

PEOPLE POWERED RADIO SINCE 1976

3CRAM GUIDE

your complete radio program guide



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855AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ALTERNATIVE CURRENT AFFAIRS (4-8.30am)					WEEKEND MORNINGS	
5:00 Democracy Now! (repeat) 6:00 Accent of Women (repeat) 6:30 Think Again (repeat) 7:00 The Breakfast Show Alternative news and current affairs	4:00 Tuesday Hometown (repeat) 6:00 Lost in Science (repeat) 6:30 The Radioactive Show (repeat) 7:00 The Breakfast Show Alternative news and current affairs	5:00 Out of the Pan (repeat) 6:00 Women on the Line (repeat) 6:30 Earth Matters (repeat) 7:00 The Breakfast Show Alternative news and current affairs	6:00 Communication Mixdown (repeat) 6:30 Fire Up / MUA Plumbers / Maritime Union (f/nightly) 7:00 The Breakfast Show Alternative news and current affairs	5:00 Anarchist World this Week (repeat) 6:00 Alternative Radio (repeat) 7:00 The Breakfast Show Green Left Weekly Radio	7:00 Stick Together (repeat) National industrial issues 7:30 Solidarity Breakfast Industrial news and discussion 9:00 Asia Pacific Currents Presented by AAWL 9:30 Palestine Remembered News and views on Palestine 10:00 Radioactive Show Friends of the Earth 10:30 Unitarian Half Hour Presented by Melb Unitarian Church 11:00 On Screen Moving image news & reviews	6:00 Radio Ecoshock 7:00 Women on the Line (repeat) 7:30 Gardening Show What's best for your garden 9:15 Alternative News Presented by CICD 9:30 Concrete Gang Presented by CFMMEU Building Division 10:00 Yeah Nah Pasaran! (repeat) 10:30 Latin American Update Latin American Info Centre 11:00 Earth Matters National environment issues 11:30 Out of the Blue Marine environmental issues
COMMUNITY NEWS (8.30am -12pm)					WEEKEND AFTERNOONS	
8:30 Women on the Line National women's current affairs 9:00 Democracy Now! 10:00 YarraBug Urban cycling issues 10:30 She Bop Feminist & gender issues 11:00 The Black Block First Nations perspectives	8:30 Accent of Women Women from diverse cultural backgrounds 9:00 Making Contact 9:30 Dirt Radio Environmental and social justice issues. 10:00 Billabong Beats Connecting to lore with Gavin Moore.	8:30 Stick Together National industrial issues 9:00 City Limits 10:00 Anarchist World this Week Anarchist analysis local, national and international news with Joe Toscano. Presented by Anarchist Media Institute 11:00 Bunjil's Fire First Nations issues Robbie Thorpe	8:30 Lost in Science National science program 9:00 Spoken Word 9:30 Raise the Roof/Uprise Radio (repeat) 10:00 Talkback with Attitude 3CR's talkback program 11:00 Showreel 11:30 Published or Not	8:30 Earth Matters (repeat) National environment issues 9:00 Left After Breakfast 10:00 Think Again Presented by Borderlands Cooperative 10:30 Jailbreak Connecting prisoners to the community 11:00 Blak 'n' Deadly The latest in First Nations music/arts	12:00 DOGS Council for Defence of Govt Schools 1:00 Radical Philosophy Radical women philosophers 1:30 Dinosaur Prize Surprise (repeat) 2:00 Swing 'n' Sway Swing music old and new 3:00 Steam Radio Fun Nostalgia 78s 4:00 Jazz on a Saturday Presented by the Victorian Jazz Club 5:30 Let Your Freak Flag Fly Local independent, alternative, noise & improvised music	12:00 Out of the Pan Pansexual issues 1:00 Freedom of Species Animal advocacy 2:00 Rotations Eclectic music 3:00 Queering of the Air Queer commentary 4:00 Salaam Radio Show New Arabic music 5:00 Sweet Dreams Women & queer musicians 6:00 Shindig! All genres within the kaleidoscope of the 1960s
MUSIC, ISSUES AND TALK (12-4pm)					WEEKEND EVENINGS	
