

Nerdlandia Bulletin Board

No/low-cost hobbies, creative ideas and more based on season 1 discussions! Including the Current Favorites segment featuring a hodgepodge of obsessions, of course. 😊

Specific local recommendations are based in Lincoln, but if you're living elsewhere, there might be a similar offering where you live! I can help you look. Get in touch by emailing nerdlandia.podcast@gmail.com.

- **Episode 1: The Artist's Way with Lysandra**
 - You can get a used copy of the Artist's Way for \$6, or a new copy for \$10 (I can also lend my copy!)
 - Keep a "Scents" page in your journal. Document as much detail as you can remember about a scent you encountered (date, location, description). Did it evoke any emotions or memories? What are your favorite smells and how can you incorporate them into your routine?
 - Studio Ghibli movies are available on Netflix.
- **Episode 2: Creative medley with Rory**
 - Used instruments can be very inexpensive, especially through FB marketplace. I recommend ukuleles for how cheap, easy but multifaceted they are. (Plus, they're really fun!) You can buy new ones for \$30 at [Walmart](#) or used ones for cheaper on websites like Reverb. Reddit has plenty of recs on the [best free resources](#) and lessons for beginners.
 - Painting tutorials can be accessed on YouTube, or you can do a free week-long SkillShare trial to check out a few videos.
 - The Lux offers [free mural tours](#)! (Well, maybe... they used to.) Their [Facebook page](#) provides updates and upcoming events.
 - For walking or running all you need is a comfy pair of shoes to get started. Lincoln has tons of great trails and parks to explore, and there are lots of resources on getting into running or training for races. Lincoln Running Company has a yearly "[Beginner's Luck](#)" 5k.
 - My favorite YouTube channels for workouts are [HasFit](#), [Yoga With Adriene](#) and [Kyra Pro](#). Some of the videos are no-equipment (and Adriene strives to keep her work accessible to all). Five Below also has a lot of decent, cheap equipment like yoga mats and light hand weights.
 - [Critical Role](#)
 - The [Omnichord Real Book](#)
- **Episode 3: Maximalist Bikepacking with Jared**
 - [Lincoln Bike Kitchen](#) is a great org that provides free bikes in Lincoln!
 - [UNL Outdoor Adventures Center](#) offers rentals for camping gear, watercraft and more. They also have lots of events like morning coffee rides!
 - Bike shops including [Cycle Works](#) and [Trek](#) offer free group rides and group bikepacking trips.
 - Recipes for [South African Grilled Cheese \(Braaibroodjie\)](#) and [Hot Dog Tacos](#)!

- [Cycling Songs 2023](#)
- **Episode 4: Sweetest Reads with Karen**
 - Find a local book club to be a part of, or make your own. [Silent Book Club Lincoln](#) is one that comes to mind, although it's not a traditional book club.
 - Reach out to see if anyone wants to do a buddy read and/or start pen pal correspondence.
 - Organize an Untalented Show with friends! That's just a get-together where you reconnect with long-lost talents, routines, etc.
 - Dr. Who is available on Max.
- **Episode 5: Living the German Dream with Molly**
 - Learn German on Duolingo (trying to find a good alternative since I don't like how they use AI now)
 - Go on a mushroom hunt! Morel mushroom season starts in Nebraska in mid-April or May. (Definitely go with people who know how to properly mushroom hunt.)
 - Buy a copy of Wingspan or play it at Mana Games.
- **Episode 6: Discovering Lionheart Canyon with Kate**
 - Join the [Lionheart Canyon Collective](#) on Instagram!
 - Listen to audiobooks for free on the [Libby](#) app.
 - [Cosmic Eye](#) is not only a great brewery (with options for cocktails and NA beverages), but they have tons of fun events and even concerts now. They regularly update their social media events pages.
 - Attend a makers market or go to a place like Tsuru that stocks art from local artists.
- **Episode 7: Livin' the Veggie Life with Lauryn**
 - [Cauliflower Buffalo Wings](#) by Hot for Food!
 - Ali Slagle's [Sloppy Lennies](#) recipe.
 - One of my favorite plant-based food bloggers is the [Minimalist Baker](#). I also like the vegetarian dishes from [The Modern Proper](#).
 - There are tons of vegetarian and vegan FB groups, including [Cheap Vegan Food](#).
 - Taste the Nation is available on Hulu.
- **Episode 8: Capturing the Midwest with Liz**
 - Photography tutorials can be accessed on YouTube, or you can do a free week-long SkillShare trial to check out a few videos.
 - I also offer free mentorship to those looking to get started with photography or learn more about DSLR cameras. I have given presentations and provided one-on-one guidance in various roles throughout my career, and it's something I enjoy doing.
 - Gathering spaces including [Crescent Moon](#), [Meadowlark](#) and [Saro Cider](#) usually have monthly featured artists with work you can enjoy. I always find new artists to connect with that way. Also, Saro Cider hosts the coolest local event: [Nerd Nite LNK!](#)
 - The [UNL ensembles](#) (plus other local universities, I'm guessing) have fantastic free performances. Lincoln and Waverly both have community bands with free shows too.
 - Make a big ol' charcuterie board with friends! Everyone can bring a cheese, cracker or other snack they enjoy.
- **Episode 9: Stitching Stories with Eddie**
 - Follow the [Nebraska Lincoln Wrimos](#) page or join the [Labors of Love](#) Facebook group!

