



**Snowshoe at various Wisconsin locations**

# Feb. 10 events

## DEADLINES/POLICY

The Exchange calendar accepts listings for public events in the metropolitan area (preference is given to free or low-cost events). Submit the time, date and location of the event, along with a brief description of the event. Submissions should include a contact name and phone number for publication.

FAX: 414.431.4214

EMAIL: [calendar@outpostnaturalfoods.coop](mailto:calendar@outpostnaturalfoods.coop)

MAIL: Exchange Calendar, 205 W. Highland Ave, STE 501, Milwaukee, WI 53203

## CALENDAR DEADLINES:

MARCH 2010	Noon, Feb. 3
APRIL 2010	Noon, Mar. 3
MAY 2010	Noon, Apr. 7
JUNE 2010	Noon, May 5
JULY 2010	Noon, Jun. 2
AUGUST 2010	Noon, Jul. 7
SEPTEMBER 2010	Noon, Aug. 3
OCTOBER 2010	Noon, Sept. 1
NOVEMBER 2010	Noon, Oct. 6
DECEMBER 2010	Noon, Nov. 3
JANUARY 2011	Noon, Dec. 1

[calendar@outpostnaturalfoods.coop](mailto:calendar@outpostnaturalfoods.coop)

## Activities

### Shalom House

1872 Shalom Dr., West Bend. 870-7263.

- Feb. 5 to 7. It's All About You Retreat.
- Feb. 12 to 14. Winter Weekend Retreat.

### Emily Willegal Memorial Fundraiser

Feb. 5, 7 p.m. Food, drink, raffles, live music and celebration of Emily Willegal's life. Rock Bottom Brewery, 740 N. Plankinton Ave.

### Contra Dances

Feb. 6, 7 p.m. Lessons and dance with live music and caller. Prairie Hill Waldorf School, N14 W29143 Silvernail Rd., Delafield. 560-1438.

### Milwaukee Area Resources for Vegetarianism

Potluck dinners. Friends Meeting House, 3224 N. Gordon Pl. 962-2703.

- Feb. 7, 5 p.m. Curries and Dal.
- Mar. 7, 5 p.m. Eatin' O' the Greens.

### Audubon Nature Center

1111 E. Brown Deer Rd., Bayside. 352-2880.

- Feb. 8, 1:30 p.m. Fireside Conversations.
- Feb. 9, 7 p.m. Spiritual Unity in Nature.
- Feb. 11, 1:30 p.m. Discover Nature Hiking.
- Feb. 13, 9 a.m. The Great Antler Search.
- Feb. 13, 10 a.m. Nature Uncovered.
- Feb. 15, 6:30 p.m. Starry Nights of Winter.
- Feb. 20, 10 a.m. Become a Wolf Pup and Join the Pack.
- Feb. 20, 2 p.m. Wolves: The Long Way Back.
- Feb. 25, 1:30 p.m. The Sacred in Nature.
- Feb. 28, 5:30 p.m. Full Moon Family Hike.

## Lectures & Seminars

### Essential Oils

Feb. 1, 6:30 p.m. Sponsored by the Holistic Moms Network. Outpost Natural Foods, 2826 S. Kinnickinnic Ave., Bay View.

### Peaceful World Reiki

Deb Karpek, presenter. 529-2982. Call for location. (See ad page XX.)

- Feb. 6, 9 a.m. Vision Board Class. Alverno College.

### Your Sacred Journey

10946 W. Forest Home Ave., Hales Corners. 529-5915. Visit [www.yoursacredjourney.com](http://www.yoursacredjourney.com) for a complete schedule. (See ad page XX)

- Feb. 13, 10 a.m. Psychic Fair.
- Feb. 15, 22, Mar. 1 and 15. Basic Psychic Development Classes.
- Feb. 17, 6 p.m. Spirit Message Circle.
- Feb. 18, 6 p.m. Quartz Crystal Class.
- Feb. 24, 6 p.m. Reiki Level 1
- Feb. 26, 6 p.m. Reiki Level 2.

### Theosophical Society

1718 E. Geneva Pl. 962-4322.

- Feb. 3, 7 p.m. Past Life Regression. Lisa Stewart deSnoo.
- Feb. 10, 7 p.m. Reincarnation.
- Feb. 17, 7 p.m. The Awakened One. Joseph Spence.
- Feb. 24, 7 p.m. Shamanism and Personal Power. Robert Matuszak.