1:00 Strong Spirit Presented by Dardi Munwurro. 2:00 Done By Law (repeat) 2:30 Diaspora Blues 3:00 Urban Voices	12:00 Music Sans Frontieres Presented by The Boite 2:00 Great Voices Opera and the popular classics 3:00 Celtic Folk Show Traditional & contemporary Irish folk	12:00 Bunjil's Fire (cont'd) 2:00 Lazy Wednesday Afternoon If it's happening in our town, we'll play the soundtrack! Music, gig guides and reviews with Kate and Suzy.	12:00 City Limits (repeat) 1:00 Living Free 2:00 Balam Waa Yarns with Talgium 'Chocko' Edwards 3:00 National Indigenous News 3:30 Dinosaur Prize Surprise	12:00 Music Matters Diverse sounds from around the planet 2:00 Burning Vinyl Aussie and international rock with a focus on unsigned bands and Melbourne gigs	7:00 Hot Damn Tamale American and Australian roots music 8:00 Shake Rattle and Roll Rock N Roll 9:30 Blues with a Feeling Country and urban blues	
CURRENT AFFAIRS (4-6.30pm)					WEEKEND LATE NIGHTS	
4:00 Doin Time Issues facing prisoners in the criminal justice system 5:00 The Climate Action Show Profiling the resistance to climate catastrophe 6:00 Communication Mixdown Casting a critical eye on the myriad ways in which we communicate	4:00 Tuesday Hometown Local, national and international interviews with activists with Jan Bartlett 6:00 Done By Law Legal issues presented by the Federation of Community Legal Centres	4:00 Radical Australia Interviews with radical Australians 5:00 Brainwaves Mental health awareness presented by Wellways Australia 5:30 Raise the Roof/Uprise Radio Housing justice/radical current affairs 6:00 Wednesday Hometown Disability news, views and action	4:00 Stick Together (repeat) 4:30 Yeah Nah Pasaran! Examining neo-facism 5:00 Global Intifada Current affairs through revolutionary & protest music from around the world 6:00 Behind Closed Doors Sex work from a workers perspective	4:00 In Ya Face LGBTQA+ issues with interviews & music 5:00 A Friday Rave Kitchen table analysis of political events of the week 5:30 The SUWA Show International Workers of the World, Unemployed Workers Fight Back and Doing It Ourselves	11:00 Hillbilly Fever 2:00 Rock and Roots	11:00 Music Overnight
COMMUNITY LANGUAGES (6.30 - 11pm)					WEEKEND LATE NIGHTS	
6:30 Eritrean Voice News community activities, interviews. {Arabic, Tigrinya} 8:00 Monday Greek {Greek} Greek news, current affairs and music 10:00 Radio EcoShock	6:30 Voice of West Papua West Papuan activists and community members {English} 7:30 Nile Show {Arabic} Sudanese women's show 8:30 Somali Language Show {Somali} 9:30 Diaspora Blues (repeat) 10:00 Greek Resistance Bulletin {Greek/English}	6:30 Margin Voice {Arabic, English} Sudanese & South Sudanese music and news with the Darfur Community Assoc 7:00 Democracy Now! {Spanish} 7:30 Tamil Voice Presented by the Ceylon Tamil Association {Tamil} 8:30 Ubuntu Voices {Arabic, Dinka, English, Nuer} 9:30 Alternative Radio 10:00 Accent of Women (repeat)	6:30 Radioactive Show (repeat) 7:00 Mujeres Latinoamericanas {Spanish} News and current affairs from Australia and Latin America 8:00 Armenian News Music and community news. Presented by the Armenian General Benevolent Union 9:00 Melbourne Chautari {Nepalese} Presented by Nepalese Assoc of Vic	6:30 Mafalda {Spanish} News and views from Latin American women 7:30 Voice of Chile {Spanish} 8:00 Satellite Skies (repeat) 9:00 Ethiopian {Amharic} 10:00 Salaam Radio Show (repeat)	11:00 Music Overnight	11:00 Music Overnight
MUSIC AND TALK (11pm)					WEEKEND LATE NIGHTS	
11:00 Satellite Skies 12:00 Music Overnight	11:00 Night Owls on Rhythm 12:30 Music Overnight	11:00 And this one's introduced by...	10:00 I-nity Riddims 11:30 Planet X 12:30 Music Overnight	11:00 Music Overnight		

