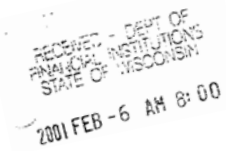




Riverwest Currents



FREE! News You Can Use • Riverwest, Harambee and The East Side Vol 24 Issue 1-JAN. 2024



Riverwest Cooperative ARTICLES OF INCORPORATION

Executed by the undersigned adults, acting as incorporators for the purpose of forming a Wisconsin cooperative under Chapter 185 of the Wisconsin Statutes:

ARTICLE I Principal Office

The name of the cooperative shall be Riverwest Cooperative (hereinafter "the Cooperative"). Its principal office shall be at 733 E. Clarke St in the City and County of Milwaukee, State of Wisconsin 53212.

ARTICLE II Purposes

The Cooperative may engage in any lawful activity within the purposes for which cooperatives may be organized under Chapter 185 of the Wisconsin Statutes.

Byway of example, but without any limitation whatsoever, the Cooperative's purpose will be to establish a financially sound grocery store in the Riverwest neighborhood of Milwaukee, Wisconsin. The Cooperative shall conduct all of its activities for the mutual benefit of its member-owners with due concern for the community in which it operates. The Cooperative is organized and shall be operated exclusively as a membership cooperative.

ARTICLE III Membership

The Cooperative shall have a single class of members.

ARTICLE IV Capital

The Cooperative shall be organized with capital stock. The amount of authorized capital of the Cooperative shall be 20,000 shares of common stock with a par value of 20 dollars (\$20) per share. Member-owners shall be required to purchase and continuously own at least five (5) and no more than twenty (20) common shares. Common stock shall not be entitled to dividends, and shall be subject to the right of the Cooperative to acquire or recall such stock. No member shall have more than one vote.

ARTICLE V

Apportionment and Distribution of Proceeds

If any year the Cooperative's receipts produce no net proceeds, the Board may charge any loss against reserves on a practical, equitable basis. Any net proceeds of any year may also be applied to losses in prior years on a reasonable basis as determined by the Board in accordance with applicable statutes and regulations at the time.



Sweet, Sweet Anika Knauss
Dan and Sonja's child 21 years ago
Kallas Honey \$5.89 in 2002 - Now \$9.29



The future Co-op Cafe 18 years ago

Future past, photo by Peter DiAntoni, 2005

You say Good Bye - I say Hello

by Vince Bushell

Say it isn't so!
The Riverwest Co-op & Cafe is saying they may have to close. Not so long ago I was jackhammering the floor in an old garage to make way for a cafe. Paula Gelbke took a job in the store, and she still is there part time.

Full disclosure if you do not know, we own the building (Paula and Vince). We hardly want the business to close. I was on the board for many years, but not in the recent past. I have no direct say as to what path the store and cafe should take. There is a GoFundMe page to raise money to try to keep this treasure open

That may be a short term measure to allow of bit of time to try to correct the ship from sinking.

But we should be proud of the time it did thrive. Some say the place is not like any

other, any where. Warm and welcoming.

Let us celebrate some of the heart the images show on this page.

When the hard times became a threat to the Co-op's existence, I suggested we may want to go back to the beginning. We were basically all volunteer from rehab to opening to operations in 2001.

Do we not think that spirit is not still there in our community? Young and old the challenge is to embrace dreams and visions for this space in the 21st century.

The cooperative may have to be dissolved and re-imagined in the present times. Things have changed.

I for one hope to keep this to me sacred place as a home for hope, vision and caring for all who come our way.



Two carpenter Pauls celebrate the Philosopher's Bench with Carl and Nancy Hedman. All supporters from the start.

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Riverwest Currents is dedicated to keeping readers informed about issues and events important to those who live, work, and play in and around our neighborhood. We believe Riverwest and Milwaukee are good places to make a home or set up a shop. We want to help promote safe and affordable neighborhoods, embrace urban aesthetics, respect diversity, and help make Riverwest residents aware of opportunities available to them.

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Dr. Martin Luther King Justice Coalition

4142 N. Newhall St. Shorewood, WI 53211

23rd Annual Dr. Martin Luther King, Jr.

Justice Program and March

Monday, January 15, 2024 - 1:00 pm

St. Francis of Assisi Church, 1927 N. Vel Phillips Ave., Milwaukee

The 23rd annual Dr. Martin Luther King, Jr. Day Justice Program and March will be held on Monday, Jan. 15, 2024 - the national holiday - at 1:00 pm at St. Francis of Assisi Catholic Church, 1927 N. Vel Phillips Ave. (4th and Brown), Milwaukee.

The commemorative program will be followed at 2:30 pm with a three-block march to Dr. King's statue on the 1700 block of Dr. M. L. King Drive, just north of Walnut St., where there will be an open microphone to reflect on Dr. King's work and his impact on our lives.

This year's event will feature reflections from several Milwaukeans who personally knew or worked with Dr. King.

We will recognize three organizations working for peace in Israel/Palestine in the nonviolent tradition of Dr. King: Milwaukee Jewish Voice for Peace, Milwaukee Muslim Women's Coalition and UWM and MU Students for Palestine.

Guest performers will include musicians Pansy Williams, David Nunley, Mike Arndt and actor Andre Lee Ellis interpreting the words of Dr. King.

The event is sponsored by the Dr. Martin Luther King Justice Coalition. The coalition has organized this event for the past 22 years and includes grassroots groups working on issues of nonviolence, poverty, homelessness, economic justice and peace.

