

PROGRAM GUIDE  
APRIL AMNESTY  
2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am	Breakfasters						Vital Bits <small>Things To Do Today</small>	6am
9am	Future Perfect	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	Literati Glitterati	Get Down	Stylin'	Press Colour	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  <small>Arts Diary</small>	Double Bounce  <small>Arts Diary</small>	The Distant Sky  <small>Events Guide</small>	Breaking And Entering  <small>Events Guide</small>	Neon Sunset  <small>Events Guide</small>	Stolen Moments  <small>Events Guide</small>	Good Fortune  <small>Events Guide</small>	4pm
						Beat Orgy	Frantic Items	6pm
7pm	Primal Screen	The Mission	Byte Into It	Spin Cycle	Live At RRR	Velvet Haze	Where Yo Is?	8pm
8pm	Local &/Or General	Superfluity	The International Pop Underground	The Australian Mood	Bright Lights			
10pm	Full Circle	Brutal Realms	The Golden Age Of Piracy	Son Of Crawdaddy	How High The Moon	Livewire	Teenage Hate	10pm
12am	Window Seat	O'Tomorrow	Mooncake	Pebbles	Good Static	The Party Show	Cease And Desist	12am
2am	Guest Programming	Flop Era	The Exchange	Astrophony	The Graveyard Shift	The Graveyard Shift	Represented	2am
4am	Morning Safari	Feel The Floor	Opium Audia	Culture Shock	The Graveyard Shift	The Graveyard Shift	The Planetarium	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](http://rrr.org.au/program/breakfasters).  
**Daniel Burt, Nat Harris and Monique Sebire**

**9AM: FUTURE PERFECT**  
Talks and interviews spanning current affairs, politics, society, culture, and music. From the offbeat to the upbeat. The local to the global. Taking stock of where we are, where we've been, and where we're going.  
**Dylan Bird**

**12 NOON: BANKSIA**  
A show celebrating First Nations music, arts and culture.  
**Vanessa Morris**

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

**2PM: ASTRAL GLAMOUR**  
A music program exploring a wide range of sounds. Psychedelic, pop, rock, DIY / private press, folk, R&B, post-punk, synth / ambient and more.  
**Joe**

**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**  
*Primal Screen* is a show about movies, from the ones on the big screen to the ones you stream.  
**Flick Ford and recurring reviewers**

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

**10PM: FULL CIRCLE**  
Ever evolving transmissions of forward-thinking electronics, organic grooves, psychedelic moods and beyond. Settle in for a neverending trip.  
**Millú**

**MIDNIGHT: 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.  
**Josefina Fuamoli**

**2AM: GUEST PROGRAMMING**

**4AM: MORNING SAFARI**  
Get ready to embark on a musical journey through Africa with South Sudanese born host Mading Jock, who will guide you through the rich and diverse sounds of the continent, from the rhythmic beats of West African drumming to the soulful melodies of South African jazz.  
**Mading Jock**

TUESDAY

**6AM: BREAKFASTERS**  
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**Daniel Burt, Nat Harris and Monique Sebire**

**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. 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**

**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'Brian**

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

**4AM: FEEL THE FLOOR**  
From the rave to the club, don your best and explore the latest from the electronic scene casting directly into the soul of the atmospheric dance floor.  
**Ethan Savage**

WEDNESDAY

**6AM: BREAKFASTERS**  
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**Daniel Burt, Nat Harris and Monique Sebire**

**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: LITERATI GLITTERATI**  
Championing stylish wordsmiths and sterling conversation, *Literati Glitterati* is a weekly book show that loves a good story, well told.  
**Mel Fulton**

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

**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: THE EXCHANGE**  
Led by First Nations artist and creative Kiwat Kennell, *The Exchange* is a space for members of our creative communities to share their experiences, struggles and successes. Kiwat will explore the common grounds, commonalities and connections that exist within the arts and share music, advice and inspirations from leading experts and performers.  
**Kiwat Kennell**