### Angel Light Center for the Healing Arts

13300 Watertown Plank Rd., Elm Grove. 262-787-3001.

< [www.angellightllc.com](http://www.angellightllc.com) > (See ad page XX)

- Feb. 6 and 20, 9:30 a.m. Ama Deus Certificate Workshop.
- Feb. 11 and 25, 6:15 p.m. How to Use Tuning Forks in Healing.
- Feb. 13, noon. Children's Reiki Level 1.
- Feb. 14. Angel Light Valentine's Day: Workshops and special events.
- Feb. 18, 6:30 p.m. Introduction to Reiki. Free.
- Feb. 21, 1 p.m. Introduction to Meditation.
- Feb. 27, noon. Animal Healing.

### Friends of Boerner Botanical Gardens

9400 Boerner Drive, Hales Corners. 525-5656

- Feb. 6, 9 a.m. Beekeeping Basics.
- Feb. 13, 10 a.m. Growing a Chocolate Lover's Garden.
- Feb. 13, 10:30 a.m. Wiggly-Squiggly: Let's Learn About Worms.
- Feb. 18, 6:30 p.m. Garden Plants of Prey.
- Feb. 27, 10 a.m. Green Gardening.

### Hypnosis for Change

6789 N. Green Bay Ave., Glendale. Inside GreenSquare Center for the Healing Arts. 262-264-0214. Register, [www.hypnosisforchangeweb.com](http://www.hypnosisforchangeweb.com)

- Feb. 6, 10 a.m. Past Life Regression.
- Feb. 20, 10 a.m. Path Self Hypnosis.
- Feb. 25, 6:30 p.m. Stamp Out Smoking. Three sessions.

### Wellness Counseling Milwaukee

Registration and location, Di Philippi, 588-0969.

- Feb. 8, 6:30 p.m. Tired of Being Tired?
- Feb. 11, 6:30 p.m. Top 7 Natural Stress Busters.
- Feb. 15 and 22, 6:30 p.m. Vision Boards for Your 2010 Goals.

### Winter Tree Identification Walk

Sponsored by Wild Ones Native Plant Landscapers.

- Feb. 13, 9:30 a.m. Schlitz Audubon Nature Center, 1111 E. Brown Deer Rd.
- Feb. 13, 1 p.m. Wehr Nature Center, 9701 W. College Ave., Franklin.

### Human Emergence and Rapid Transformation

Feb. 15, 6:30 p.m. Awaken Center, 231 E. Buffalo St., Ste. 302. Register 793-4168. Information:

<[www.higherbrainliving.com](http://www.higherbrainliving.com)>

### Free Health Seminars

Koch Chiropractic, 1055 Legion Dr., Elm Grove. 262-784-8232. (See ad page XX)

- Feb. 16, 6:30 p.m. Digestive Health.
- Feb. 18, 6:30 p.m. Children's Health.
- Feb. 23, 6:30 p.m. Women's Health.
- Feb. 25, 6:30 p.m. Headaches.

### DeMattia Medical Group

DeMattia Medical Building, 5500 W. Vliet. Register, 431-8536.

- **Feb. 15 through Mar. 22.** Washington Heights Wellness Project lectures and demonstrations on nutrition, physical activity and stress management.
- **Begins Feb. 16, 6:30 p.m.** What Moves Your? Pilates, yoga, kickboxing, urban jam, free weights, and cardio drills.

### Tantric Intimacy for Couples

**Begins Feb. 17, 6 p.m.** Ellen Diedrich and Di Philippi, facilitators. West Grove Clinic, 12425 Knoll Rd., Suite 110, Elm Grove. Register, 262-780-9788, ext. 112.

### Atelier Drawing Class

**Feb. 20, 2 p.m.** Pacia Sallomi, presenter. Live Artists Studio, 228 S. First St., #302. Sponsored by Alliance Francaise. Information, 964-3855.

### BurningSNOW Center for Experimental Arts

2578 N. Weil St. 483-6483.

- **Feb. 21, 7 p.m.** What is the Burning Man Culture?
- **Feb. 21, 8 p.m.** You Are spHERE: Poi Class. Flow art with tethered balls. Free.