The Coalition includes, Casa Maria Catholic Worker, Veterans for Peace, Greater Milwaukee Green Party, Injured Workers Center, Peace Action Wis., Voces de la Frontera, Summer of Peace, Welfare Warriors, Milwaukee Branch Women's International League for Peace and Freedom, Progressive Democrats of America in Milw. County, WAVE (Wisconsin Anti-Violence Effort), Marquette University Center for Peacemaking, the Milwaukee Justice Coalition, Wisconsin Conference of Branches NAACP, 350 Milwaukee, Vietnam Veterans Against the War, SEIU, Fight For 15, St. Francis Church, Catholics for Peace and Justice, Riverwest Neighborhood Association, Mothers for Justice, Rid Racism Milwaukee, Milwaukee Turners, True Skool, Central United Methodist Church, Urban Underground, We Got This, We Care Wisconsin, "The Capacity to Care".

Contacts: Julie Enslow, 414-964-9478 and Brian Verdin, 414-241-4608

Dear Vince,



I was pleased to see the article about Grand Avenue Club and how art activities and art installed in the building has enhanced the lives of the members and staff. From 2018 -2019 I had the fortunate opportunity to lead club members, staff and community volunteers on a mosaic mural project entitled Lake Michigan. The 3 ft X 4 ft. mural is installed in the Water Street entrance. Here is a link to the project: <https://www.mosaicmirm.com/community-projects-and-collaborative-murals>

We have been reading the Riverwest Currents since the beginning and appreciate all the hard work that you do to publish this valuable paper.

All the best,

Miriam Sushman

Thanks, Riverwest Currents

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Happy “NEW YOU” Year!
 “Approach the New Year
 with resolve to find the
 opportunities hidden in each
 new day.” – Anonymous

From Lorraine Jacobs:

Moving from one year to the next inspires the notion of opportunity to change. Here’s 2024 and the chance we’ve been waiting for, once again! We can revisit our goals, examine our daily approach, and tweak our responses to life.

“This is my personal focus for ‘New You 2024.’ I want to start by making that commitment ‘out loud’, by saying it to you. I plan to start each day with ten to twenty minutes of just breathing peacefully. I will remind myself to revisit that peaceful time throughout the day, so I can recognize possible hidden opportunities and be ready to embrace them.

Then I hope to acknowledge my potential -- not the flaws -- so I can approach a new way of experiencing my life. Small changes, repeated, can become stronger and build on their potential. I will be patient with myself. Think before acting. Say “not now, maybe later” to requests.

We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the room of our lives ... not looking for flaws but for potential. (From Ellen Goodman, journalist and syndicated columnist)

Sundials show the hour,
 Forecasts warn of seasons’ change,
 Nature tells the time.
 -Thallis Drake

Reflections on the Horizon

By Roger Uscila

January, the first month of a new year. It is a time of reflection and often of setting new personal horizons.

January is aptly named -- looking back and looking forward. January is derived from the name of Janus, the Roman god of doorways, comings and goings, transitions. He is usually depicted with his two faces, both bearded. One face looking back and its mate gazing forward.

When you look back over this year, see it all. What did it bring you and what effect did it have for you? Perhaps you gained new insights or wisdom, some of which may have come from disappointments. But disappointments can also have value in discerning what does serve and what does not in living. So yes, see everything and reflect on it and take wisdom where it is to be found.

Holidays are past ...
 Now to find ways to make those
 good cheer wishes last!
 -Thallis Drake

Is This the Year?
 Submitted by Eileen Ciezki

Just before the very end of the year, Japanese people participate in “Osoji,” a deep cleaning of one’s household that is highly believed to cleanse the home and purify the residence to welcome “Toshigami,” the kami (Shinto deity) of the New Year.

For an American boomer, the “Big Clean” translates to “downsizing”. I resolve to complete my downsizing this year in the house, attic, and basement. Give away, donate, recycle. Why do I save birthday cards over the years? Books, classics -- many so hard to part with even though I don’t read them anymore! Extra pots, pans, utensils -- out! Someone else can use them. Photographs waiting to be memorialized in albums (old fashioned method). Sorting through these will take time. One drawer, one box at a time. Wish me luck.

Take Good Care of Yourself in 2024
 Submitted by Nancy Gregory

This January, Riverwest Elders welcome John Kropp, nutritionist, owner of Elite Nutrition Vitamins, and Riverwest resident. (Wisdom Tuesday, January 9, Noon - 2pm, East Library, 2320 N Cramer St. See Riverwest Events Calendar with this article).

He will provide our gathering with tools to make better health decisions. According to the United Nations, the current life expectancy for the United States in 2023 is 79.11 years. What better incentive to assess our lifestyle and make better life choices.

John’s presentation will focus on: 1) the true causes of disease and illness; 2) how Big Pharma and Big Food misinform us; and 3) what alternatives to drugs can be used to treat our ailments. Audience interaction and questions are encouraged during the presentation.

John has worked in the industry for 30 years and has studied the “real” research that reveals the causes of disease and aging versus Big Pharma’s research to introduce and market drugs. His passion has led him to learn what causes disease and how to treat and prevent them from an alternative perspective.

“We created Elite Nutrition in order to have the freedom to get our customers the best products and information”, states John. “There is a lot of misinformation out there, and the health care industry uses confusion as a weapon to make it seem as if we are not in charge of our own health.

This event is not just for elders. Encourage your friends, family, and neighbors to join us while we learn about vitamin absorption rates and how good your vitamins really are. Learn how to look at labels to determine what food you should avoid, reduce consumption of, or eat on a regular basis. Can you really eat eggs and bacon instead of processed cereal? Butter not canola oil? Handouts will be available to take home.

Let’s make this a healthier year for everyone.



