

oar 105.4 FM
dunedin

Programme Guide

March 2019

See inside for 100+ extra OARdinary Dunedin-made Shows



8am-9:30am
oarsome
morning show
105.4FM · 1575AM

Weekday Mornings
just got more
OARsome

Listen on 105.4FM 1575AM and
online OAR.ORG.NZ and Apple Podcasts

12 am	BBC World Service	Daily through to 8am
8 am	The OARsome Morning Show with Jeff Thanks to Disability Information Services	Dunedin community news and interviews every weekday morning - including The Digest with Disability Information Services
9:30 am	Pulse of Politics with Neale McMillan	Join veteran journalist Neale McMillan for an in-depth topical interview with a politician
10 am	Golden Sounds of Stage and Screen Thanks to The Regent Theatre	Russell Campbell hosts an hour of nostalgic music and comedy
11 am	The Sheila Shuttlebus Half Hour	Be entertained by Sheila's amusing musings and original poems with music from 40s, 50s and 60s
12 pm	Heritage Matters Thanks to Ryman Healthcare's Frances Hodgkins and Yvette Williams Retirement Villages	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	Chris's Country and Folk Extravaganza Thanks to CCT	Join Chris McFelin for an hour of toe-tappin' vintage country and folk tunes - <i>fortnightly</i>
2 pm	Fine Tune with Alistair Addis Thanks to Portil	Alistair brings us two hours of the best new acoustic, jazz, electronica and world music you've never heard
4 pm	Youth Zone Mondays	Kirsten brings you music, interviews, news and events for the after-school audience
5 pm	All Things Money Thanks to Lending Matters	Join Sharee from Lending Matters as she discusses money values, tip and tricks and tools that can help you be money savvy - <i>fortnightly</i>
Connecting Cultures Zone		
6 pm	The Lave Mai Show	A platform that brings together Tongan students and other youth, to discuss and express their thoughts on issues they face. - <i>fortnightly</i>
7:30 pm	HerStory	HerStory brings to you stories of women from India - <i>fortnightly</i>
8 pm	Namasthe Telugu	Music and news from the Telugu region of Southern India with Sasi (in Telugu)
9 pm	Mabuhay Radio Filipino 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	Fa'atauaina o Aiga	Focus on Family (in Samoan) Thanks to Plains FM in Christchurch
11 pm	BBC World Service	Through until 7am Tuesday

Listen to Podcasts of OAR FM Shows at OAR.ORG.NZ



12 am	BBC World Service	Live from the UK - <i>Daily</i>
7 am	Democracy Now!	International news from New York <i>Tues - Sat</i>
8 am	The OARsome Morning Show	Dunedin community news and interviews every weekday morning - including 'Round The Boards with Dunedin Community Boards.
9:30 am	Ordinary Extraordinary	Dee explores the extraordinary stories of our local women
11 am	Community or Chaos Thanks to Peace and Disarmament Education Trust	Marvin Hubbard hosts in-depth interviews on social, environmental and political topics
12 pm	Daring to be Wise Part of University of Otago 150th Anniversary Celebrations.	Talking with people from all corners of the University community – inspirational stories from educators, administrators, and those whose time at Otago made a lasting impression.
1 pm	Natives Be Woke - Taihoa E Hoa	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	Mike's Country Show Thanks to CCT	Mike plays classic country from great artists - <i>fortnightly</i>
3 pm	Woven Stories	Hear storyteller Allie Simpson as she weaves through the classic to the contemporary stories for children and the young of heart
Youth Zone Tuesday		
4 pm	Funky Monkey Underground	Improv comedy from James, Arlo, Quinn, Louis, Max and Silas! - <i>fortnightly</i>
4 pm	Switch Radio Show	Tayla, Julia, Aiden, David, Diago and others from IDEA Services Switch Youth Centre - <i>fortnightly</i>
4:30 pm	East West	Selection of Hindi and Fijian music and reviews with James and Birkita - <i>fortnightly</i>
4:30 pm	Choice As!	Karl brings you new and classic NZ tracks plus interviews with musicians - <i>fortnightly</i>
5 pm	Toastmasters - Communicating with Confidence	Find out why Toastmaster could be your path to greater self-confidence and personal growth.
5:30 pm	Speak Legal	Spotlight on legal issues affecting our daily lives, supported by the Faculty of Law at the University of Otago
Connecting Cultures Zone		
6 pm	Dunedin Multi Ethnic Council on Air	Celebrating unity through diversity with Lux Selvanesan, Paul Gourlie, Andrew Rudolph and Valerie Tan
6:30 pm	Hamro Awaz / Our Voice	Govinda, Saugat, Sunil, and Ashik share opinions and music (in English/Nepalese)
7 pm	Vanakkam Tamizha	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	Buddhist Radio (Cantonese) Thanks to Buddhist Youth Association	Buddhist teaching and history (in Cantonese)
8:30 pm	Settlement Information with Citizens Advice Bureau	Robbie and the CAB team provide the latest information for new migrants - <i>2nd week of the month</i>
9 pm	AA Live	Find out how people just like you find sobriety in AA
9 pm	Alcoholics Anonymous Radio Show Thanks to Plains FM 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	Golden Sounds of Stage and Screen	Russell Campbell hosts an hour of nostalgic music and comedy. Thanks to The Regent Theatre Dunedin
11 pm	The Shelia Shuttlebus Half Hour	Be entertained by Sheila's amusing musings and original poems
11:30 pm	Heritage Matters Thanks to Ryman Healthcare	Local stories and heritage news with Dougal Stevenson, Bill Southworth, Jane Edwards and the team.
Midnight	BBC World Service	Through to 7am Wednesday

