



# Programme Guide

June / July 2021

Te Reo Irirangi Putanga Ki Ōtepoti



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# Monday | Rāhina

105.4FM | 1575AM | OAR.ORG.NZ

12am	<b>BBC World Service</b>	Overnight through to 8am
8am	<b>The OARsome Morning Show with Jeff</b> Thanks to Livingwell—Disability Resource Centre	Dunedin community news and interviews every weekday morning—including 'The Digest' with Livingwell—Disability Resource Centre at 9:10am
10am	<b>Golden Sounds of Stage and Screen</b> Thanks to The Regent Theatre	Russell Campbell hosts an hour of nostalgic music from the golden era of movies plus vintage comedy
12pm	<b>Heritage Matters</b> Thanks to Ryman Healthcare's Frances Hodgkins and Yvette Williams Retirement Villages	2020 NZ Radio Awards Finalists Dougal Stevenson, Bill Southworth, Judy Southworth, Richard Stedman, Ann Barrowcough and Gregor Campbell interview special guests, highlight local stories and heritage news (F)
12pm	<b>MS Momentum</b>	Join MS Otago's Valerie Wilson for discussion on the challenges that people with MS face and the support available in our community (F)
12:30pm	<b>Sightlines</b> from the Dunedin Public Art Gallery Society	Your monthly guide to the visual arts in Dunedin and beyond ( <i>monthly</i> )
1pm	<b>Back Porch Bluegrass</b> From Free FM in Hamilton	Hosted by Paul Trenwith, founding member of the Hamilton County Bluegrass Band.
3pm	<b>Blowing Bubbles</b> Thanks to Otago Polytechnic	Samuel Mann and Mawera Karetai connect with people in their bubbles around Aotearoa and the world sharing positive stories and ideas for thriving
<b><u>Youth Zone</u></b>		
4pm	<b>IDK with Sam and Jacob</b>	Your hosts, Sam and Jacob bring you the latest music, news, stories and a new random theme each episode (F)
4:30pm	<b>Radioactive</b>	Rupert and Esme explore their favourite aspects of science (F)
4:00pm	<b>Fletcher's World</b>	Listen as Fletcher brings you music, chat, and segments like you've never heard before. (F)
4:30pm	<b>Dunedin Youth Council On Air</b>	Imogen, Jana and members of the Dunedin Youth Council bring us the latest updates and discuss current issues faced by Ōtepoti Dunedin's young people (F)
5pm	<b>The Loud Silence</b> with Missy Parata	Guided by Māoritanga, hear stories of inspiration and empowerment to help uplift and encourage a more positive outlook on our lives.
<b><u>Connecting Cultures Zone</u></b>		
6pm	<b>The Lave Mai Show</b> Presented by the Tongan Students Association	A platform that brings together Tongan students and other youth, to discuss and express their thoughts on issues they are facing. (F)
6pm	<b>Voice of Aroha</b> From Wellington Access Radio	A show representing the voices of a variety of communities and their perspectives on many topics. This programme is run by a diverse group of former refugees in Wellington. (F)
7pm	<b>Headscarves and Good Yarns</b>	Celebrating the diversity in our community and hearing about the stories that you don't usually hear about, with your award-winning host, Amal Abdullahi
7pm	<b>Shakti Voices</b>	Promoting women's empowerment and family violence intervention, prevention and awareness. ( <i>monthly</i> )
7:30pm	<b>Say Mê Việt Nam – Passionate Vietnam</b>	Celebrating the culture and uniqueness of Vietnam through music, stories and language. With Lien Trinh. (F)
8pm	<b>STeudaemonia</b> From Plains FM Christchurch	By, for and about international students with advice for living well in New Zealand
8:30pm	<b>Namasthe Telugu</b>	Music and news from the Telugu people of South-Eastern India, with Sasi
9pm	<b>Kabayan Radio</b> From Plains FM in Christchurch	Alfie and Kokee bring you up to date news and information for the Filipino community and also showcase the vibrant music and culture
10pm	<b>Bringing Wellbeing to Life</b>	Join Denise Quinlan to learn more about simple and effective tools that will build your wellbeing and brighten your day.
11pm	<b>BBC World Service</b>	Through until 7am Tuesday