Riverwest Elders Guiding Vision: *We are a diverse group of Riverwest and nearby neighbors, over 50 years old. We come together to share wisdom, live to our full potential and give back to the community.”*



WV Bushell, drawing made in 1976, I just keep changing the date, Vb

**Riverwest Elders
 January Events:**

Wisdom Tuesday (2nd Tuesday of the month) – January 9, Noon-2pm. East Library, 2320 N Cramer St. Presenter John Kropp, owner of Elite Nutrition Vitamins (outlets in Glendale and Mequon), will do presentation with materials, handouts and location information.

Birthday Lunch (4th Thursday of the month) – January 23, Noon-2pm. Seven Swans Creperie in Riverwest! 808 E. Chambers St. No reservations required. Casual atmosphere, many choices.



Snow in February of 2023. Will we get snow in 2024?

To be 75 I first had to be 18. And somehow I made it.
 by Vince Bushell

So, 2024, what do you have in store?

Sometimes it is good to talk to the other end of the spectrum. I mean those closer to the beginning than the ending.

Here we are almost at the first quarter of the 21st century and I was born in the first half of the 20th. I think there were 3 billion people on the planet then and now there are 8 billion and rising.

The old telescopes showed a number of galaxies outside of the Milky Way. With Hubble thousands upon thousands more and with the James Webb telescope there is an estimated 200 billion to 2 trillion galaxies in the observable universe with each galaxies having billions of stars.

Well maybe we should be looking down instead of up. And smiling at each other while we do.

Next door, I mean on the next page is another senior, as in high school senior.

Jillian is her name and she laments Ally Sheedy’s line in the Breakfast Club movie: “when you grow up your heart dies.” I also like the Tao of Pooh and the comment that the problem with people is Brain. It reminds me of my saying the problem with people is people. It is not systems that make things work or not work. No not capitalism, socialism, communism or whatever ism is in vogue. Its Brain. Our inability to see the other and accept people where they are.

Expand our capacity to care for each other and that may be the best resolution of all.

No need for hearts to die. Young seniors or old seniors.



The Capacity to Care (observations from a senior)

Jillian Beaster
to the Riverwest Currents

As I move closer to the real world, real worldly thoughts have begun to bombard my mind. Will the adult world embrace me or reject me? Will I be greeted with open arms or with closed hearts? As a senior in high school, I feel the only known is the unknown, and my year, at least so far, has been spent primarily in the future.

Growing up, I viewed my sensitivity as a hindrance; something that would harm me later in life. As I have gotten to know myself – and life – better, I realized this couldn't have been further from the truth. Many people, including myself for a time, view sensitivity and emotion as harmful or weak traits, but I have since come to learn the power of deep feeling. I now understand that emotion is not something to overcome, but to embrace, and this discernment has been paramount to my understanding of myself. Up until now, I have relished in the security of my life, as I have undergone little change, and my circle has remained relatively paltry. It is for this reason that the prospect of college, or even a new life after high school, has become so tempting to me and my fellow seniors.

One of my main quarrels with aging boils down to Ally Sheedy's character in The Breakfast Club. Allison, a troubled teen from the film, believes that "when you grow up, your heart dies", a line that continues to haunt me each birthday. Although this line applies to a shocking number of people, I don't believe this notion must come to fruition. As I have gotten older, I have noticed a stigma around holding on to childhood interests, or even baring your true colors to the world, out of fear of judgment. Did you know that one of the most prominent American phobias is public speaking? Though no one wants to

be judged (an understandable fear, at that) I believe that the only person who holds the power to make something "embarrassing" is yourself. The single thought that has gotten me through a plethora of school presentations is knowing that everyone is caught up in their own world and their own worries, giving you the freedom to speak freely, without worrying about others analyzing your words or actions. Additionally, the quirky, fun aspects that make you unique will probably bring others happiness. How many times have you passed street performers and gotten a flutter of excitement in your stomach? They are sharing something that brings them joy with anyone who is open enough to listen.

Another observation of the adult world that I have noted in the past year is the lack of understanding we have for one another. I yearn to live in a world where feeling is encouraged, not dismissed. I believe that maintaining our capacity to care for others is essential to our happiness, as we must make the world a place that celebrates emotion and compassion. This belief has encouraged me to look at humanity and myself in a new light. In Benjamin Hoff's The Tao of Pooh, the author explains that "people are easily led away from what's right for them because people have Brain, and Brain can be fooled." He continues, "Inner Nature, when relied on, cannot be fooled." Innately, humans are compassionate creatures; but the modern media tends to capture cruel, not uplifting, interactions. Certain systems and rules attempt to mute our "inner nature," but I believe, in the end, each person knows what is right.

So, 2024, what do you have in store?



Judith Frieber
A story to be continued:
by Vince Bushell

I sat in church, the First Church Unitarian on Astor and Ogden streets. I find the place comforting and interesting. A thriving community of friendly people. Humanists maybe. Or Theists too.

This Sunday I am sitting behind a woman with a sketch book. She studiously drew side or rear portraits of someone in front of her.

I watched her use her pencil to catch the hair and features she could see. She did this with ease. I thought this interesting.

Another day at the Forum the church sponsors in the upper room, I sat next to her in the back of the room. Again she had pencil and sketchbook in hand as she busily captured quietly someone's image on paper.

After the forum was over I asked her about her work. And then I asked her if I could do a story about her passion.

We had a pleasant conversation. She comes from a family of artists. Her father was well known for his work. More on that in another issue.

She is having a show of her work as it relates to Dairy Farms and farmers and the landscapes. It seems to be not only a character study of faces but also of life and spaces.

I hope to share that with our readers and inform about the show. It may be at First Church and/or St. Johns on the Lake in Milwaukee in the coming months.