- If you're looking to get more into cross-stitching, Etsy is a great place to look for kits and patterns. This [WikiHow tutorial](#) seems helpful for learning the basics.
 - Check out [Hero's Quest](#) for journals, PDFs, Side Quest decks and more.
 - The [Daylio app](#) is a way to virtually track habits and moods.
 - [4thewords](#) is "like a gym, built by writers, for writers" (according to the website).
 - Check out [People I've Loved](#) for well-designed guided notepads and notebooks, including the "Things I Am Looking Forward To" journal.
 - And of course, the legend herself... [Prince the Bird](#).
- **Episode 10: Homebrewed Adventures with Ross**
 - [First Street Brewing](#) is one of my favorite breweries in central Nebraska, and [Steeple Brewing](#) is the other place Ross recommended. Both are great places to spend time with friends over local beer!
 - When it comes to entering the world of DND, newbies can check out this [starter guide](#) and read a [primer](#) by Polygon.
 - DND campaigns Ross mentioned:
 - [Rick & Morty](#)
 - [Curse of Strahd](#)
 - [Baldur's Gate: Descent into Avernus](#)
 - [Light of Xaraxys](#)
 - Cascatelli is the pasta shape that Dan Pashman invented (he even won a [TIME invention of the year award](#) for his efforts). Try out the shape—it's great for saucy dishes—and check out the [Chili Crisp Tahini Cascatelli with Fried Shallots](#) recipe from *Anything's Pastable*.
 - Dune is available on Hulu and 3 Body Problem is available on Netflix.
 - **Episode 11: Clay Creations with Aaron**
 - I compiled all four albums Aaron talked about into a [Spotify playlist](#) for your listening pleasure.
 - Ceramicists Aaron mentioned:
 - [AJ Clay Studio](#)
 - [Shawn Bagley Pottery](#)
 - [Dara Schuman](#)
 - Here's the [New York Times article](#) I was talking about: "Working With Your Hands is Good for Your Brain." Shared through a gift link for easy access.
 - If you're interested in taking a pottery class, checking out local art centers would be a great place to start—like the [Lux Center for the Arts](#) in Lincoln or the [Arts Center of Saint Peter](#) in Minnesota.
 - [Queso Sin Queso](#) is the hot sauce I can't stop thinking about, and [Goldenrod Grocery](#) is the local store I was talking about even though I didn't mention it by name in the conversation. Of course, you can also binge the [Hot Ones series](#) by First We Feast on YouTube.
 - "Love Has Won: The Cult of Mother God" is available on HBO Max.
 - **Episode 12: Cakes for Days with Alli**
 - Here are the [Betty Crocker](#) and [Nestle Toll House](#) chocolate chip cookie recipes. (Also, what's YOUR go-to recipe?)
 - Some of our favorite local bakeries mentioned in the conversation:
 - [Goldenrod Pastries](#)
 - [Le Quartier](#)