A FRIDAY RAVE

Friday 5-5.30pm

Each Friday Jacob brings their kitchen table analysis of an event of the week and relentlessly pulls it apart with a slant you won't find anywhere else.

ACCENT OF WOMEN

Tuesday 8.30-9am, REPEAT Monday 6-6.30am, REPEAT Wednesday 10.30-11pm

A program by and about women from culturally and linguistically diverse backgrounds. ENGLISH EMAIL: accentofwomen@yahoo.com.au

ALTERNATIVE NEWS

Sunday 9.15-9.30am

News about peace, disarmament and nuclear issues. EMAIL: peacecentre@cid.org.au

ALTERNATIVE RADIO

Wednesday 9.30-10pm

Award winning, unembedded, independently produced alternative perspectives.

WEB: www.araustralia.org EMAIL: inquiries@araustralia.org

ANARCHIST WORLD THIS WEEK

Wednesday 10-11am, REPEAT Friday 5-6am

Anarchist analysis local, national and international news and events.

EMAIL: anarchistage@yahoo.com

AND THIS ONE IS INTRODUCED BY...

Wednesday 11pm-12am

Each week hear a different artist introduce the tracks from their album, hosted by Dr. Gonzo.

EMAIL: andthisonesintroducedby@gmail.com

ARMENIAN NEWS

Thursday 8-9pm

Presented by the AGBU. Community announcements, music, entertainment, news and topical issues. ARMENIAN

ASIA PACIFIC CURRENTS

Saturday 9-9.30am

Stories and issues from the Asia Pacific region with a labour and grassroots perspective.

EMAIL: aaw@aww.org.au

BALAM WAA

Thursday 2-3pm

The Spirit of Waa - a journey of stories, yarns and music about freedom and survival. Presented by Talgjum 'Chocko' Edwards.

BEHIND CLOSED DOORS

Thursday 6-6.30pm

A safe space to explore sex work on air.

EMAIL: bcd3cr@gmail.com

BILLABONG BEATS

Tuesday 10am-12pm

Modelled on a traditional camp and the Sacred Fire. Connecting listeners to the Lore and Spirit of the land with Gavin Moore.

THE BLACK BLOCK

Monday 11am-1pm

Grassroots perspectives on First Nations politics and an eclectic selection of music to empower and inform.

BLAK 'N' DEADLY

Friday 11am-12pm

Catch up on all the latest news and perspectives from First Nations broadcasters.

BLUES WITH A FEELING

Saturday 9.30-11pm

Country and urban blues music.

THE BOLDNESS

Wednesday 6-6.30pm

Third and fifth Wednesday of the month. Disability issues presented by Raphael Kaleb.

BRAINWAVES

Wednesday 5-5.30pm

Challenging the mainstream, negative stereotypes of people with a mental illness. This program actively engages those living with a mental illness as researchers, interviewers, performers and program designers while promoting community mental health awareness. Presented by Wellways

BURNING VINYL

Friday 2-4pm

Aussie and international rock with a focus on unsigned bands and who's gigging around Melbourne. Features live-to-air band performances.

CELTIC FOLK SHOW

Tuesday 3-4pm, REPEAT Friday 1.30-2.30am

Celtic folk, traditional & contemporary Irish, Australian folk music & lots more! EMAIL: celticfolk@hotmail.com

CHRONICALLY CHILLED

Wednesday 6.30-7pm, first Wednesday of the month.

A program that aims to provide a platform for those living with chronic and invisible illness, to explore topics that impact upon our daily lives.

