

**oar** 105.4 FM  
dunedin

# Programme Guide

## September - Mahuru 2019

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**Te Reo Irirangi Putanga Ki Ōtepoti**

12 am	<b>BBC World Service</b>	Daily through to 8am
8 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
9:30 am	<b>Pulse of Politics with Neale McMillan</b>	Join veteran journalist Neale McMillan for an in-depth topical interview with a politician
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
12 pm	<b>Heritage Matters</b> 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	<b>What's the Buzz</b> Brought to you by the Dunedin Beekeepers Club	Learn how to get started with bees, find out how bees are doing, hear about the fascination of bees, the amazing waggle dance and much more.
2 pm	<b>Natives Be Woke</b>	Shining a spotlight on wahine Māori and also highlighting and acknowledges our indigenous sisters of the pacific.
3:30 pm	<b>Youth Zone Mobilised</b>	Young local musicians performing and talking about their original songs.
<b><u>Youth Zone Monday</u></b>		
4 pm	<b>Funky Monkey Underground</b>	Improv comedy from James, Arlo, Quinn, Max and Silas! - <i>fortnightly</i>
4:30 pm	<b>Switch Radio Show</b>	Tayla, Julia, Aiden, Chloe, Diago and others from IDEA Services Switch Youth Centre - <i>fortnightly</i>
5 pm <b>NEW</b>	<b>Rattling the Chains</b>	Aspiring mayoral candidates are questioned on their ideas, their influences and their values by experienced radio journalist Ian Telfer.
<b><u>Connecting Cultures Zone</u></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>
6 pm	<b>Chill-lah with OMSA</b>	Members from the Otago Malaysian Students' Association share what it is like to study in Dunedin.
7 pm	<b>Headscarves and Good Yarns</b>	Celebrating the diversity in our community and hearing about the stories that you don't usually hear about.
7:30 pm	<b>HerStory</b>	HerStory brings to you stories of women from India - <i>fortnightly</i>
8 pm	<b>Namasthe Telugu</b>	Music and news from the Telugu region of Southern India with Sasi (in Telugu)
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 7am Tuesday



# TUESDAY

# SEPTEMBER / MAHURU 2019

12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
7 am	<b>Democracy Now!</b>	International news from New York <i>Tues - Sat</i>
8 am	<b>The OARsome Morning Show</b>	Dunedin community news and interviews every weekday morning.
9:30 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.
10 am	<b>Sustainable Gastronomy</b>	Join Hagar Ozri as she explores how to eat in a way that is healthy for you and for the planet. - <i>fortnightly</i>
11 am	<b>Community or Chaos</b> Thanks to Peace and Disarmament Education Trust	Marvin Hubbard hosts in-depth interviews on social, environmental and political topics
12 pm	<b>Daring to be Wise</b> 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	<b>The Wise and Well</b> Thanks to Truce	The Wise and Well is a round-table discussion about health, wellbeing and relationships - with Jo Tiszavari, Matt Jenkins and Liesel Mitchell. - <i>Monthly</i>
2 pm	<b>MG's Country Show</b> Thanks to CCT	MG plays classic country tracks from great artists - <i>fortnightly</i>
3 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><u>Youth Zone Tuesday</u></b>		
4 pm	<b>Operation: Rangatahi</b>	Esther and Leo cover a wide range of topics and issues that young people face every day. - <i>fortnightly</i>
4 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 pm	<b>Wild Dunedin Podcast</b>	All about wildlife in our own backyard. Why it's awesome, how it's awesome and how we know it's awesome.
<b><u>Connecting Cultures Zone</u></b>		
6 pm	<b>Dunedin Multi Ethnic Council on Air</b>	Celebrating unity through diversity with Lux Selvanesan, Paul Gourlie, Andrew Rudolph, Valerie Tan and special guests.
6:30 pm	<b>Hamro Awaz / Our Voice</b>	Govinda, Ashik and Gagan share opinions and music (in English/Nepalese) from the Dunedin Nepalese Society.
7 pm	<b>Vanakkam Tamizha</b>	Join Lux, Rajesh and guests from the Dunedin Tamil Society 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>	Find out how people just like you find sobriety in AA. Members of Alcoholics Anonymous share their perspectives of recovery from alcoholism. - <i>fortnightly</i>
9 pm	<b>Alcoholics Anonymous Radio Show</b> Thanks to Plains FM	Aiming to increase public awareness of Alcoholics Anonymous - <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 Ryman Healthcare	Local stories and heritage news with Dougal Stevenson, Bill Southworth, Jane Edwards and the team.
Midnight	<b>BBC World Service</b>	Through to 7am Wednesday