She has 100-150 sketch books she has filled over the years. The Wisconsin Historical Society has accepted all her works when she decides to pass them on and they will be kept for history in the Art Works section of the institution.

Judith is pleased to have that honor.

The image above of Lenny is from Massachusetts dairy farm.

Judith said he was an interesting man and willing subject.

It is this collection of portraits and dairy landscapes that will be the focus of her show.

More images and information in the February Currents.

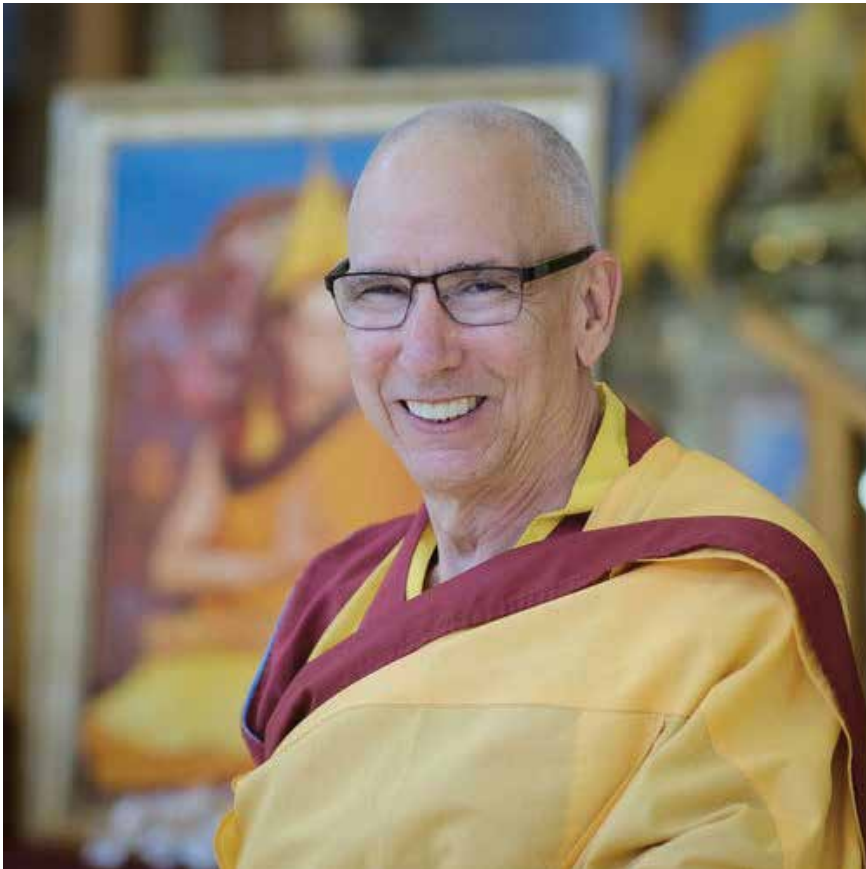
As we move into 2024.



2024

6 January 2024

Riverwest Welcomes Modern Buddhist Monk Gen Kelsang Dorje



Riverwest Welcomes Modern Buddhist Monk Gen Kelsang Dorje

Interview by Susan Modder, edited by Virginia Schauble and Lee Gutowski

On Monday evenings in our Riverwest neighborhood, a group of 15-20 people gather at the Friends Meeting-House to learn about Buddhism from Gen Kelsang Dorje, the Resident Teacher at Kadampa Meditation Center Madison. He has been making the weekly trip to Milwaukee to benefit people by offering teachings that will help them in their daily lives.

Gen Dorje has been studying and practicing Buddhism for over 20 years under the guidance of his teacher Venerable Geshe Kelsang Gyatso, the founder of the New Kadampa Tradition. In November, when I interviewed Gen Dorje, I experienced the warmth and humor he brings to his classes in making Buddha's teachings relevant to the modern world.

SM: To start, what was your religious background as a child growing up?

Gen Dorje: I grew up Catholic and went to parochial school to eighth grade. I really appreciate my upbringing. I found value in Catholicism. It was helpful with my spiritual life, specifically its focus on service, caring for others, and developing compassion. Catholicism gave me an exceptionally good foundation for the study of Buddhism.

SM: What led you to Buddhism?

Gen Dorje: In my late twenties, I was experiencing a lot of stress, related to my work. From one point of view, things were going well. I had everything I thought would be the cause of my happiness, but I was not happy. I was just getting more stressed and tired. I had a demanding career, but that was, in part, what I wanted. I felt like this is where I was supposed to be. However, it did not provide me with a sense of well-being, happiness, or peace. A friend suggested meditation, and guided me ... and after five minutes, I experienced a nanosecond of feeling peaceful and that was it. Then I began my pursuit.

SM: Can you tell us more about Kadampa Buddhism? What does Kadampa mean?

Gen Dorje: *Ka* refers to word or Buddhist teachings. *Da* refers to the special arrangement of Buddha's teachings given by Atisha in the tenth century, and *Pa* refers to a person who practices Kadam Dharma. 'Kadam' refers to the union of Buddha's teachings and Atisha's instructions, and practitioners of Kadam Lamrim are called Kadampas. Lamrim refers to the text *Stages of the Path to Enlightenment* written by Atisha and is the foundation of this lineage. Atisha was an Indian Buddhist Master who was responsible for revitalizing Buddhism in Tibet. Kadam Dharma is meant to be integrated into our daily life as an effective means to solve our daily problems.

SM: Sometimes you are identified as a "modern" Buddhist monk. Can you expand on this a bit?