12am	<b>BBC World Service</b>	Live from the UK—Daily
7am	<b>Democracy Now!</b>	International news from New York. Tues—Sat
8am	<b>The OARsome Morning Show</b>	Dunedin community information and interviews every weekday morning.
9:30am	<b>The Arinality</b>	Stories of women with international backgrounds on their cultural identities, belonging and wellbeing in Aotearoa - With Arina Aizal
10am	<b>Sustainable Gastronomy</b>	Hagar Ozri explores how to eat in a way that is healthy for you and the planet (F)
10am	<b>Being Women with Iram Anjum</b>	Iram and guests explore what it means to be a woman in the 21st century (F)
10:30am	<b>Dunedin Yoga Lady</b>	Join Dunedin Yoga Lady Kate Bendall as she explore all things to know about yoga. (F)
11am	<b>Community or Chaos</b> Thanks Peace & Disarmament Education Trust	Marvin Hubbard hosts in-depth interviews on social, environmental and political topics with a local, national and international experts.
12pm	<b>The Radio Pharmacist</b>	Peter Barron shares top tips and explores some of the bigger issues around health and wellbeing, in simple easy language we can all understand
1pm	<b>Environment Awareness Show</b>	Extinction Rebellion presents Ōtepoti Dunedin's Environment Awareness Show. (F)
1:30 pm	<b>Speak Legal</b> with Community Law Otago	Spotlight on legal issues affecting our daily lives. Thanks to University of Otago Faculty of Law
2pm	<b>MG's Country Show</b>	MG plays classic country tracks from great artists. Thanks Community Care Trust (F)
2pm	<b>The Sparkly Show</b>	Empowerment and motivation through music, art, interviews, and jazz hands (F)
3pm	<b>Chill-lah with OMSA</b>	Members from the Otago Malaysian Students' Association share their lives and experiences of studying in Otago. (F)
4pm	<b>Operation: Rakatahi</b>	Join host Leo as he covers a range of issues facing young people every day (F)
4pm	<b>Dear Younger Me</b>	Join Ashley for conversations with people from an array of communities and contexts about what they with they could say to their younger self. (F)
5pm	<b>Mā Te Oro Ka Ora</b> <b>Good Sounds, Good Health</b>	Hear from folk with local connections about the things they do and the ways they have learnt to plan for a healthy future—with Vicki Lenihan
6pm	<b>Dunedin Multi Ethnic Council On-Air</b>	Celebrating unity through diversity with Lux Selvanesan, Valerie Tan, Vanessa Naidoo and Guests
6:30pm	<b>Hamro Awaz / Our Voice</b>	Govinda and Ashik from Dunedin Nepalese Society share music & culture (Nepalese)
7pm	<b>Vanakkam Tamizha</b> From the Dunedin Tamil Society	Join Rajesh Katare, Mahalir Mattum, Illaignar Kural, Adutha Thalaimurai and guests celebrating the richness of Tamil language and culture, and uniting Tamil communities (in Tamil)
8pm	<b>Buddhist Radio (Cantonese)</b>	Buddhist teaching and history (in Cantonese). Thanks to Buddhist Youth Association
8:30pm	<b>K-Talk</b> From the Dunedin Korean Society	Kiho and guests celebrate Korean culture and music (F)
8:30pm	<b>Settlement Information with CAB</b>	Citizens Advice Bureau provide information for new migrants settling in Dunedin (4 weekly)
9pm	<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 (F)
9pm	<b>Alcoholics Anonymous Show</b> from Plains FM Christchurch	Aiming to increase public awareness of Alcoholics Anonymous
10pm	<b>Golden Sounds of Stage and Screen</b>	Russell Campbell hosts an hour of nostalgic music. Thanks to The Regent Theatre.
11pm	<b>War Stories from the Olveston Library</b>	For each family touched by the war to end all wars, there are personal stories that live on through the generations.
11:30pm	<b>Heritage Matters</b>	Award-winning local stories and heritage news - Thanks to Ryman Healthcare
12am	<b>BBC World Service</b>	Through until 7am Wednesday.