**4AM: OPIUM AUDIA**  
Adorning the early hours of 4-6 am, *Opium Audia* explores thematic and contextual ties of the underground with a hauntological mix of 80s/90s house, electronic, jungle, post-punk, grunge rock, bossa samba and ambient avant pop. Sounds like a memory, feels like a dream. Maybe it was never real.  
**Shambe Olweny-Pu**

THURSDAY

**6AM: BREAKFASTERS**  
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**Daniel Burt, Nat Harris and Monique Sebire**

**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 entirely focused on the new and the next. Current and upcoming releases from a broad range of genres are played, analysed and reviewed, with live performances and studio interviews forming part of the mix.  
**Lauren Taylor and Simon Winkler**

**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, Rachel Withers 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: PEBBLES**  
A pebble catches your eye, Hold me in your palm Toss me in the pond, Listen to the splash Skipping along the surface Exploring the ripples of the whole damn dam  
**Bumpy and Emmy**

**2AM: ASTROPHONY**  
*Astrophony* traverses constellations of arts and culture, history, knowledge, and spirituality through a non-dualistic, story-informed lens. Framed by dreamy textures, be ushered on a sonic exploration of jazz, funk, hip hop, and electronic music layered with rhythmic soul.  
**General Vibes**

**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, Nat Harris and Monique Sebire**

**9AM: ON THE BLOWER**  
Brunch dahlimg? 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: NEON SUNSET**  
Ramp ups and wind downs, bedroom jams and familiar sounds. Carpet stickers and non-genre specifics. Luminous freaks fit for your Friday.  
**Annaliese Redlich**

**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](http://rrr.org.au/subscriber-giveaways).

**8PM: BRIGHT LIGHTS**  
Whatever the weather.  
**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 R&B, 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**  
Filling the space between *The Graveyard Shift* and Things To Do Today with music, occasional guests and weekly chats with taxi-driving farming horticulturalist Bohdan, and bicycle mechanic and enthusiast Marcus Walker.  
**Tim Thorpe**

**9AM: OFF THE RECORD**  
A music program featuring a weekly special with news, interviews, reviews and regular local and overseas correspondents including Billy Pinnell.  
**Brian Wise**

**12 NOON: PRESS COLOUR**  
A vibrant palette of new sounds from across the musical spectrum with a splash of impressions from the past.  
**Sam Cummins**

**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, Nereaders Digest and Pat Delves with a rotating cast of thousands**

**MIDNIGHT: THE PARTY SHOW**  
Robust exchange of views with the influential, the infamous and the informed.  
**Headley Gritter with Paul Jones and DD**

**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**

SUNDAY

**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, Anthony Boxshall, Kade Mills, Fam Charko, Cabin Boy, Rex Hunter, Neil Blake and Jeff Maynard**

**10AM: RADIOTHERAPY**  
The longest running community radio show in the universe dedicated to health, medicine and well-being, curing Saturday night hangovers every Sunday morning since 1996! A team of medicos, nurses, psychologists and special guests from around Australia and around the globe shed light on everything from asthma to Zika virus, your headaches and your heartaches, your sneezing and your snoozing, your meditation and your medication – it's your prescription with your Triple R subscription!  
**Mal Practice, Epipen, Cyber Sioux, Training Wheels, Panel Beater, Dr. Sharma, Dr. Neo, Dr. Nick, Prudence Dear, Miss Diagnosis, Dr. Patient, Dr Dilemma, Dr. Kit Kat, Dr. Moto, Miss Perineum, Dr. Band and Dr. Sonia**

**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**

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

**2AM: REPRESENTED**  
Over-representing the under-represented in local music, from Naarm Melbourne to Aotearoa New Zealand.  
**Bež Zewdie**

**4AM: THE PLANETARIUM**  
Let Phoebe take you on a celestial journey through outer space, with sounds that transcend the stars. Exploring all decades and genres from around the globe.  
**Phoebe Crehan**



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