Gen Dorje: There is a feeling that Buddhism is something that is not necessarily applicable to people's daily lives. For Buddha's teaching to be effective, they need to appeal to "modern" people. We cannot practice it as it was practiced centuries ago. We need to practice within our own capacity and culture. A modern Buddhist monk is someone who can practice Kadam Dharma, integrate it into their daily life, and present Buddha's traditional teachings in a way that is relevant to people and their daily lives.

SM: Is Buddhism a religion?

Gen Dorje: The fascinating aspect of Buddhism to me is that it depends upon the person. For some, it is a philosophy or a way of life. For some, it is a science of the mind, and for others it is a religion. It depends upon the person and their needs.

SM: We live in incredibly challenging times. Do Buddhist teachings help us understand our world?

Gen Dorje: If you mean navigate through difficult circumstances, yes! We have difficult circumstances within our own family, community, and in the world itself. Buddha's teachings help us to navigate these difficulties. They help us understand how to control our own mind and delusions. By delusions, I mean negativity, anger, fear, and attachment. The teachings help us understand that we can change our world simply by changing our mind.

SM: Change your world simply by changing your mind. It sounds like it could be a bumper-sticker!

Gen Dorje: (laughing) Yes, it does! And I am sure there are bumper stickers out there with this message. I think that while it sounds remarkably simple, it is profoundly true. Everything depends upon our view and attitude. So, by changing your perspective, you can begin to make sense of the things that are happening around us and maintain your own peace and equanimity in the face of challenges and difficulties. In fact, Buddhist teachings help us understand that we can use all the difficulties we experience to make progress on our spiritual path.

SM: I recall in class that you said, "Do not waste your sufferings because there is so much to learn from them."

Gen Dorje: (laughing) Yes, that is right! They have a lot to teach us if we use it as fuel for spiritual progress. The only way we can bring suffering to an end is to gain spiritual realizations within our own heart.

SM: Do you think human beings can come to understand that their own well-being is linked to that of all others?

Gen Dorje: That is a good question. We deeply need to learn to care, respect, and love each other because we are intimately connected. We need others for our physical, emotional, and spiritual well-being. Geshe-la has said that it is closer to the truth for us to think of ourselves as a cell in the vast body of life. Our sense that we are an island -- an independent, self-sufficient individual -- bears no relation to reality.

We can begin now to learn and experience this. We cannot seek our own happiness without caring for others and eventually come to understand that the freedom and happiness of others is even more important than our own. We are meant to go from a self-centered point of view to an other-centered point of view and in this way, we secure our own happiness and thus be of real benefit to others. Through exploring Buddha's teachings, we can find out what real love is about.

SM: Could you describe what a class is like?

Gen Dorje: To start with, we have chairs available. A usual class begins with a short meditation to quiet our minds, then there is a "teaching" and a discussion. We conclude with a longer guided meditation on the teaching. The classes are an hour and a half. People can bring notebooks, if they want, to take notes. No special clothes are necessary. Our organization is entirely volunteer. (There is a \$10 class fee to help cover expenses.)

SM: In addition to the ongoing Monday classes, there have been a of couple workshops offered this past year. And another is coming up in February 2024. What is the difference between a class and a workshop?

Gen Dorje: It is the same format. In the workshop there is an opportunity to go a little more deeply into the subject. **The next workshop will be February 24, 2024, from 10 am to 1 pm, and the topic is "Peace in the Midst of Uncertainty."**

SM: If someone wanted to explore resources about Kadampa Buddhism, is the free, online book, "How to Transform Your Life" (which can be downloaded) available to anyone or to only those who have come to a class?

Gen Dorje: Anyone can access this book by going to the Kadampa Center in Madison's website -- meditationinmadison.org -- at the bottom of our home page or howtoTYL.com/us

SM: What do you see as the next steps for the newly established Milwaukee Branch of Kadampa Buddhism?

It would be wonderful to continue with the group and for more people to join in. The Friends MeetingHouse is a particularly good place for our classes now. Eventually, we would like to have a home of our own. We have Kadampa Centers in all kinds of locations and venues. It depends upon the wishes of the community and on what is available. You can make any place a special place of refuge, so it could be a storefront or a larger building. Eventually, we will have a place to call our own.

SM: Are there any additional points you would like to emphasize for our readers?

Gen Dorje: The purpose of being here in Milwaukee is simply to benefit people by offering teachings that will help them to experience more happiness through developing their inner peace and wisdom; and to help solve their daily problems.

SM: That is very welcome. When you think of all the challenges people here and elsewhere have faced, it is daunting. For example, experiencing the pandemic was traumatic for so many. We have not yet calculated its impact.

Gen Dorje: If you think about what is happening externally, it can be overwhelming and very frightening. While we experience all of this and help in any way we can, we need to understand that the root of all our difficulties comes from our minds. All our actions come from our minds, essentially our intentions. So, while it is important that we act externally, it is even more important that we focus internally to learn solutions to the actual cause of our problems which are not outside of our minds. The uncontrolled mind can bring about terrible things.

SM: So, the teachings lead a person to have that control and to understand the wider perspective that everything comes from our own minds. It's a radical concept!

Gen Dorje: (laughing) Yes, it is! However, if our difficulties are coming from our own minds, then we can do something about it.

SM: I find solace in that. It is empowering.

Gen Dorje: Yes, that is another point I would like to emphasize. Buddha's teachings

empower us to find real solutions, to find meaning in our lives and to overcome our difficulties.

SM: Thank you, Gen Dorje. Please know how welcome you are in our community. And I know you welcome everyone to learn more at the classes held on Monday evenings, from 6:30 to 8pm at the Friends Meetinghouse at 3224 N. Gordon Place.