### Transition Milwaukee Hub Meeting.

**Feb. 22, 7 p.m.** Creating and promoting community projects to grow one's own food, generate one's own power and rebuild local resilience. Urban Ecology Center, 1500 E. Park Pl. 964-8505. <transitionmilwaukee.ning.com>

### Writing Life Stories

**Feb. 27, 9:30 a.m.** Carol La Chapelle and Judy Bridges, presenters. Red Bird Studio, 3195 S. Superior St. 481-2195.

### How to Surrender to Avoid Needless Suffering

**Feb. 28, 9:30 a.m.** Eckankar lecture. Holiday Inn Express, 15451 W. Beloit Rd., New Berlin. 888-325-4694.

### Fused Glass Workshop

**Feb. 28, 12:30 p.m.** JS Crackpots Studio, 5208 Springbrook Rd., Pleasant Prairie. <www.jayneherring.com>

### Creating an Urban Pantry

**Mar. 6, 9 a.m.** Woman's Club of Wisconsin, 813 Kilbourn Ave. Register by Deb. 27. 262-241-5768.

### Yoga Workshop: The Teachings of Diane Long and Vanda Scaravelli.

**Mar. 6 and 7, 10 a.m.** Kay Campitelli, presenter. 1333 76th St., Raymond. Register, Cheryl, 218-5987.

## Performing Arts

### Cuban Artists' Books and Prints: 1985-2008

**Through Feb. 5.** Latino Arts Gallery, 1028 S. 9th St.

### Red Light Winter

**Through Feb. 6.** Youngblood Theatre Company. (*Adult content*) The Alchemist Theatre, 2569 S. Kinnickinnic Ave. 861-4692.

### Blackbird

**Through Feb. 7.** Renaissance Theaterworks, 158 N. Broadway. 237-0801.

### Milwaukee Repertory Theater

108 E. Wells St. 224-9490.

Stiemke Theater

- **Through Feb. 7.** Almost, Maine. Stackner Cabaret
- **Through Feb. 28.** Pearl Bailey... By Request. Quadracci Power House Theater
- **Feb. 9 to 11.** The Seafarer.

### Emily Groom: Wisconsin Master

**Through Feb. 13.** Charles Allis Art Museum, 1801 N. Prospect Ave. 278-8295.

### The Conservatory of Music

Helen Bader Hall, 1584 N. Prospect Ave. 276-5760.

- **Feb. 4, 7:30 p.m.** We Six: All Our Own.
- **Feb. 7, 2 p.m.** Philomusica Quartet: Russian Reveries.
- **Feb. 14, 3 p.m.** Love, Liebe, L'Amour!
- **Feb. 15, 7:30 p.m. and Feb. 16, 11 a.m.** Prometheus Trio.

### The Coffee House

631 N. 19th St. 534-4612. <www.the-coffee-house.com>

- **Feb. 5, 8 p.m.** Poetry of Barbara Chudnow, Sarah Rosenblatt, Karina Schafer and Sandy Weisto. A donation of \$4 and two cans of food is requested for this food pantry benefit.
- **Feb. 6, 8 p.m.** Bill Murtaugh, Jean Dean and Michelle Zuba.
- **Feb. 12, 8 p.m.** Acoustic Music/Spoken Word Open Stage.
- **Feb. 19, 7 p.m.** Carole Ferrara and John Plankenhorn. Benefit for Peace Action Wisconsin.
- **Feb. 19, 8 p.m.** David HB Drake.
- **Feb. 20, 8 p.m.** Mid-Winter Talent Contest Finals.
- **Feb. 26, 8 p.m.** Tom Bersh and Peter Lee.
- **Feb. 27, 8 p.m.** Dave Geisthardt and John Anderson.
- **Feb. 28, 7 p.m.** Acoustic Music/Spoken Word Open Stage.

### Burkina Electric, Lukas Ligeti and Caroline Mallonee

**Feb. 6, 7:30 p.m.** Present Music presents the first ever electronica band from Burkina Faso. Turner Hall Ballroom, 1032 N. 4th St. 271-0711.

### Love Letters

**Feb. 13.** Soulstice Theatre production. Sheridan House, 5133 S. Lake Dr., Cudahy. 747-9800.

### Pursuit of Love.

**Feb. 18 to 20, 7:30 p.m.** Marian Center for Non-Profits, 4th floor theater, 3211 S. Lake Drive, St. Francis. 431-3187.

### Duet for One

**Feb. 18 through Mar. 14.** Milwaukee Chamber Theater. Broadway Theatre Center, 158 N. Broadway. 276-8842.

### Richard Shindell with Antje Duvekot

**Feb. 26, 8 p.m.** Sponsored by Wisconsin Singer/Songwriter Series. Unitarian Church-North, 13800 N. Port Washington Rd., Mequon. 262-284-5254.

### Danceworks

Danceworks Studio Theatre, 1661 N. Water St. 277-8480.

- **Feb. 26 through Mar. 7.** Lights, DPC, Action!

