



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM	BREAKFASTERS					VITAL BITS <small>Things To Do Today</small>		6AM
9AM	THE GRAPEVINE	UNCOMMON SENSE	THE SCORE	SMARTARTS	ON THE BLOWER	OFF THE RECORD	RADIO MARINARA	9AM
							RADIOTHERAPY	10AM
							EINSTEIN A GO-GO	11AM
12PM	BANKSIA	BANANA LOUNGE BROADCASTING	THE OSLO SHOW	GET DOWN	STYLIN'	NEON SUNSET	EAT IT	12PM
1PM	ZERO G		QUEER VIEW MIRROR				INDIGENUITY	1PM
2PM	ASTRAL GLAMOUR	THE GOOD, THE DUB & THE GLOBAL	NEW & GROOVY	RESPECT THE ROCK	FAR AND WIDE	TWANG	JVG RADIO METHOD	2PM
4PM	MAPS	DOUBLE BOUNCE	THE DISTANT SKY	BREAKING AND ENTERING	THE CAVE	STOLEN MOMENTS <small>Events Guide</small>	GOOD FORTUNE <small>Events Guide</small>	4PM
7PM	PRIMAL SCREEN	THE MISSION	BYTE INTO IT	SPIN CYCLE	LIVE AT RRR	BEAT ORGY	FRANTIC ITEMS	6PM
8PM	LOCAL &/OR GENERAL	SUPERFLUITY	THE INTERNATIONAL POP UNDERGROUND	THE AUSTRALIAN MODD	BRIGHT LIGHTS	VELVET HAZE	WHERE YO IS?	8PM
10PM	FULL CIRCLE	BRUTAL REALMS	THE GOLDEN AGE OF PIRACY	SON OF CRAWDADDY	HOW HIGH THE MOON	LIVEWIRE	TEENAGE HATE	10PM
12AM	GUEST PROGRAMMING	O'TOMORROW	MOONCAKE	MYSTIFYING MELBOURNE	GOOD STATIC	THE PARTY SHOW	GUEST PROGRAMMING	12AM
2AM	WINDOW SEAT	FLOP ERA	CEASE AND DESIST	GUEST PROGRAMMING	THE GRAVEYARD SHIFT	THE GRAVEYARD SHIFT	REPRESENTED	2AM
4AM	MOODY	SECOND SIGHT	GUEST PROGRAMMING	CULTURE SHOCK	THE GRAVEYARD SHIFT	THE GRAVEYARD SHIFT	VOYAGE OF THE DAWN TREADER	4AM

MONDAY

6AM: BREAKFASTERS
Music, news, sport, weather, information, special guests and regular segments each morning.
For up-to-date segment information head to rrr.org.au/program/breakfasters/.
Daniel Burt with new team in 2023

9AM: THE GRAPEVINE
Local issues, global context. Insights into our cities, democracy, rights, culture, energy and environment.
All stitched together with a mixtape of music.
Kulja Coulston and Dylan Bird

12 NOON: BANKSIA
A pop-up show celebrating First Nations arts and culture.
Vanessa Morris

1PM: ZERO G
Science Fiction, Fantasy and Historical. Movies, television, theatre, events, books, comics, humans, toys, Things, mathoms and ojahs!
Rob Jan with Megan McKeough

2PM: ASTRAL GLAMOUR
A retrospective program exploring a wide range of sounds, record shop culture and an occasional look at today's artists. Psychedelic, Pop, Rock, DIY/Private Press, Folk, R&B, Post Punk, Synth/Ambient & more.
Joe Bnadid

4PM: MAPS
Visiting friends or launching adventures, maps are always there to guide the way. Join musical navigator extraordinaire Fee B-Squared as she leads from the familiar to the unexplored, making connections between old and new favourite tracks. Your Monday drive soundtrack is in safe hands.
Fee B-Squared

7PM: PRIMAL SCREEN
A show all about screen culture from movies on the big screen to whatever you're streaming!
Flick Ford and recurring reviewers

8PM: LOCAL &/OR GENERAL
Quality, new Australian music program focusing on local emerging artists, with interviews, live in-studio performances and regular guests.
Jason Moore

10PM: FULL CIRCLE
Full Circle transports the electronic underground to your late night airwaves – a weekly transmission of cerebral ambient selections and leftfield electronics, through to dance-floor ready bass and breaks. Expect diverse music for all occasions with Millú and a range of guests, sharing their own inspirations from near and far.
Millú