Someone Good

by Anna

"I thought I was someone else, someone good." That line in the song "Perfect Day" by Lou Reed is something that has really stuck with me. I thought I was a good person, or at least doing the right thing. All human beings deserve to be treated with dignity, right? It seems that way, but oftentimes, it feels like we're denied the opportunity for growth when we do something that's deemed to be wrong. We all want to be reformed, but it's others who have a hard time seeing us as being reformed.

I've always felt grief for my wrongdoings. Whenever I've had a falling out with someone, I've always grieved the same way that someone would when a loved-one passes. I'm not asking people to forgive & forget. I'm asking people to remember time has passed. Compassion is important. Being mired in emotions doesn't help with self-compassion, & it doesn't make your wrongdoings right.

I always assume that I have good intentions, but it's hard to know what others are thinking when you're not in their brains. With the rise of mental health awareness, it feels like we've gone from one end of not even acknowledging mental health issues, to accusing people of "trauma-dumping" when they speak out about what is affecting their everyday life. My unpopular opinion is that the term "trauma-dumping" is weaponized against those who suffer from symptoms of mental illness that is very clearly affecting their everyday life. In fact, I think if you're "trauma-dumped" on, it shows that you're a trustworthy person to that person. It helps people realize they are not alone. The mental health advocacy that was once encouraging people to open up about their struggles, are now shaming people for opening up their struggles.

I want to be someone good, but sometimes I don't always know what being someone good entails. As someone who has struggled with social navigation, I've been accused of being badgering, when I just want to understand other people, adapt to different environments, & de-escalate future conflicts. In a world full of brains that operate on automatic transmissions, mine is a manual transmission. Is it a projection of themselves? Perhaps. But again, we don't really know what's going on inside other people's heads. I have to learn to adapt to my surroundings on a greater scale than most people, which has made me been accused of being "controlling".

We are all aggressors in our own ways. In fact, I do believe being an aggressor is somewhat necessary for survival. It serves our purpose to advocate for ourselves. This also ties into the lack of understanding of what therapy is. Therapy cannot "fix" your, or make your "perfect". It is meant as a tool to live a more prosperous life.

We all feel the need to be accepted regardless of our flaws. Unconsciously, I think we all want to find a permanent solution to our problems. Being vulnerable with our mental health struggles allows us to understand the behaviors that others



engage in, as well as the things they say. Using terms such as "trauma-dumping" & "playing the victim" silences those who just want their voices to be heard. How can we be playing the victim, when we are all victims of the environment we are surrounded in? We naturally gravitate to the environment we want, but are forced to assimilate to the one we are in.

When people aren't explicit or clear in their words, it can cause us neurodivergent people to not understand, & to escalate conflicts even further. In a world full of vindictiveness, we should strive for forgiveness. Our mental wellbeing affects the discourse we take place in during everyday life. It takes courage to speak up when you don't understand what others are trying to convey. Never assume anything about anyone, as assumption is the mother of all fuck-ups. When you know your intentions are good, you know you're doing the right thing. When you lessen the burden on yourself, you will find yourself becoming human again.

Center Street Style



Ava Stokes and Alphonso "Bug" Lowe
Youth Rising Up
Listen to YRU Newshour
Wednesday at 8:30 PM
Riverwest Radio FM 104.1



8 January 2024



Kase's Live Series is available on limited edition vinyl on Bandcamp and at kase-music.com