### The Secret Garden

**Feb. 26 through Mar. 7.** Acacia Theatre Company. Concordia University, Todd Wehr Auditorium, 12800 N. Lake Shore Dr., Mequon. 744-5995.

### Postcards from Italy

**Feb. 26, 7:30 p.m.** The film is an insider's look at southern Italy. South Milwaukee Performing Arts Center, 901 15th Ave., South Milwaukee. 766-5049.

### Tribal Union

**Feb. 27, 7 p.m.** An evening of tribal-style bellydance presented by Tamarind. UWM Union, Wisconsin Room, 2200 E. Kenwood Blvd. 403-3957.

### Boy Genius

**Feb. 28, 3 p.m.** Waukesha Symphony Orchestra. St. Luke's Lutheran Church, 300 Carroll St., Waukesha. 262-547-1858.

## Visual Arts & Media

### Street Seen: The Psychological Gesture in American Photography, 1940-1959

**Through Apr. 25.** Milwaukee Art Museum. 700 N. Art Museum Dr. 224-3200.

### Wisconsin Junior Duck Stamp Exhibit

**Through Feb. 26.** Winners of the only art contest, sponsored by the federal government, whose goals are to teach wetland habitat and waterfowl conservation to America's youth. Schlitz Audubon Nature Center, 1111 E. Brown Deer Rd. 352-2880.

## { Move }

### Exchange calories for fun

#### Beginners Cross Country Ski Lessons

**Feb 2, 10 a.m.** Always wanted to try cross-country skiing? Expert ski instructors will be on hand at Bubolz Nature Preserve to take you through the basic steps necessary to learn how to cross-country ski and proper clothing to wear. After you finish with the instruction, you will have an opportunity to practice on the Preserve's beautiful groomed trails. Call to register and reserve ski equipment. Gordon Bubolz Nature Preserve, 4815 N. Lynndale Dr., Appleton. 920-731-6041.

#### Adult & Family Night Ski

**February 5, 5 p.m.** Enjoy the beauty and serenity of a crisp snowy evening on skis. Traverse our 1-1/2 mile trail, lit by the soft glow of lanterns, or ski those trails lit only by the light of the moon and stars. Refreshments will await you at the end of the trail. Riveredge Nature Center, 4458 W. Hawthorne Dr., Newburg.

#### Candlelight Ski and Hike

**Feb 6, 6 p.m.** One- and two-mile trails lit for skiing. Separate lit trail for hikers, snowshoers, and leashed pets. Friends of Blue Mound State Park will provide a bonfire, free hot drinks and marshmallows for roasting. Chili, vegetarian chili, brats, hotdogs, and baked goods available for purchase. Blue Mound State Park. 608-437-5711.

#### Introduction to Snowshoeing

**Feb. 6, 9:30 a.m.** Learn about snowshoe history, styles of snowshoes and their use. After a brief classroom time, take to the woods for a snowshoe hike. Fun and adventure for the whole family and a cup of hot chocolate, too. Beaver Creek Reserve, S1 County Road K, Fall Creek.

#### Winter Wildlife on Snowshoes

**Feb. 13, 9 a.m.** Winter is a great time to get out and explore your environment, and snowshoes are a great way to do it. Join a Retzer naturalist as you trek the trails in the silent world of winter on snowshoes. The program will emphasize wildlife tracks and signs, and recreational snowshoeing. Retzer Nature Center, S14 W28167 Madison St., Waukesha.

#### Valentine's Candlelight Hike & Ski

**Feb. 13, 6:30 p.m.** Celebrate Valentines Day a bit early while enjoying the winter wonderland at night with family and friends. Ski or hike the 2-mile cross-country trail lit by almost 200 tiki torches. Warm up afterward by the fireplace. Refreshments will be available in the heated shelter building. Kohler-Andrae State Park. 920-451-4080.

#### Guided Evening Snowshoe Hike

**Feb. 20, 6:30 p.m.** Visitors are invited to take a naturalist-guided snowshoe hike; learn some constellations and warm up with hot cider in the nature center afterward. Ledge View Nature Center, Between Hwys. G and 57 (via Irish Road), W2348 Short Rd, Chilton.

#### GeoQUEST Snowshoe/Sled Hike

**Feb. 21, 10 a.m.** Learn about the geology of the area with a guided snowshoe/sled hike by our experienced guide naturalists, followed by questions and answers near the warm fire with hot cocoa and popcorn. Please bring your own snowshoes and/or sled hiking equipment. Cave of the Mounds National Natural Landmark, 2975 Cave of the Mounds Rd., Blue Mounds.