WEDNESDAY

MARCH 2019

12 am	BBC World Service	Live from the UK - <i>Daily</i>
7 am	Democracy Now!	International news from New York <i>Tues - Sat</i>
8 am	The OARsome Morning Show	Dunedin community news and interviews every weekday morning - including the Write Spot with Dunedin UNESCO City of Literature, Southern Health Future with the Southern District Health Board and 150 Years of Eclectic Collecting with Otago Muesum.
10:30 am	All Things Money Thanks to Lending Matters	Join Sheree from Lending Matters as she discusses money values, tip and tricks and tools that can help you be money savvy - <i>fortnightly</i>
11 am	The Wise and Well	The Wise and Well is a round-table discussion about health, wellbeing and relationships - with Jo Tiszavari, Matt Jenkins and Adrienne Buckingham. - <i>Monthly</i>
12 pm	Lung Talk 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	Write On with Vanda Symon	Interviews and reviews with renowned author Vanda Symon from NZ Society of Authors - <i>2nd week of the month</i>
12 pm	Collaborative Voices 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	MS Momentum	Join Valerie for Information about Multiple Sclerosis from MS Otago - <i>1st week of the month</i>
1 pm	Sounds of a Lifetime 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	The Mixtape with Shane Thanks to CCT	Shane plays great tracks from the 50s, 60s and 70s - <i>fortnightly</i>
2 pm	Artwaves	Music and information presented by the team from the award-winning Artsenta - <i>fortnightly</i>
3 pm	The Positivity Show	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	Connections Collection	Clients from Connections Activities Centre play their favourite music. - <i>fortnightly</i>
4 pm	Global Youth NZ on Youth Zone	Jayden TJ presents multicultural information with great music and special guests
5 pm	Daring to be Wise Part of University of Otago 150th Anniversary Celebrations.	Talking with people from all corners of the University community – inspirational stories from educators, administrators, and those whose time at Otago made a lasting impression.
6 pm	The Vinyl Vault	Host Steve Buller spins classic vinyl from the 60s and 70s with a weekly featured album. Mmmmmm Vinyl...
Connecting Cultures Zone		
7 pm	Toranj Thanks to Plains FM in Christchurch	A taste of Persian culture for Farsi and English speakers. - <i>Fortnightly</i>
7:30 pm	Say Mê Việt Nam / Passionate Vietnam	Join Lien in celebration of Vietnamese culture and music (in Vietnamese)
8 pm	Buddhist Radio (Mandarin)	Buddhist teaching and history (in Mandarin)
8:30 pm	Hello Kerala	Soulful Malayalam songs from Kerala with Sabin and Roy (Indian, Malayalam and English)
9 pm	STeudaemonia - International Students Living Well 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	Kampai Japan Thanks to Free FM in Hamilton	Japanese music, current events and news with the chance to learn a Japanese word or phrase
11 pm	BBC World Service	Through to 7am Thursday