- [Butterfly Bakery](#)
 - [Rabbit Hole Bakery](#)
 - Following Alli's recommendation, I used the [one-hour cinnamon rolls recipe](#) for my inaugural batch. I gave the dough slightly more rise time than the directions called for. Next time I would add a bit of freshly-squeezed orange juice to the frosting!
 - Give yourself a brain break with an afternoon tea! Some of my favorite brands are [Artemis Tea](#) from Omaha and Celestial Seasonings.
 - Try out gem painting with a kit from [Paintgem](#) or [Michaels](#). Or better yet, organize a "gem jam" party with friends. 💎
- **Episode 13: Purr-colating a Cat Cafe with Emily**
 - First and foremost, connect with [Stray by the Bay](#) to support their mission!
 - For guidance and inspiration on making catios and other cat-friendly projects for your home, join a [Catification group](#) on Facebook (or your preferred social media site).
 - For those in eastern Nebraska, check out the Omaha cat cafe, [Feliuss](#).
 - Check out [Kookaburra Cookies](#)! I'd never heard of them before, but apparently they have an amazing strudel topping. YUM. And of course get some boba or donuts from [MoDo](#).
 - Hit up your local farmers market! [Lincoln](#) has tons in the summertime, covering a variety of locations and days of the week.
 - **Episode 14: Rolling Out a New Era of Derby with Emma**
 - Follow No Coast Roller Derby on [Instagram](#) or [Facebook](#), or check out their [website](#) for more information on their season schedule, recruiting, local partnerships and much more.
 - Connect with [Emforcer](#) or listen to her podcast [The Track Talk](#) for a deeper foray into the world of derby.
 - Jason Orton photographs most of No Coast's games. Go check out his page [Jason Orton Photography](#) for some amazing action shots!
 - Enjoy some local sushi! Those local to Lincoln can visit Kinja, Blue, Shokunin or good ol' HyVee for a sushi fix. I also personally LOVE Emma's idea of a sushi picnic.
 - Visit [Tsuru](#) for the best consignment and boutique finds, plus they carry creations from local makers! They're just my favorite.
 - **Episode 15: Building a Board Game Café with Alma**
 - Connect with Mana Games on [Facebook](#) and [Instagram](#), or visit its [website](#) to check out the events calendar, learn about new café offerings and more! Specifically, their game designer meetups are every other Thursday, Tuesdays are Lorcana Nights and Thursdays are Casual Commander Magic.
 - While you're in the area, check out other Haymarket options: [Ivannacone](#), [Lazlo's](#) and more! Indigo Bridge (the business formerly in Mana's space) is still open too, just in a different spot.
 - The games we discussed in the episode included [Panda Royale](#) and [Wingspan](#).
 - Check out other game and hobby spaces in eastern Nebraska: [Spielbound](#), [Hobby Town](#), [Collective 365](#), [Rainbow Comics](#) and [Warhammer Lincoln](#).
 - For even more tabletop gaming goodness, check out the [Great Plains Game Festival](#).
 - Learn how to play [Disney Lorcana](#)!
 - Check out Stephen King's new short story collection [You Like It Darker](#), or for even more delightfully spooky vibes listen to Will Patton's narrated audiobook version.
 - Try [Fermented Felon](#) kombucha and learn more about the business' story on their website.

Connect with the **Open Mic** artists!

- Burning Witch Corpse
 - [Bandcamp](#)
 - [Spotify](#)
- Hannah Jensen
 - [Instagram](#)
 - [Spotify](#)
- Lexi Storm
 - [Instagram](#)
 - [Spotify](#)
- Bert Gibbs / The Bipolar Path
 - [Website](#)
- Lisa Clonch Tschauner / Reclamation
 - [Website](#)
- Carrier
 - [Spotify](#)
 - [Instagram](#)
- Vempire
 - [Bandcamp](#)
 - [Spotify](#)
 - [Instagram](#)
- Rūze
 - [Spotify](#)
 - [Instagram](#)

And lastly, **join us for [Choose Your Own Adventure!](#)** Questions, comments or any ideas you want to add? Email nerdlandia.podcast@gmail.com.