# WEDNESDAY

# SEPTEMBER / MAHURU 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 <b>Write Spot</b> with Dunedin UNESCO City of Literature, <b>Southern Health Future</b> with the Southern District Health Board.
9:30 am	Rattling the Chains	Aspiring mayoral candidates are questioned on their ideas, their influences and their values by experienced radio journalist Ian Telfer.
10:15 am	Life Matters Thanks to Life Matters Suicide Prevention Trust	Robert Griffith introduces an open and honest discussion about suicide and mental health in our community.
11 am	Phoenix Peak Thanks to PACT	<i>Ryo Stonewell brings you the greatest soundtracks from TV, movies and games.</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 Thanks to University Bookshop	Interviews and reviews with renowned author Vanda Symon - <i>2nd week of the month</i>
12 pm	Modern Caveman Thanks to Plains FM	Dr Carl Bamlet, the Modern Caveman covers a wide range of health choices, business challenges and issues - <i>3rd 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...
<b>Connecting Cultures Zone</b>		
7 pm	WINGS	A weekly radio news and current affairs program by and about women around the world, produced and distributed by the Women's International News Gathering Service.
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

#ListenLocal

# THURSDAY

# SEPTEMBER / MAHURU 2019

12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
7 am	<b>Democracy Now!</b>	International news from New York <i>Tues - Sat</i>
8 am	<b>The OARsome Morning Show</b>	Dunedin community news and interviews every weekday morning - including <b>Speak Legal</b> with Community Law Otago
9:30 am	<b>Extinction Rebellion</b>	We are facing an unprecedented global climate emergency. The government has failed to protect us. To survive, it's going to take everything we've got.
10 am	<b>Calder Prescott's 'My Kind of Jazz'</b>	Hosted by Dunedin's own legendary jazz-man, Calder Prescott
11 am	<b>Kaleidoscope of Music</b>	Join Justine Schep and explore music through history from 2250 BC to the present and from around the world.
12 pm	<b>Arts Hub</b>	Tania Robinson and Beris Forde explore local art and performance with weekly guests.
1 pm	<b>Islam in Focus</b> From Wellington Access Radio	A show focused on bringing to light the true teachings of Islam, in an effort to remove stereotypes and religious boundaries.
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>Fulton Home Residents' Show</b> Thanks to Radius Care	An entertaining hour of nostalgia with the team from Radius Fulton.
3 pm	<b>Murky Waters</b>	A podcast about sharks, including interviews with experts from around the world.
4 pm	<b>Youth Zone Thursdays</b>	Join Tabitha, Phaedra, Jared and Kirsten 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
9 pm	<b>Startup Dunedin Podcast</b>	Angus Pauley interviews Dunedin based founders and experts in particular fields discussing tools that have helped make them successful. - <i>fortnightly</i>
9 pm	<b>Misadventures in Sound New Time</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>
10 pm	<b>Water We Watching?</b>	Joshua, Noah and Joe discuss a new movie each fortnight with a connection to water. - <i>fortnightly</i>
11 pm	<b>BBC World Service</b>	Through to 7am Friday



# FRIDAY

# SEPTEMBER / MAHURU 2019

12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
7 am	<b>Democracy Now!</b>	International news programme from New York <i>Tues - Sat</i>
8 am	<b>The OARsome Morning Show</b> Thanks to Mitre 10 Mega Dunedin	Dunedin community news and interviews every weekday morning - including The <b>Volunteering Hotspot</b> with Volunteering Otago
9:30 am	Headscarves and Good Yarns	Celebrating the diversity in our community and hearing about the stories that you don't usually hear about.
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>BACK</b>	<b>Kilts and Kiwis</b> Thanks to The Dunedin Edinburgh Sister City Society	Members of the Society, and wider Scottish community, explore the connections between Dunedin, Edinburgh and Scotland, culminating in November's St Andrews Day Celebrations in the Octagon. - <i>fortnightly</i>
11am	<b>Stories of Chinese New Zealanders</b>	Join Susan Zou and Lisa Yung in a series of interviews with Chinese New Zealanders. Thanks to Wellington Access Radio.
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
2 pm	<b>DNI Assembly Show</b>	Friday 27th September
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>
2 pm	<b>Fighting Stigma</b> From Free FM Hamilton	Discussion about the stigma and discrimination faced by people who have experiences of mental health, disabilities, as well as self-stigma.
<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>
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>
5 pm	<b>Charge Up Dunedin</b> Thanks to Dunedin EV Group	Find out all you need to know and more about the world of electric vehicles - <i>Monthly</i>
6 pm	<b>Lupe Fetala'i</b> (Samoan)	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	<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**  
**DCNB.INFO**