THURSDAY

MARCH 2019

12 am	BBC World Service	Live from the UK - <i>Daily</i>
7 am	Democracy Now!	International news from New York <i>Tues - Sat</i>
8 am	The OARsome Morning Show	Dunedin community news and interviews every weekday morning - including Speak Legal with Community Law Otago
10 am	Calder Prescott's 'My Kind of Jazz'	Hosted by Dunedin's own legendary jazz-man, Calder Prescott
12 pm	Arts Hub	Tania Robinson and Beris Forde explore local art and performance with weekly guests
1:30 pm	Focus Vocational Services Radio	An hour of musical treats and stories with the Focus Team from Focus Vocational Services - <i>fortnightly</i>
1:30 pm	Radius Fulton Home Residents' Show Thanks to Radius Care	An hour of nostalgia with your hosts Lloyd, Frances, Ross and Beth
2:30 pm	Eco Living in Action Thanks to Sustainable Dunedin City	Host Maureen Howard discusses sustainable living with guests
4 pm	Youth Zone Thursdays	Join Tabitha, Phaedra, Daisy and Jared for information, events and music for after schoolers
5 pm	Jazz Cafe Thanks to Rhubarb Cafe and Harvest Cafe	An hour of jazz with the suavest gent in town, Lou McConnell
6 pm	Community Interviews	Interview highlights from this week's OARsome Morning Show with Jeff
6:30 pm	Science Notes 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	Sustainable Lens Thanks to Otago Polytechnic	Informed, provocative discussion with Samuel Mann, Shane Gallagher and guests
8 pm	Buddhist Radio (English) Thanks to Buddhist Youth Association	Buddhist teaching and history, with great advice for novice or experienced meditators
8:30pm NEW	To Be Frank	For people with disabilities, sex and sex education remains a taboo subject. Claire Ryan is working to change that - tobefrank.org.nz
9 pm	Misadventures in Sound New Time	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>
10 pm	Water We Watching?	Joshua, Noah and Joe discuss and compare two movies each fortnight with a connection to water. - <i>fortnightly</i>
10 pm	Comrade Caffeine's Variety Hour Thanks to Unions Otago	Updating you on the goings on of the labour movement here in little ol' Aotearoa, and take a dive into relevant issues all from a socialist perspective - <i>fortnightly</i>
11 pm	BBC World Service	Through to 7am Friday

YOUTH ZONE
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RADIO | PODCASTS | VIDEO
CREATED BY OUR YOUTH ZONE BROADCASTERS



12 am	BBC World Service	Live from the UK - <i>Daily</i>
7 am	Democracy Now!	International news programme from New York <i>Tues - Sat</i>
8 am	The OARsome Morning Show	Dunedin community news and interviews every weekday morning - including The Volunteering Hotspot with Volunteering Otago
9:30 am	Eco Living in Action	Host Maureen Howard discusses sustainable living with guests
10 am	Joan's Joyful Hour Thanks to CCT	Musical treasure and community news with your host Joan from CCT - <i>fortnightly</i>
11 am	The Jukebox Highway	A hot-pickin' hour of roots, folk and country music plus local gig news and guests from far and wide
12 pm	Mā Te Oro Ka Ora - Good Sounds, Good Health	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	Mix-Match Thanks to PACT	Eclectic music to liven up the afternoon with the PACT Team
1:30 pm	Noteable Radio 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	Connor's Hits	Join Connor and enjoy some great rock, pop and classic tracks - <i>fortnightly</i>
3 pm	Safe and Sound Thanks to Manawatu People's Radio	A weekly programme looking at animal issues, and animal rights.
Youth Zone Fridays		
4 pm	Project Rioteer	Join Ashley and the Riot for conversations and information about how you can make a difference in your community - <i>fortnightly</i>
4 pm	Bangers and Trash	Rosa and Trent bring you the best and the worst - filled with interviews, discussion and music for the after school audience - <i>fortnightly</i>
4:30 pm	Operation: Rangatahi	Esther and Leo cover a wide range of topics and issues that young people face every day. - <i>fortnightly</i>
5 pm	Town Belt Kaitiaki	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	Let's Talk Sport with Liam 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	Lupe Fetala'i (Samoan) Extended Time	Christine, Nina and special guests from Lupe Fa'alele a Samoa i Otago present three hours of music, upcoming events and conversation in Samoan.
9 pm	The Afro-Caribbean Show	An hour of African and Caribbean music and poetry and social commentary with your host Tim McMullen
10 PM	Bluesology Thanks to The Good Oil Cafe	Tony Neilsen shares his knowledge and passion for classic blues
11 pm	BBC World Service	Through to 7am Saturday