CITY LIMITS

Wednesday 9-10am, REPEAT Thursday 12-1pm

Urban environment issues, analysing government services, both federal, state and local campaigns.

THE CLIMATE ACTION SHOW

Monday 5-6pm

Interviews and talks with climate activists. Inside the resistance to climate catastrophe.

COMMUNICATION MIXDOWN

Monday 6-6.30pm, REPEAT Thursday 6-6.30am

Casting a critical eye on the myriad ways in which we communicate with each other in our increasingly interconnected, multi-media platform world.

THE CONCRETE GANG

Sunday 9.30-10am

Local and national building issues presented by the CFMMEU Building Union Division.

DEMOCRACY NOW!

Monday 5-6am, REPEAT Monday 9-10am

SPANISH Wednesday 7-7.30pm

Democracy Now is an independent, award-winning news program hosted by journalists Amy Goodman and Juan Gonzalez produced in New York in the USA.

DIASPORA BLUES

Monday 2.30-3pm, REPEAT Tuesday 9.30-10pm

A program for people interested in ideas about home, community, and belonging.

DINOSAUR PRIZE SURPRISE

Thursday 3.30-4pm, REPEAT Saturdays 1-1.30pm

Talk the talk about walking the walk, exploring consciousness and imagination of kids and carers.

DIRT RADIO

Tuesday 9.30-10am

Friends of the Earth campaigners and activists dig down into the dirt on important environmental and social justice issues. EMAIL: dirtradio@foe.org.au

DOGS

Saturday 12-1pm

The Australian Council for the Defence of Government Schools (DOGS) looks at public education and separation of church and state. EMAIL: adogs@adogs.info WEB: www.adogs.info

DOIN' TIME

Monday 4-5pm

An open forum, presenting information and discussion around issues faced by prisoners in the criminal justice system and migration detention centres. EMAIL: dointime@optusnet.com.au

DONE BY LAW

Tuesday 6-6.30pm, REPEAT Monday 2-2.30pm

Current legal issues presented by the Federation of Community Legal Centres, giving an alternative view of proposed legislation changes.

EARTH MATTERS

Sunday 11-11.30am, REPEAT Wednesday 6.30-7am, Friday 8.30-9am

Local, national and international environmental issues from grassroots, activist perspectives with a strong social justice focus. EMAIL: earthmatters3cr@gmail.com

ERITREAN VOICE

Monday 6.30-8pm

Community news, news from Eritrea, community activities, interviews, Eritrean music and culture. ARABIC / ENGLISH / TIGRINYA

ETHIOPIAN

Friday 9-10pm

Ethiopian news, information about community activities, events and general information. AMHARIC

BUNJIL'S FIRE

Wednesday 11am-2pm

A historically informed, critical analysis of Aboriginal affairs and the ongoing political movement for land rights, treaty, sovereignty and the cessation of genocide, presented by Robbie Thorpe.

FIRE UP / MUA

Thursday 6.30-7am

Presented by The Plumbing Trades Employment Union (PPTEU). Alternates every second Thursday with the Maritime Union of Australia (MUA). WEB: www.plumbers.cepu.asn.au | www.mua.org.au

FREEDOM OF SPECIES

Sunday 1-2pm

Animal advocacy on the airwaves, hosted by a team of local animal advocates and enthusiasts.

GARDENING SHOW

Sunday 7.30-9.15am

Talkback gardening show covering all aspects of horticulture and emphasizing environmentally friendly ideas. PH: 9419 0155 (talkback) EMAIL: gardening@3cr.org.au

GLOBAL INTIFADA

Thursday 5-6pm

Global Intifada brings you current affairs through revolutionary & protest music from around the world, because Music Is Our Bomb.