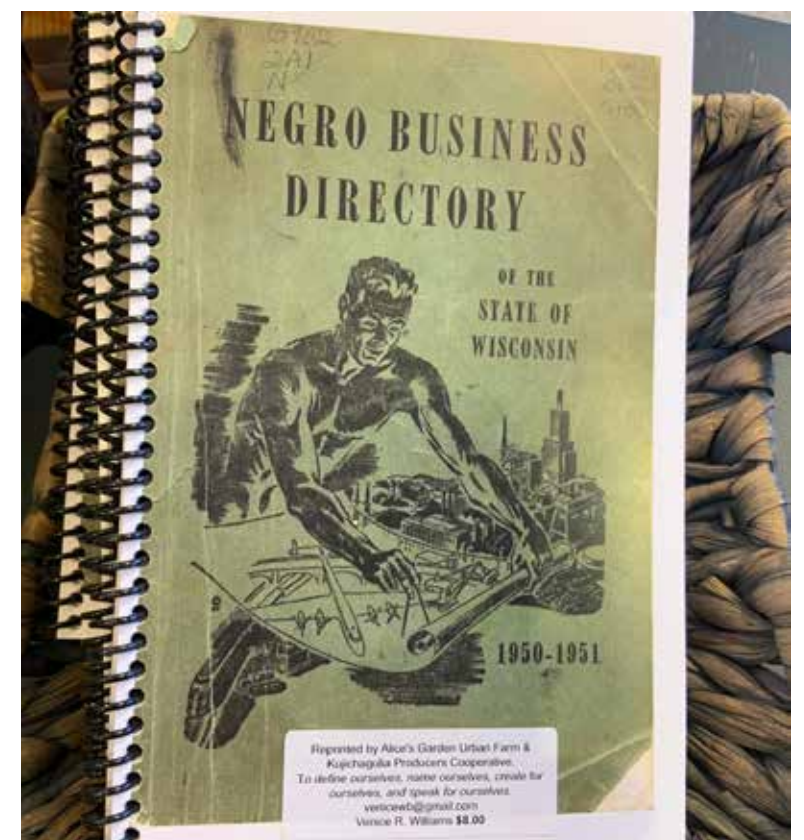
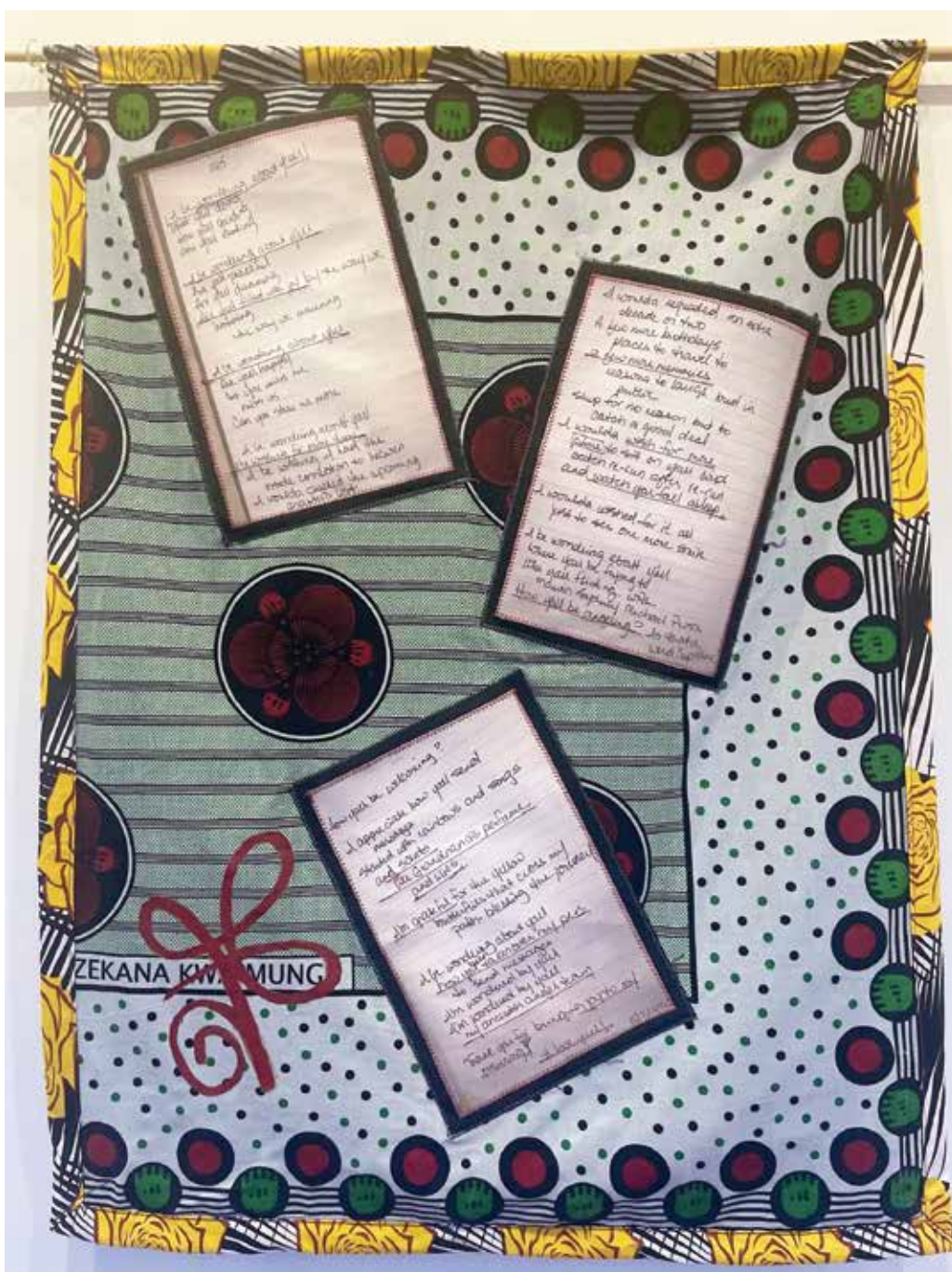
Explore the world Tiffany Miller at flyblooms.com. To Be Seen is also available at WoodlandPatternBookCenter.com

James Cameron's self-published A Time of Terror: A Survivor's Story is now available at Boswell Book Company



Tiffany Miller, The Love Legacy

Excerpts of Black and Blooming in Bronzeville and The Love Legacy courtesy Tiffany Miller



Venice Williams is one over 30 vendors at The Bronzeville Collective.

Relive OG Bronzeville in these pages, reprinted by Alice's Garden and Kujichagulia Cooperative.

Tiffany Miller, Wonderin/Angelin

Neighbor Spotlight: Tiffany Miller

Presented to the Riverwest Currents by: Bridget Bishop

In the deep melodic glow of St. Kate's lobby bar, Tiffany Miller Blooms is channeling. A midnight Billie Holliday, her trademark oversized blossom commands the eye. Her interaction with the live band sparks a connection between the audiences ears and minds, as she evokes the synergy of Erykah Badu's first live album. The articulate artistry of her commentaries on the beauty of uncertainty indicate none other than the spiritual presence of grand griot Gil Scott-Heron.

It is the 16th day of December. Her brother is performing along with the spoken word artist. At least a few of those joining them onstage recognize the significance of the date to the siblings. Having held court earlier at Mitchell Street Arts, where Miller not only rocked another of a marathon of holiday markets, but also was the multimedia star of its Stitch and Solder exhibition, which runs through February 8th, she reigns again in the torch light.