MIDNIGHT: GUEST PROGRAMMING

2AM: WINDOW SEAT
A mix of R&B, soul and eclectic hip hop vibes from Australia and around the world to keep those late night vibes right.
Sosefina Fuamoli

4AM: MOODY
Join Darcy Justice as she creates unpredictable changes of mood. Shifting through soul to hip hop, dub to reggae, techno to bass and otherworldly sounds.
Darcy Justice

TUESDAY

6AM: BREAKFASTERS
Music, news, sport, weather, information, special guests and regular segments each morning.
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Daniel Burt with new team in 2023

9AM: UNCOMMON SENSE
A weekly conversation about politics and current events, international affairs, history, art, books, and the natural world, to illuminate the issues faced by society and explore them in new ways.
Amy Mullins

12 NOON: BANANA LOUNGE BROADCASTING
Dave Graney presents BLB with a revolving cast of co-hosts. BLB recognises that everybody is right about music but BLB is just MORE RIGHT. RIGHTER. RIGHT OFF. BLB is proudly on the grid but also very much capable of being OFF THE GRID. Playing lots of contemporary Australian music by young and old artists, whatever teases the BLB vibe. Aiming to have interviews and guests regularly from the arts, literary, film, comedy and music world.
Dave Graney and guests

2PM: THE GOOD, THE DUB & THE GLOBAL
Explores the differences between traditional and contemporary global rhythms, the goodness of dub and other tasty treats that fall into the description of Good! Expect music from all corners of the planet near and far and a healthy bassline to kick the day along in a musical style.
Systa BB

4PM: DOUBLE BOUNCE
Moments & movements that are bouncing into earshot each week. Drop in for a catch up on what's making bandrooms fill, parties pop, thinkpieces churn out, and fans gush.
Vaughan Quinn

7PM: THE MISSION
Exploring the issues that impact the lives of Aboriginal people and those at the wrong end of social justice in this country.
Daniel James

8PM: SUPERFLUITY
What good's a desert island if you are all alone? The Superfluity team and guests share and discuss the music that moves them.
Casey Bennetto, Christos Tsiolkas and Clem Bastow

10PM: BRUTAL REALMS
Music that sounds like a dying sun collapsing upon itself, sending you on a voyage through space and time.
Stu Carlson

MIDNIGHT: O'TOMORROW
Outsiders, the avant-garde, noise, experimental, folk, jazz, pop music. Underground and other suppressed and forgotten sounds from all over the world. Music is everywhere. From the past to the future. From Brunswick to Burma. From innovators AND idiots... It's midnight. Tomorrow has arrived.
Patrick O'Brien

2AM: FLOP ERA
Pop's strange, spiritual, and strangely spiritual.
Shaad D'Souza

4AM: SECOND SIGHT
Sound-tracking reflections and moments of contemplation.
Alice Carlton

WEDNESDAY

6AM: BREAKFASTERS
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Daniel Burt with new team in 2023

9AM: THE SCORE
A weekly in-depth exploration of arts, culture and media, featuring deep-dive interviews alongside an eclectic mix of music.
Samira Farah

12 NOON: THE OSLO SHOW
Conversations with friends and strangers about books, art and ideas. Hosted by local drawer of pictures Oslo Davis.
Oslo Davis

1PM: QUEER VIEW MIRROR
A queer and trans talk show.
Sam Elkin and Gemma Cafarella

2PM: NEW AND GROOVY
Electronic space bag, soul/fondue, funk/jetset jazz and the bongos of your mind!
Johnny Topper

4PM: THE DISTANT SKY
Sounds of now and sounds of then, The Distant Sky covers music from across this land and occasionally travels across the ditch, too.
Kate Kingsmill

7PM: BYTE INTO IT
Computer news, reviews and clues. Tech talk and opinionated chat with feature interviews and regular guests covering games, Linux and Open Source, legal, new and social media, gadgets, Apple and more.
A rotating brains trust of opinionated tech commentators

8PM: THE INTERNATIONAL POP UNDERGROUND
Unpopular pop music at its most pretty and profound. Artistic expressions and stylish transmissions from around the corner and around the globe.
Anthony Carew

10PM: THE GOLDEN AGE OF PIRACY
Joins the dots between the new and the old, charting a course through the influences that shaped the sound of today's artists. Special guests share the songs that guided them to play the way they do, and provide a unique insight into the songwriting process for any music completist.
Tristen Harris

MIDNIGHT: MOONCAKE
Celebrating diverse sounds from Asia including Asian-Australian artists and music from Tokyo to Taipei, Seoul to Saigon and more.
Small FRY