GREAT VOICES

Tuesday 2-3pm

Great voices in opera, song and the popular classics as well as oratorio, lieder and ballads, presented by Murray McInerney

GREEK RESISTANCE BULLETIN

Tuesday 10-11pm

Bringing you news from the social movements of Greece in English and Greek. News from the anti-fascist and anti-racist front and news of actions and political initiatives from below. GREEK/ENGLISH

GREEN LEFT WEEKLY RADIO

Friday 7-8.30am

Putting people and the environment first. Covering international political issues and struggles against the exploitation of the people and exposing the bias in mainstream media that preferences power brokers and denies access to information. EMAIL: currentaffairs@3cr.org.au

HILLBILLY FEVER

Saturday 11pm-2am

For great Hillbilly music you won't find or hear anywhere else.

HOT DAMN TAMALE

Saturday 7-8pm

American and Australian roots and roots-based music from the 1920s til now. Latest releases, obscurities, specials, live to air performances and interviews and the silliest gig guide in town!

I-NITY RIDDIMS

Thursday 10-11.30pm

Roots Reggae & Dancehall.

IN YA FACE

Friday 4-5pm

Explores gay, lesbian, queer, bisexual and transgender issues with interviews, music and chat. EMAIL: jamesmckenzie_1@yahoo.com.au

JAILBREAK

Friday 10.30-11am

For prisoners, families and supporters, connecting prisoners to the community through their views, music and poetry.

JAZZ ON A SATURDAY

Saturday 4-5.30pm

Great traditional and classic jazz, news and interviews. Presented by the Victorian Jazz Club.

LATIN AMERICAN UPDATE

Sunday 10.30-11am

News, current happenings and music from Latin America. Presented by the Latin American Information Centre. ENGLISH

LAZY WEDNESDAY AFTERNOON

Wednesday 2-4pm

Music, gig guides and reviews with Kate and Suzy.

LEFT AFTER BREAKFAST

Friday 9-10am

Best of the Left commentary and chat hosted by Susanna Duffy.

LET THE BANDS PLAY

Sunday 7-8pm

Music of military, brass and concert bands, together with biographical comments regarding composers, conductors, bands and interesting historical events relating to the music.

LET YOUR FREAK FLAG FLY

Saturday 5.30-7pm

A local independent, alternative, noise, soundscape, soundart, and improvised music show.

LIVING FREE

Thursday 1-2pm

Talk on substance misuse, alcoholism and other additions. Information on support groups is given.

LOST IN SCIENCE

Thursday 8.30-9am

REPEAT Tuesday 6-6.30am

Entertaining news and discussion about research that has impact on society and providing a wide range of science and technology news.

MAFALDA

Friday 6.30-7.30pm

News and views from Latin American women. SPANISH

MAKING CONTACT

Tuesday 9-9.30am

Critical analysis going beyond breaking news, showcasing voices and perspectives rarely heard in the mainstream media.

MELBOURNE CHAUTARI

Thursday 9-10pm

The Nepalese Association of Victoria presents Nepali music, news and current affairs. NEPALESE EMAIL: adio@nav.org.au WEB: www.nav.org.au

MARGIN VOICE

Wednesday 6.30-7pm

Sudanese & South Sudanese music, community current affairs, interviews, politics. ARABIC ENGLISH

MONDAY BREAKFAST

Monday 7-8.30am

Current affairs, media analysis, alternative media. EMAIL: currentaffairs@3cr.org.au

MONDAY GREEK

Monday 8-10pm

Greek news, currents affairs and music. GREEK

MUJERES LATINOAMERICANAS

Thursday 7-8pm

News and current affairs from Australia, South America and Central America. Political debates, music, and community announcements. SPANISH EMAIL: solem@hotmail.com

MUSIC MATTERS

Friday 12-2pm

Diverse new sounds from the crate and around the planet, special live-in-the-studio performances from a range of interesting artists, interviews and gig guides. FACEBOOK @musicmatters3CRcommunityradio

MUSIC SANS FRONTIERES

Tuesdays 12-2pm

The Boite presents a showcase of internationally and locally produced world music. EMAIL: therese@boite.com.au

NATIONAL INDIGENOUS NEWS REVIEW

Thursday 3-3.30pm

An Indigenous-produced and presented magazine-style news and current affairs program, that provides a platform for in-depth coverage of issues affecting Aboriginal and Torres Strait Islander Australians. Produced by the National Indigenous Radio Service.

