



BOREDOM BUSTERS FOR ADULTS - MARCH 25 EDITION

OUR TOP 5 FAVOURITE ALBUMS OF ALL TIME

Sarah

1. Rumours - Fleetwood Mac
2. Day For Night - The Tragically Hip
3. Five Days in July - Blue Rodeo
4. Gordon - Barenaked Ladies
5. Who Made Who - AC/DC

Luke

1. The Milk-Eyed Mender - Joanna Newsom
2. The Monitor - Titus Andronicus
3. This Is Happening - LCD Soundsystem
4. Sometimes I Sit and Think, and Sometimes I Just Sit - Courtney Barnett
5. Currents - Tame Impala

Darcy

1. London Calling - The Clash
2. ...And Out Come the Wolves - Rancid
3. Reconstruction Site - The Weakerthans
4. Paul's Boutique - Beastie Boys
5. Marquee Moon - Television

Erik

1. Can Our Love - Tindersticks
2. Trouble Will Find Me - The National
3. A Deeper Understanding - The War on Drugs
4. A Different Class - Pulp
5. The Boatman's Call - Nick Cave & The Bad Seeds

FAVOURITE PODCASTS/SOCIAL MEDIA FOLLOWS/BLOGS

Sarah

- **Silver Seven Sens Blog** (fun fact, I used to write for them) <https://www.silversevensens.com/>
- **APT613** (lots of cool Ottawa info): <https://apt613.ca/>
- On Instagram, I follow the hashtags **#Schnauzersofinstagram** and **#eatinottawa**
- On Twitter, I like to follow **@eliteprospects** for hockey prospect information. I'm a big fan of following hockey drafts and prospects and they usually have pretty good information.

Darcy

- **WTF with Marc Maron:** My favourite podcast and the most popular one on the web. Marc runs long format interviews with a wide variety of guests from the comfort of his garage.
- **Awkwardfamilyphotos.com:** Good time waster and giggle maker. I'm sure I've got a few of these myself from the 80's either rockin' the rat tail or mullet.
- **Sporcle.com:** I think I may have mentioned this quiz site in the family entertainment section. There are a ton of different quizzes on here from 'name that tune' to 'race the clock' in a variety of topics. You can even make your own.

Erik

- **Reply All** on Gimlet Media. Basically a podcast about weird Internet stuff. Very entertaining, often insightful, and great hosts.
- **Heavy Weight** by Jonathan Goldstein (Gimlet Media). CBC Wiretap's Jonathan Goldstein becomes "mediator" and "solver of problems". Understated and often heartwarming. And very funny in a Jonathan Goldstein kind of way.

ENJOY AND HAVE FUN!



- **Dolly Parton's America.** Great podcast about, well, Dolly Parton and her impact & legacy.
- Local shoutout: if you are into justice in Canada & Ontario, give local podcasters Mike Spratt and Emilie Taman a listen on **The Docket!** These two are wicked smart and well spoken about a whole range of issues.

THINGS WE RECENTLY ATE THAT WERE AWESOME

Sarah (Happy to share my recipes if you shoot me an email at sarahc@oldottawasouth.ca)

- Chana Masala
- Boeuf Bourguignon
- Moroccan Kale Salad

Darcy

- Orange and Turmeric Glazed Salmon
- Grilled Steaks with Za'atar Butter
- Filipino Style Adobo Chicken Thighs

Katherine

- Loaded Chicken tacos
- Homemade apple pie
- Fried chicken and coleslaw

Erik

- With two vegetarians in the house, we have loved this [Butternut Squash with fried Sage](#) pasta recipe!
- We also love making Huevos Rancheros for dinner

NEW RANDOM THINGS WE'VE DISCOVERED

Sarah

- I downloaded a game (iPhone) called "**TapTap Music**". It's kind of like Guitar Hero but you use your thumbs on your phone. It has some ads etc. in it that can be a bit annoying but it's fun to play!
- My friends and I have been using **Zoom and Google Hangouts** and have group chats/music circles through those outlets. It might not be the same as seeing everyone face to face, but it's a way to keep in touch with your posse during this period of social distancing
- If you like crosswords, <https://www.boatloadpuzzles.com/playcrossword> is fun

Darcy

- **Tubi:** I've been using this ap for a while but it has come in handy during this new search for entertainment. It is a free video streaming app that has a lot of content. There are very few ads (maybe 2 minutes every hour) and it has a lot of movies including great music docs.

ENJOY AND HAVE FUN!