12am	<b>BBC World Service</b>	Live from the UK—Daily
7am	<b>Democracy Now!</b>	International news from New York Tues—Sat
8am	<b>The OARsome Morning Show</b>	Dunedin community news and interviews including the Write Spot with UNESCO City of Literature, & Southern Health Future with the Southern District Health Board
10am	<b>The Positivity Show</b>	Julia and her lemur friends, Ricky, Ronny and Aurora, bring you a show that will put a smile on your face. Thanks to Connections Activity Centre (F)
10am	<b>Connections Collection</b>	Graeme & the team from Connections Activities Centre play their favourite music (F)
11am	<b>Coming Soon A Blind Man Sees</b>	Aaron Richardson brings you a show bringing together perspectives of people living with disabilities.
12pm	<b>Lung Talk</b> Thanks to Otago Asthma Society	A half-hour show about lung health and asthma—presented by Jo, Russell and Guests —1st Wednesday of the month
12pm	<b>Write On with Vanda Symon</b> Thanks to University Bookshop	Interviews and reviews with renowned author Vanda Symon. —2nd week of the month
12pm	<b>Modern Caveman</b>	Dr Carl Bamlet from Plains FM covers health choices, business and issues 3rd week
12pm	<b>Sight Unseen Aotearoa</b> Presented by Visual Impairment Charitable Trust Aotearoa	Everyday Kiwis with failing eyesight will be discussing the challenges of living active, independent lives in the community.—4th week of the month
12:30pm	<b>Collaborative Voices</b>	Ros Rice from Community Networks Aotearoa —1st week of the month
12:30pm	<b>Beyond the Script</b>	Dive into conversations with clinical pharmacists from the University of Otago School of Pharmacy Clinic. (Monthly)
1pm	<b>Sounds of a Lifetime</b> Thanks to Summerset at Bishops court	Richard Stedman blends the early with the recent and opens the door to the soundtrack of a lifetime.
2pm	<b>The Mixtape with Shane</b>	Shane plays great tracks from the 50's 60's & 70's. Thanks Community Care Trust (F)
2pm	<b>Artwaves</b>	Music and information presented by the team from the award-winning Artsenta (F)
3pm	<b>Blowing Bubbles</b> Thanks to Otago Polytechnic	Sam and Mawera connect with people in their bubbles around Aotearoa and the world sharing positive stories and ideas for thriving
5pm	<b>Femme Fatale</b>	Inge Andrew brings us an hour packed with female singers and songwriters (F)
6pm	<b>The Vinyl Vault</b>	Steve Buller shares his love of the best rock recordings on vinyl (F)
6pm	<b>Being Women with Iram Anjum</b>	Iram and guests explore what it means to be a woman in the 21st century (F)
6:30pm	<b>Wondering Women</b>	Linea, Kahurangi and Amy create an intentional space for women to share the wisdom they have gained through their life experiences (F)
7pm	<b>Long Time Gone</b>	50's Rock n' Roll and Beyond with Silas (F)
8pm	<b>Buddhist Radio (Mandarin)</b>	Buddhist teaching and history. (in Mandarin) Thanks to Buddhist Youth Association
8:30pm	<b>Hello Kerala</b>	Soulful Malayalam songs from Kerala with Sabin
9pm	<b>Paakiwaha</b> Thanks to Radio Waatea	Exciting weekly two hour current affairs programme hosted by Dale Husband, featuring topical national kaupapa from a Māori perspective
11pm	<b>BBC World Service</b>	Through until 7am Thursday