2AM: CEASE AND DESIST
Outsiders, outcasts and outlaws. Discarding genre to bring you forgotten gems and underground hits.
Yasmine Sharaf

4AM: GUEST PROGRAMMING

THURSDAY

6AM: BREAKFASTERS
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9AM: SMARTARTS
Visual art, theatre, film and literature.
Richard Watts

12 NOON: GET DOWN
Get Down to the funky sound, Get Down to lots of vinyl, Get Down to your community, Get Down for arts and music news and interviews, Get Down to get up again!
Chris Gill

2PM: RESPECT THE ROCK
Hear the rock'n'roll universe expand as TadPole travels to all the corners of rock and back again. Also featuring the Gig Guide, and the odd segment whenever it feels right.
Nicole TadPole

4PM: BREAKING AND ENTERING
Like a trend forecasting futurist from the land of tomorrow, Breaking And Entering is focused on the new and the next. Presented by Lauren Taylor and Simon Winkler, Triple R's Thursday Drive program features important new releases, covers key news items, and follows critical conversations in a rapidly changing musical landscape. Expect previews of upcoming releases with an occasional nod to the past, and in-depth interviews with recording artists.
Simon Winkler and Lauren Taylor

7PM: SPIN CYCLE
Spin Cycle aims to make sense of the 24/7 updates and hot takes we are bombarded with from media outlets, politicians and pundits all trying to own the narrative.
Jess Lilley, Najma Sambul and Charlie Lewis

8PM: THE AUSTRALIAN MOOD
Two hours of Australian music, playing the best of the new releases and the best from the past! Plus feature interviews, news, views, reviews, in-studio performances, as well as regular guests Jeff Jenkins (*The Music*) and Ian McFarlane.
Neil Rogers

10PM: SON OF CRAWDADDY
Blues and its roots!
Max Crawdaddy

MIDNIGHT: MYSTIFYING MELBOURNE
A penchant for the weird and mysterious? Spooky and unusual? Tune into Mystifying Melbourne, a show dedicated to exploring the more quirky and oft-overlooked aspects of Melbourne and surrounds.
Aisha Pachoud

2AM: GUEST PROGRAMMING

4AM: CULTURE SHOCK
Wake up with a spoonful of gravel. If you don't know where the culture is headed, it's gonna leave you behind. Forever chasing the new noise and unearthing where it came from.
Krishan Meepe

FRIDAY

6AM: BREAKFASTERS
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Daniel Burt with new team in 2023

9AM: ON THE BLOWER
Brunch dahlings? Shut up, I'm on the blower. Talkback RRR style, music freestyle, presentation Tony Biggs style.
Tony Biggs

12 NOON: STYLIN'
Ennio Styles searches for the connections between spiritual jazz, earthly rhythms, future funk science, headnod soul and raw club beats. Occasionally he succeeds.
Ennio Styles

2PM: FAR AND WIDE
Far and Wide is your Friday afternoon mixtape of new release UK Indie, interviews and banter with a smattering of op-shop pop and vintage vinyl.
Steve Wide

4PM: THE CAVE
Sonic prayers from the terrordome.
Woody

7PM: LIVE AT RRR
Live music and in-conversation events from the Triple R Performance Space to prime you for your weekend! Held in front of Triple R subscribers and broadcast to your radio and devices. Hosted by various Triple R announcers. For your chance to attend: rrr.org.au/subscriber-giveaways

8PM: BRIGHT LIGHTS
Whatever the weather, Bright Lights will catapult you into the weekend, and together, we can dream til Monday comes along.
Rachel Short

10PM: HOW HIGH THE MOON
A sci-fi soul excursion, a hip-hop sound signature, it's fancy footwork for ya mind!
Dan Dare

MIDNIGHT: GOOD STATIC
Amongst all the chaos, we all thrive for the calm, the eclectic, the intentional, the underground. From rnb, hip hop, to techno, footwork and everything in between. Now, more than ever we welcome Good Static.
Paul Gorrie

2AM: THE GRAVEYARD SHIFT
A space for new and emerging broadcasters on Triple R.
Rotating hosts

4AM: THE GRAVEYARD SHIFT
A space for new and emerging broadcasters on Triple R.
Rotating hosts

SATURDAY

6AM: VITAL BITS
It sorta starts off real slow... then fizzles out altogether.
Tim Thorpe

9AM: RADIO MARINARA
The team continues the great Marinara tradition of bringing you a quirky but informative look at all that is marine. Get to know all things wet and salty.
Bron Burton, Dr Beach, John Ford, Anthony Boxshall, Terri Allen, Kade Mills and Nereaders Digest

