

LEFT OFF THE DIAL

Left Off the Dial is a weekly one-hour radio show produced in Penticton British Columbia at Peach City Radio (CFUZ-FM). Hosts Ian Mackinder and Dave Del Rizzo strive to bring the sounds of new and emerging Canadian artists to listeners, mingled with some old and some new. Always playing what mainstream radio won't.

Email: leftoffthedial@peachcityradio.org

Frequency: **Weekly**

Release: **Wednesdays after 2100h Pacific Time**

Episode: **278**

Original Air Date: **March 13, 2019**

Length: **58:00**

Title: **711 - March 13, 2019**

Hosts: **Ian Mackinder & Dave Del Rizzo**

Guests: **None:**

Description: Ian and Dave contemplate the zen-ness of being mindful... and they played some great tunes.

TRACKLIST (Artist/Album/Track) - CANCON: 12/13 (92%)

* denotes incomplete track

** denotes naughty words in-song

1	Chastity	Death Lust	Come	2:30
2	nêhiyawak	Starlight	Open Window	3:31
3	Heat	Overnight	Cold Hard Morning Light	4:22
4	Close Talker	How Do We Stay Here?	Half Past Nine	3:39
5	Ginova	Valley	Run For Your Life	3:00
6	Living Hour	Softer Faces	I Sink I Sink	3:10
7	Mike Edel	Thresholds	31	2:52
8	Lost Cousins	In Scenery	City Escape	3:43
9	Motherhood	Dear Bongo,	#224	3:02
10	Silver Chains	All Hail!	This is Love	2:45
11	NOV3L	Novel	Suspicion	2:48
12	TANDM	Reflections, Vol.1	Chanelier	3:50
13	ROIDZ	Fight Night	It's So Easy*	3:01