12am	<b>BBC World Service</b>	Live from the UK. —Daily
7am	<b>Democracy Now!</b>	International news from New York Tues—Sat
8am	<b>The OARsome Morning Show</b>	Dunedin community news and interviews every weekday morning
10am	<b>Jukebox Highway</b>	A hot-pickin’ hour of roots, folk and country music with John Egenes
11am	<b>Jazz Café</b> Thanks to Rhubarb on Highgate	Tune in for your weekly dose of jazz music hosted by Lou McConnell.
12pm	<b>Arts Hub</b>	Tania and Beris explore local art and performance with special guests
7pm	<b>Women’s International News</b>	News and current affairs programme by and about women around the world, produced and distributed by the Women’s International News Gathering Service.
1:30pm	<b>Fulton Home Residents’ Show</b> Thanks to Radius Care	An entertaining hour of nostalgia with Jimmy and team from Radius Fulton (F)
1:30pm	<b>ABLE Minds Radio Show</b> Thanks to Able Southern Family Support	The team from Able Southern Family Support’s Focus Activity Centre bring you music and info on their services and stories. (F)
2.30pm	<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
4pm	<b>Global Youth NZ on Youth Zone</b>	Jayden, Jaiyushka and Lily present multicultural info with music and special guests
5pm	<b>Pull Up To The Bumper</b>	Join Tina Turntables as she revs up your Thursday drive home, spinning the wheels of steel with waiata from women & gender diverse musicians.
6pm	<b>The Sparkly Show with Dr Glam</b>	Empowerment and motivation through music, interviews, art and jazz hands (F)
6:30pm	<b>Science Notes</b> Thanks to the Science News and Promotion Group, University of Otago	Hosted by Dave McMorran with guest students from University of Otago Science Department discussing their special interests and approaches to science
7pm	<b>Sustainable Lens</b> Thanks to Otago Polytechnic	Samuel Mann and Shane Gallagher take a sustainable perspective on current topics in the world around us, with special guests
8pm	<b>Buddhist Radio (English)</b>	Buddhist teaching and history, with great advice for novice or experienced meditators. Thanks to Buddhist Youth Association
8:30pm	<b>NEW I’m No Longer a Refugee</b>	Zhian Eli from International Student Rescue Mission (MRSI) shares life experiences before, during and after being a refugee
9pm	<b>Paranormativity</b>	Join Jared for discussion of stories from myths, legends and paranormal events that have defied conventional explanation.
10pm	<b>The Witching Hour with Whina</b>	Take a break and join Whina (@deathhairball) and guests for kōrero on creativity, self-care, witchcraft, identity, and everything in between
11pm	<b>BBC World Service</b>	Through until 7am Friday