12 NOON: NEON SUNSET
Ramp ups and wind downs, bedroom jams and familiar sounds. Studio gems, memory joggers, carpet stickers and non genre-specifics. Sounds set for a sonic drift, spanning time and place.
Annaliese Redlich

2PM: TWANG
Alternative country and roots influenced music.
Denise Hylands

4PM: STOLEN MOMENTS
Enjoy the passing of time with the sounds of joy from the jazz side – modal, spiritual, soulful, Latin, bossa nova, folk, funk and electronica fusions. Representing jazz in its many forms, playing future classics to timeless music dug from the rich heritage of the past. Jazz is the teacher; extend the knowledge and pass the information.
John Bailey

6PM: BEAT ORGY
Saturday night kitchen dance parties, songs from under the floorboards, quiet life playlists and the occasional stolen orgy.
Steve Cross

8PM: VELVET HAZE
Journey through space, time and mind on a sonic odyssey, with the gods of soul, funk, disco, reggae, blues, rock and more.
Clara Slewa

10PM: LIVEWIRE
A show that celebrates live gigs past, present and future. Featuring relevant births, deaths and marriages. From local pub debuts through to major stadium tours, and everyone in between.
Pauly P and Nereaders Digest with a rotating cast of thousands

MIDNIGHT: THE PARTY SHOW
Talkback discussion on a large variety of subjects with a series of experts encouraging an exchange of viewpoints.
Headly Gritter and DD

2AM: THE GRAVEYARD SHIFT
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SUNDAY

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10AM: RADIOTHERAPY
Curing Saturday night hangovers every Sunday morning since 1996 with all things health, medicine and wellbeing. A team of irreverent (but fairly qualified!) medicos and experts shed light on everything from asthma to Zika virus, headaches to heartaches, sneezing to snoring, meditation to medication. Radiotherapy: it's your prescription with your Triple R subscription!
Mal Practice, Epipen, G-Spot, Cyber Sioux, Training Wheels, Panel Beater, Dr. Sharma, Dr. Neo, Dr. Nick, Prudence Dear, Miss Diagnosis, Dr. Patient and Dr Dilemma

11AM: EINSTEIN A GO-GO
Exploring the wonders of science and its impact on the world.
Dr Shane and colleagues

12 NOON: EAT IT
Food for thought: recipes, hints and tips, interviews and a market report.
Cam Smith and Matt Steadman

1PM: INDIGENUITY
A weekly conversation with Indigenous knowledge holders, showcasing all forms of Indigenous ingenuity.
Krystal De Napoli

2PM: JVG RADIO METHOD
A segment laden, thematically blended hotchpotch of music and talk. Regular guests Ian Bland, Kerri Simpson, Davey Lane, Dr Pump, Angie Hart and Emma Heeney, Barb Waters and Craig Pilkington, Charles Jenkins, Dave "The Accordion Monster" Evans and Sarah Carroll report in most weeks. Ian reads his poetry and the others either record tracks at home and/or select music. Apart from Dave who plays his accordion into the phone.
Jonnie Von Goes

4PM: GOOD FORTUNE
Celebrating women and gender diverse musicians from all around the world. Past, present and future. Good Fortune explores these music makers and storytellers, focusing on their sound, process and contribution to the industry and community.
Jazz Feldy

6PM: FRANTIC ITEMS
Everything all at once, forever.
Charlie Miller

8PM: WHERE YO IS?
Where Yo Is? is a wild ride exploring strange, oft-overlooked music genres. Expect to hear some one-word instrumentals (that's not an oxymoron), Middle Eastern surf, Cuban doo-wop, cross-dressing R&B, animal-themed dances, crying songs and tracks that make you go "Wha??"
Bruce Milne

10PM: TEENAGE HATE
Named after the first Reatards album, Teenage Hate presents the latest in punk, garage, hardcore, noise and psych with an emphasis on Australian releases and bands. Expect new releases, interviews, guest announcers, mini specials and fun times. Join Tim's end-of-week punk party on the airwaves.
Tim Scott and Christina Pap

MIDNIGHT: GUEST PROGRAMMING

2AM: REPRESENTED
Over-representing the under-represented in Australian music.
Bez Zewdie

4AM: VOYAGE OF THE DAWN TREADER
Music to cultivate stillness and peace. Guided meditations, healing vibrations, deep space explorations.
Sophie Miles



PROGRAM GUIDE
DECEMBER 2022