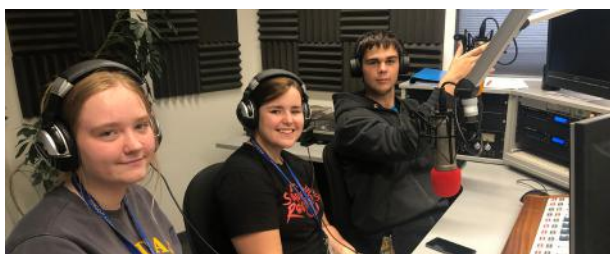
You can have OAR FM Dunedin and our sister stations around Aotearoa New Zealand with you wherever you go



SATURDAY

MARCH 2019

12 am	BBC World Service	Live from the UK - <i>Daily</i>
7 am	Woven Stories	Join our storyteller Allie Simpson as she weaves through the classic to the contemporary stories for children and the young of heart
10 am	Democracy Now!	Pioneering international news programme
11 am	Arty Farty Hour Thanks to Art Zone, 57 Hanover Street	Ron Esplin and Andy Cook host an hour of artyfacts and music - <i>fortnightly</i>
12 pm	Wireless Books 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	All Good Poems Wear Traveling Shoes 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	Jean and Tonic 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	The Library Mix Thanks to Dunedin City Council	Music and info from the Dunedin Public Libraries Team
2 pm	Natural History Radio Show	Sophie Fern and guests chat about our amazing natural history and local wonders - <i>fortnightly</i>
2 pm	Natives Be Woke - Taihoa E Hoa	Shining a spotlight not only on wahine Māori but also highlighting and acknowledging our indigenous sisters of the pacific. - <i>Monthly</i>
3 pm	360 Degrees 'Round Wazrock Thanks to Warren Voight Therapy	Warren presents music from the '40s, '50s, & '60s
4 pm	Bluesology Thanks to The Good Oil Cafe	Tony Neilsen shares his knowledge and passion for classic blues
5 pm	Backporch Bluegrass Thanks to Free FM in Hamilton	Hosted by Paul Trenwith, founding member of the Hamilton County Bluegrass Band
6 pm	Fine Tune 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	Vinyl Vault	Host Steve Buller spins classic vinyl from the 60s and 70s with a weekly featured album. Mmmmmm Vinyl...
9 pm	Retrospect '60s Garage Punk Show Thanks to Free FM in Hamilton	Phil Grey presents an hour of hi-revving garage punk from the classics to the rarities
10 pm	Mosh's Rockin' Hour of Madness	Hosted by Mosh from CCT - <i>fortnightly</i>
11 pm	BBC World Service	Through to 7am Sunday



12 am	BBC World Service	Live from the UK - <i>Daily</i>
7 am	Suzy and Friends	Suzy Cato and friends present new and classic stories for 4 to 10 year olds and their families
8:30 am	Radio Church	Half-hour service hosted by Dunedin's inner-city ministers
9 am	Sounds of a Lifetime Thanks to Summerset at Bishops court	Richard Stedman blends the early with the recent and opens the door to the soundtrack of a lifetime
10 am	The Wise and Well	The Wise and Well is a round-table discussion about health, wellbeing and relationships - with Jo Tiszavari, Matt Jenkins and Adrienne Buckingham. - <i>Monthly</i>
11 am	Write On with Vanda Symon	Interviews and reviews with renowned author Vanda Symon from NZ Society of Authors - <i>2nd week of the month</i>
12 pm	The Bridge Zone 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.
12:30 pm	Outrageous Ageing	The Very Mature and Diverse Rainbow Community will share their ideas, experiences and lives in conversations and commentary. With some young ideas thrown in.
1 pm	Calder Prescott's 'My Kind Of Jazz'	Hosted by Dunedin's own legendary jazz-man, Calder Prescott
2 pm	Scots Wha Hae	Join Ron Mackintosh every second Sunday for an hour of contemporary Scottish Music, stories and commentary. - <i>fortnightly</i>
3 pm	The Jukebox Highway	A hot-pickin' hour of roots, folk and country music plus local gig news and guests from far and wide
4 pm	Musical Matinéés For You 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
7 pm	Heritage Matters Thanks to Ryman Healthcare's Frances Hodgkins and Yvette Williams Retirement Villages	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
7:30 pm	'Round The Boards	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.
8 pm	Pulse of Politics	Join veteran journalist Neale McMillan for an in-depth half hour interview with a New Zealand politician
9 pm	Paakiwaha	Two hours of Maori current affairs with Willie Jackson
11 pm	BBC World Service	Through to 7am Monday



Find out what's happening in our city
Community Events and Notices **On Air and Online**
DCNB.INFO