**FIND YOUR PEOPLE**

#ACCESSMEDIANZ

**FIND YOUR STATION**

**CAMA**  
Community Access Media Alliance

12am	BBC World Service	Live from the UK. —Daily
7am	Democracy Now!	International news from New York Tues—Sat
8am	The OARsome Morning Show	Dunedin community news and interviews every weekday morning, including the Volunteering Hotspot with Volunteer South
10am	Joan's Joyful Hour	Musical treasures and community info with Joan. Thanks Community Care Trust (F)
10am	CCT Collective: All the Hits from the Fitz	The Team from the CCT Fitzroy Hub bring you a selection of hits that span the ages. Thanks Community Care Trust (F)
11pm	Muslim Chaplaincy Conversation	Produced by the Otago Muslim Chaplaincy Committee, featuring talks on Islam and interviews with local Muslims (F)
11:30pm	Dunedin Chinese Culture Show	The Dunedin Senior Chinese Association shares their experience living in Dunedin as seniors, and what they know about Chinese culture.
12pm	Connecting Cultures Features	Arina Aizal brings you interviews with the multicultural people of Dunedin and our amazing Connecting Cultures broadcasters.
1 pm	Mix-Match Thanks to PACT	Eclectic, exciting music to liven up the afternoon with the PACT team
1:30pm	Noteable Radio Thanks to Disabled Persons Assembly	Chris Ford from Disabled Person's Assembly and guests discuss achieving inclusion for all New Zealanders (F)
1:30pm	Connor's Hits	Join Connor and enjoy some great rock, pop and classic tracks (F)
3pm	Blowing Bubbles Thanks to Otago Polytechnic	Sam, Shane, Mawera connect with people in their bubbles around Aotearoa and the world sharing positive stories and ideas for thriving
4pm	Bangers and Trash	Rosa brings you the best and the worst—filled with interviews, discussion and music (F)
4pm	Things I Fished out of a Creek	Opening with things you can find in creeks, before delving into all sorts of creative endeavours with Tabitha (F)
4:30pm	Choice As	Join Karl as he brings you the latest in local music as well as some kiwi favourites. (F)
5pm	<b>NEW</b> Lupe Sina	Information, support and entertainment for tina and tamaitai Samoa every fortnight. Hosted by Christine Anesone and Erolia Rooney. (F)
5pm	Lupe o le Foaga	Clinton, Christine and guests present the Samoan Youth show covering interesting information and important issues young people may be facing in Dunedin. (F)
6pm	Lupe Fetala'i	John, Christine, Tapu and special guests from Lupe Fa'alele a Samoa i Otago present three hours of music, upcoming events and conversation in Samoan
9pm	The Afro-Caribbean Show	An hour of African and Caribbean music, poetry and social commentary with your host Tim McMullen
10pm	Mosh's Rockin' Hour of Madness	Hosted by Mosh. Thanks to Community Care Trust (F)
10pm	Bluesology Thanks to The Perc Cafes	Tony Neilsen shares his knowledge and passion for classic blues (F)
11pm	BBC World Service	Through to 7am Saturday

Find out what's happening in our city

Community Event and Notices **ON AIR** and **Online**

**DCNB.INFO**



**Dunedin  
Community  
Noticeboard**

12am	<b>BBC World Service</b>	Live from the UK. —Daily
7am	<b>Woven Stories with Allie Simpson</b>	Join our storyteller and her special friends as she weaves through the classics to the contemporary stories for children and the young at heart
8am	<b>Kids Mix with Kath Bee</b> Thanks to Fresh FM in Nelson	Music, stories, fun facts, strange noises and more!
9am	<b>Stories by Simon</b> from Manawatu People's Radio	Simon Taylor, children's author and professional storyteller, presents chapters of his books for younger listeners.
10am	<b>Democracy Now!</b>	International news from New York Tues—Sat
11am	<b>Environment Awareness Show</b>	Extinction Rebellion presents Ōtepoti Dunedin's Environment Awareness Show. (F)
11am	<b>Arty Farty Hour</b>	Ron Esplin and Andy Cook host an hour of artyfacts and music. Thanks ArtZone (F)
12pm	<b>Wireless Books</b> Thanks to the Athenaeum Library	Christine and Beth explore our city's rich literary heritage, with people who are passionate about the printed word. (F)
1pm	<b>The Library Mix</b> Thanks to Dunedin City Council	Music and information from the Dunedin Public Libraries Team
2pm	<b>The Folk Music Hour</b> Thanks to Access Radio Taranaki	Award-winning radio show delving into the wonders of folk music
3pm	<b>360 Degrees 'Round Wazrock</b> Thanks to Warren Voight Therapy	Warren traces the evolution of rock and roll through the decades
4pm	<b>Bluesology</b> Thanks to The Perc Cafes	Tony Neilsen shares his knowledge and passion for classic blues
5pm	<b>Muslim Chaplaincy Conversation</b>	Produced by the Otago Muslim Chaplaincy Committee, featuring talks on Islam and interviews with local Muslims. (F)
6pm	<b>Noqu Viti lailai e Otepoti - My Little Fiji in Dunedin</b>	Discussions about Fijian cultures, religion, politics, study, immigration, language plus many more issues that matters to Fijian's in Dunedin
7pm	<b>Misadventures in Sound</b>	Viki and Amanda guide you through your favourite sounds, NZ faves and rarities (F)
7pm	<b>Femme Fatale</b>	Inge Andrew brings us an hour packed with female singers and songwriters (F)
8pm	<b>The Vinyl Vault</b>	Steve Buller shares his love of the best rock recordings on vinyl, the way music was meant to be heard (F)
8pm	<b>Trinket Box</b> from Fresh FM Nelson	Maria Baigent presents an hour of Musical Trinkets, written, sung and performed by Women. (F)
9pm	<b>Retrospect '60s Garage Punk Show</b> Thanks to Free FM Hamilton	Phil Grey presents an hour of hi-revving garage punk from the classics to the rarities.
10pm	<b>Outer Limit Frequency</b> from Free FM Hamilton	An in-depth and critical exploration of some of music's greatest oddballs, visionaries and cult heroes.
11pm	<b>BBC World Service</b>	Through to 7am on Sunday.



