabbles in a little pop culture criticism, interview some cool and interesting locals, and roll out some old-school rock
1 pm	<b>The Library Mix</b> Thanks to Dunedin City Council	Music and info from the Dunedin Public Libraries Team
2 pm	<b>Natural History Radio Show</b>	Sophie Fern and guests chat about our amazing natural history and local wonders - <i>fortnightly</i>
2 pm <b>NEW</b>	<b>Natives Be Woke - Taihoa E Hoa</b>	Shining a spotlight not only on wahine Māori but also highlighting and acknowledging our indigenous sisters of the pacific. - <i>4 weekly</i>
3 pm	<b>360 Degrees 'Round Wazrock</b> Thanks to Warren Voight Therapy	Warren presents music from the '40s, '50s, & '60s
4 pm	<b>Bluesology</b> Thanks to The Good Oil Cafe	Tony Neilsen shares his knowledge and passion for classic blues
5 pm	<b>Backporch Bluegrass</b> Thanks to Free FM in Hamilton	Hosted by Paul Trenwith, founding member of the Hamilton County Bluegrass Band
6 pm	<b>Fine Tune</b> Thanks to Portil	Alistair Addis brings us two hours of the best new acoustic, jazz, electronica and world music that you've never heard
8 pm	<b>Vinyl Vault</b>	Host Steve Buller spins classic vinyl from the 60s and 70s with a weekly featured album. Mmmmmm Vinyl...
9 pm	<b>Retrospect '60s Garage Punk Show</b> Thanks to Free FM in Hamilton	Phil Grey presents an hour of hi-revving garage punk from the classics to the rarities
10 pm	<b>Mosh's Rockin' Hour of Madness</b>	Hosted by Mosh from CCT - <i>fortnightly</i>
11 pm	<b>BBC World Service</b>	Through to 7am Sunday



<b>12 am</b>	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
<b>7 am</b>	<b>Suzy and Friends</b>	Suzy Cato and friends present new and classic stories for 4 to 10 year olds and their families
<b>8 am</b>	<b>Sentinel Watch</b>	A weekly show from the Christian Science Sentinel. Tune in to hear a question and answer on a timely topic or a report of healing in the words of the individual who experienced it.
<b>8:30 am</b>	<b>Radio Church</b>	Half-hour service hosted by Dunedin's inner-city ministers
	<b>YOUR Own Radio Show Here</b>	OAR FM wants to hear from Dunedin people with ideas and passion to make their own radio shows and podcasts. If you would like to volunteer, check out <a href="http://www.oar.org.nz">www.oar.org.nz</a> under 'Get Involved' or call the station on 471 6161 for more information
<b>10:30 am</b>	<b>Bringing Wellbeing to Life</b>	The show that takes the science of wellbeing off the page and into your life. With Dr Denise Quinlan from the NZ Institute of Wellbeing and Resilience
<b>11 am</b>	<b>Write On with Vanda Symon</b>	Interviews and reviews with renowned author Vanda Symon from NZ Society of Authors - <i>2nd week of the month</i>
<b>12 pm</b>	<b>The Bridge Zone</b> Thanks to Free FM Hamilton	The Bridge Zone is a radio show encouraging fellow Bridge players to share the passion that Barry Jones and Mereana Cullen have in playing this challenging game.
<b>12:30 pm</b>	<b>Outrageous Aging</b>	The Very Mature and Diverse Rainbow Community will share their ideas, experiences and lives in conversations and commentary. With some young ideas thrown in.
<b>1 pm</b>	<b>Calder Prescott's 'My Kind Of Jazz'</b> Thanks to Ironic Cafe and Bar	Hosted by Dunedin's own legendary jazz-man, Calder Prescott
<b>2 pm</b>	<b>Celtic World</b>	Enjoy music and song from the Celtic nations and beyond, in traditional and modern styles
<b>3 pm</b>	<b>The Jukebox Highway</b> Thanks to the New Edinburgh Folk Club	A hot-pickin' hour of roots, folk and country music plus local gig news and guests from far and wide
<b>4 pm</b>	<b>Musical Matinées For You</b> Thanks to Nature Zone Health	Take off your gardening gloves, put the kettle on and spend an hour or two immersed in the best of musical theatre from across decades with Dunedin broadcasting legend Donald Saville-Cook
<b>6 pm</b>	<b>Kaleidoscope of Music: Enheduanna to Ritchie</b>	Join Justine Schep and explore music through history from 2250 BC to the present and from around the world.
<b>7 pm</b>	<b>Heritage Matters</b> Thanks to Southern Heritage Trust	Dougal Stevenson, Bill Southworth, Jane Edwards, Judy Southworth and the team from Southern Heritage Trust interview special guests and highlight local stories and heritage news
<b>7:30 pm</b>	<b>'Round The Boards</b>	Catch up with Community Board representatives to talk about the topics of the day, find out how you can have your say, and profile the people who are making a difference in their communities.
<b>8 pm</b>	<b>Pulse of Politics</b>	Join veteran journalist Neale McMillan for an in-depth half hour interview with a New Zealand politician
<b>9 pm</b>	<b>Paakiwaha</b>	Two hours of Maori current affairs with Willie Jackson
<b>11 pm</b>	<b>BBC World Service</b>	Through to 8am Monday



You can have OAR FM Dunedin and our sister stations around Aotearoa New Zealand with you wherever you go