NIGHT OWLS ON RHYTHM

Tuesday 11pm-12.30am

Presenting Australian bands playing blues and roots music. RnB, Rockabilly, Western, Swing, RocknRoll, Cajun, Zydeco, County, Country Rock, Tex-Mex

NILE SHOW

Tuesday 7.30-8.30pm

Sudanese women's show. Combination of current affairs, interviews and music. ARABIC / ENGLISH

NOSTALGIA UNLIMITED

Sunday 8-11pm

Pre-war nostalgia music presented by Rod Cook, Edweena Cook, Ilona Way, Helen Sterling and Bob Hawker EMAIL: nostalgiarequest@gmail.com

ON SCREEN

Saturday 11am-12pm

Film and moving image culture. News, reviews and interviews. Presented by Melinda O'Connor

OUT OF THE BLUE

Sunday 11.30-12pm

Marine environment and science issues. News and interviews with marine scientists, students and conservation workers, presented by broadcasters who work or study in marine science and the environment.

OUT OF THE PAN

Sunday 12-1pm, REPEAT Wednesday 5-6am

Covering pansexual issues, pansexual meaning "knowing no boundaries of sex or gender" includes transgender and bisexual issues. EMAIL: outofthepan855@yahoo.com.au

PALESTINE REMEMBERED

Saturday 9:30-10am

News and views regarding the Palestinian situation. Bringing listeners the untold side of the Palestinian/Israeli conflict. ENGLISH

PLANET X

Thursday 11.30pm-12.30am

Cool and unusual sounds, new tunes and psychedelic rarities.

PUBLISHED.....OR NOT

Thursday 11.30-12pm

Australian and international authors talk about their books and how they got published, or how they self-published.

QUEERING THE AIR

Sunday 3-4pm

Critically engaged commentary from a mix of trans, genderqueer, gender diverse, bisexual, pansexual, lesbian, gay, queer, and intersex perspectives.

RADICAL AUSTRALIA

Wednesday 4-5pm

Interviews with radical Australians whose ideas, work and actions, although ignored by the mainstream media, have changed this country.

RADICAL PHILOSOPHY

Saturday 1.30-2pm

Radical women philosophers.

RADIO ECOSHOCK

Monday 10-11pm, REPEAT Sunday 6-7am

Latest science, authors, issues - from climate change, oceans, forests, pollution, peak oil, the economy and peace.

RADIOACTIVE SHOW

Saturday 10-10.30am, REPEAT Tuesday 6.30-7am,

Thursday 6.30-7pm

Current news and information on nuclear, peace and energy issues. EMAIL: radioactiveshow.3cr@gmail.com

RAISE THE ROOF

Wednesday 5.30-6pm, REPEAT Thursday 9.30-10am.

Second and fourth Wednesday of the month Presented by Housing for the Aged Action Group, the show explores a range of housing issues. WEB: www.older tenants.org.au

RAISING OUR VOICES

Wednesday 6-6.30pm, second Wednesday of the month

Produced and presented by people with disabilities covering issues such as housing, discrimination, difficulties with public transport, self-advocacy and other related issues. EMAIL: amida@amida.com.au

ROCK AND ROOTS

Sunday 2-6am

Roots and rock n roll music.

ROTATIONS

Friday 2-3pm

Each week guest presenters from shows across the 3CR grid bring you their distinctive appreciation of music.

SALAAM RADIO SHOW

Sunday 4-5pm, REPEAT Friday 10-11pm

New, modern and reinterpreted sounds of Arabic music ranging from trap, rap, RnB, pop and electronic music.

SATELLITE SKIES

Monday 11-12pm, REPEAT Friday 8-9pm

DIY and autonomous politics, music and subculture with a different focus each week.

SHAKE RATTLE AND ROLL

Thursday 8-9.30pm

Presented by the Rock and Roll Appreciation Society.

SHE BOP

Monday 10.30-11am

Femin