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12am	<b>BBC World Service</b>	Live from the UK overnight
7am	<b>Suzy and Friends</b>	Suzy Cato and friends present new and classic stories for 4 to 10 year olds and their families
8am	<b>Lupe o le Talalelei</b>	Samoan Lotu and Hymns from the Fellowship of Samoan Ministers
8:30am	<b>Radio Church</b>	Stay connected with a weekly half-hour church service hosted by the Radio Church Team of Dunedin’s inner-city ministers
9am	<b>Sounds of a Lifetime</b> Thanks to Summerset at Bishops court	Richard Stedman blends the early with the recent and opens the door to the soundtrack of a lifetime.
10am	<b>Wondering Women</b>	Linea, Kahurangi and Amy create an intentional space for women to share the wisdom they have gained through their life experiences (F)
10:30am	<b>Dunedin Yoga Lady</b>	Join Dunedin Yoga Lady Kate Bendall as she explore all things to know about yoga. (F)
11am	<b>The Listening Room</b> Thanks to the School of Performing Arts	Ken Young, 2020 Mozart Fellow at University of Otago, shares a varied suite of classical pieces
12pm	<b>The Bridge Zone</b> Thanks to Free FM Hamilton	Barry Jones and Mereana Cullen encourage fellow bridge players to share the passion that have in playing this challenging game
1pm	<b>Write On with Vanda Symon</b> Thanks to University Bookshop	Interviews and reviews with renowned author Vanda Symon (Monthly)
1pm	<b>Beyond the Script</b>	Dive into conversations with clinical pharmacists from the University of Otago School of Pharmacy Clinic (Monthly)
2pm	<b>Scots Wha Hae</b>	Join Ron Macintosh every second Sunday for an hour of contemporary Scottish music, stories and commentary (F)
3pm	<b>The Jukebox Highway</b>	A hot-pickin’ hour of roots, folk and country music, with John Egenes
4pm	<b>Jazz Café</b> Thanks to Rhubarb Café in Roslyn	An hour of jazz with the suavest gent in town, Lou McConnell.
7pm	<b>Heritage Matters</b> Ryman Healthcare’s Frances Hodgkins and Yvette Williams Retirement Villages	Dougal Stevenson, Bill Southworth, Jane Edwards, Judy Southworth, Richard Stedman, Ann Barrowcough and Gregor Campbell interview special guests, highlight local stories and heritage news (F)
10pm	<b>Outrageous</b>	Join host Malcom Angus for Outrageous – The programme that investigates, supports and advocates for the Rainbow People of New Zealand.
11pm	<b>BBC World Service</b>	Through until 7am Monday.

**Dunedin Writers Readers Festival**

Broadcast and Podcast

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**20 Events IN FULL**

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