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# SATURDAY

# SEPTEMBER / MAHURU 2019

<b>12 am</b>	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
<b>7 am</b>	<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
<b>9 am</b>	<b>Wild Dunedin Podcast</b>	All about wildlife in our own backyard. Why it's awesome, how it's awesome and how we know it's awesome.
<b>10 am</b>	<b>Democracy Now!</b>	Pioneering international news programme
<b>11 am</b>	<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>
<b>12 pm</b>	<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>
<b>12 pm</b>	<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>
<b>12:30 pm</b>	<b>Basement Writers</b> Thanks to Literacy Aotearoa	Basement Writers share their original stories and poems. - <i>fortnightly</i>
<b>12:30 pm</b>	<b>Rotary in the Community</b>	Find out what Dunedin Rotary is all about, and why members of all ages and walks of life stay with this global network of neighbours, friends, and community leaders. - <i>fortnightly</i>
<b>1 pm</b>	<b>The Library Mix</b> Thanks to Dunedin City Council	Music and info from the Dunedin Public Libraries Team
<b>1:30 pm</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.
<b>9 pm</b>	<b>Startup Dunedin Podcast</b>	Angus Pauley interviews Dunedin based founders and experts in particular fields discussing tools that have helped make them successful. - <i>fortnightly</i>
<b>3 pm</b>	<b>360 Degrees 'Round Wazrock</b> Thanks to Warren Voight Therapy	Warren presents music from the '40s, '50s, & '60s
<b>4 pm</b>	<b>Bluesology</b> Thanks to The Good Oil Cafe	Tony Neilsen shares his knowledge and passion for classic blues
<b>5 pm</b>	<b>Backporch Bluegrass</b> Thanks to Free FM in Hamilton	Hosted by Paul Trenwith, founding member of the Hamilton County Bluegrass Band
<b>8 pm</b>	<b>Vinyl Vault</b>	Host Steve Buller spins classic vinyl from the 60s and 70s with a weekly featured album. Mmmmmm Vinyl...
<b>9 pm</b>	<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
<b>10 pm</b>	<b>Mosh's Rockin' Hour of Madness</b>	Hosted by Mosh from CCT - <i>fortnightly</i>
<b>11 pm</b>	<b>BBC World Service</b>	Through to 7am Sunday



# SUNDAY

# SEPTEMBER / MAHURU 2019

12 am	<b>BBC World Service</b>	Live from the UK - <i>Daily</i>
7 am	<b>Suzy and Friends</b>	Suzy Cato and friends present new and classic stories for 4 to 10 year olds and their families
8:30 am	<b>Radio Church</b>	Half-hour service hosted by Dunedin's inner-city ministers
9 am	<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
10 am	<b>The Wise and Well</b> Thanks to Truce	The Wise and Well is a round-table discussion about health, wellbeing and relationships - with Jo Tiszavari, Matt Jenkins and Liesel Mitchell. - <i>Monthly</i>
11 am	<b>Write On with Vanda Symon</b> Thanks to University Bookshop	Interviews and reviews with renowned author Vanda Symon - <i>2nd week of the month</i>
12 pm	<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.
12:30 pm	<b>Outrageous Ageing</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.
1 pm	<b>Calder Prescott's 'My Kind Of Jazz'</b>	Hosted by Dunedin's own legendary jazz-man, Calder Prescott
2 pm	<b>Scots Wha Hae</b> Thanks to Harrington Vaughan	Join Ron Mackintosh every second Sunday for an hour of contemporary Scottish Music, stories and commentary. - <i>fortnightly</i>
3 pm	<b>The Jukebox Highway</b>	A hot-pickin' hour of roots, folk and country music plus local gig news and guests from far and wide
4 pm	<b>What's the Buzz</b> Brought to you by the Dunedin Beekeepers Club	Learn how to get started with bees, find out how bees are doing, hear about the fascination of bees, the amazing waggle dance and much more.
5 pm	<b>Wild Dunedin Podcast</b>	All about wildlife in our own backyard. Why it's awesome, how it's awesome and how we know it's awesome.
6 pm	<b>Rattling the Chains</b>	Aspiring mayoral candidates are questioned on their ideas, their influences and their values by experienced radio journalist Ian Telfer.
7 pm	<b>Heritage Matters</b> 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
8 pm	<b>Pulse of Politics</b>	Join veteran journalist Neale McMillan for an in-depth half hour interview with a New Zealand politician
5 pm	<b>Daring to be Wise</b> 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.
9 pm	<b>Paakiwaha</b>	Two hours of Maori current affairs with Dale Husband
11 pm	<b>BBC World Service</b>	Through to 7am Monday

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