At Mitchell Street, mastery of the multimedia genre is manifest in Miller's piece 'Wonderin/Angelin,' from her Signs, Symbols, & Synchronicities collection. Taken in within the context of its companion audio Wondering About Y'all (Angelin)-Live, it can telepathically transport the viewer/listener to a night like this at St. Kate's. Like flowers in bloom, magical nights like these have not been a singular occurrence, as a series of Live at St. Kate's evidences, available from Jamie Breiwick's B-Side Recordings. Jordan Lee, of Radio Milwaukee 88.9FM, along with John Christensen on upright bass, join Breiwick on trumpet to form the jazz collective Kase, which has been performing and recording live with Miller in recent years. On this evening, Miller's younger brother Tyrone—the inimitable DJ Bizzon, joins Lee on the turntables and electronics.

The ancestral intersection of past and future—in her own words, “the Now and the To-be-Continued--for Miller blooms in every aspect of her creative oeuvre. The bittersweetness of the joy of mourning is experienced in both pieces at Stitch and Solder, which aims to “embrace the complexities of the conversation” between handcraft and high art. 'Wonderin/Angelin,' which along with the spoken-word audio features her printed poetry upon denim and African wax print, invokes archangels Marvin, Sydney, Marvin and Prince as well as Miller's personal angel team. The female subjects of 'The Love Legacy' depict some of this royal lineage with the declaration “I am HER”:

I am HER

All the best parts

She carved these dimples

Baked me in the sun

Amplified my shade of beautiful

Dressed me in the brightest of clothes

On this night, it is the anniversary of Her transition. Four years prior Wanda Richards-Miller, aka Honey Mama, left this plane.

Lucky for us, there are recurring characters in the stories Miller shares. A visit to FlyBlooms.com takes me To Paris With Joy, which offers Parisian souvenirs as pieces of a poignant story. Vintage buttons combined with her trademark hand crafted hair blooms like madelines evoke the narrative of Wanda's bucket-list trip to Paris, which Miller recreated in June of 2019.

The shared dream list included a visit to Josephine Baker's castle and a hot air balloon ride along with the more pedestrian to-do's—a walk along the Seine, breakfast at a sidewalk cafe. Miller chose to stay in the same room that her mother and aunt stayed in at the Hotel Aida in Le Marais. Known for its bohemian, romantic feel, Miller was inspired by the neighborhood and envisioned a life with a walking commute to an artist studio, along the way passing trendy cafes, yoga studios and natural pharmacies. Whether this life list is played out in her hometown, or if it evolves into another kind of itinerary after a return trip to Paris next year remains to be seen.

The healing that colors the artist's vision and creation culminates in Live In Bloom LLC, a self-described creative healing arts company. Beyond life coaching, Miller offers a gamut of creative business consultation services, including publishing. Building on her own professional successes with product development, branding and strategic communications, as a consultant Miller “empowers the actualization of goals.” Previously Miller honed her skills as a Program Manager for WWBIC's Black Business Boost, and had also spent over a decade as an educator.

The aforementioned ancestors also persist as dramatic personae, Miller describes the Paris trip was part romantic comedy, part angel ancestor play. Her imprint recently published her latest collection of “persistent poems”, To Be Seen. To be clear, the collection is credited as Transcribed by Tiffany Blooms, Written by The Universe & These Wild Ancestors of Mine.

The conversation travels to The Bronzeville Collective. At the heart of the rejuvenation of the commercial corridor of Milwaukee's near-North Avenue, nestled next to America's Black Holocaust Museum, the marketplace is a bright bouquet of over 30 budding creators, black, brown, queer and allies.

[For those who have fallen asleep, a reverse bedtime story, that will ever evoke the chanteuse Billy Holliday as one passes by the ABHM; hopefully, once jolted awake, a rainbow of white gardenias in the window of Bronzeville Collective will assuage and offer inspiration:

The connection of Milwaukee son Dr. James Cameron to the song Strange Fruit, while a story of the haunting spectre of lynching in our country, offers an underlying message that there is power in sharing your story, no matter how painful. The only known survivor of a lynching, Cameron went on to become a civil rights activist and to found the holocaust museum, after receiving inspiration on a visit to Israel (Obituary of James Cameron, WashingtonPost.com). A photograph of that 1930 lynching, which occurred in Marion, Indiana became the iconic image that inspired a Jewish poet to write Strange Fruit.]



Perfect for intentional January dressing, hooded cowl scarves from FlyBlooms. Available in an array of selected fabrics at the Bronzeville Collective

It's been said Billie Holliday would stand with eyes closed during the musical introduction to the song with eyes closed. As one listens to the build-up to one of Miller's tracks with Kase, the image of a chanteuse silently connecting with her spirit guides as they let her know the key of the love language about to emanate.

Miller has described performing with the group as “magical,” and taking in the mighty landscape that surrounds her these days, the incantations have manifested something fierce. Or else—miracles from on high?

In 2023 alone, she became a fellow with Los Angeles-based Anaphora Poetry and in Washington DC spoke on a panel of 'kitchen table' entrepreneurs at the Smithsonian National Museum of American History. Locally she was honored with not only a Black Excellence Award but also the Milwaukee Business Journal's Diversity in Business award for FlyBlooms.

Adding a second brick and mortar location to her portfolio, Miller will be opening Fruition MKE in early 2024 with Rachaad Howard of Cream City Print Lounge. A co-working and maker space on 27th and Wells Street, the project has been fostered by the Near West Side Partners and funded with assistance from Brew City Match. The LISC Milwaukee program awards start-up funds granted by JP Morgan; Miller is a returning recipient, having been in its first cohort in 2018. That year, she and fellow creator Lilo Allen also each won the Rise MKE Pitch Competition as well as back to back months of PopUp MKE, synchrony which directed their decision to join forces opening the Bronzeville Collective.

Allen's Papyrus and Charms was similarly inspired by her relationship with an artistic parent. The connection to her father's craftsmanship as a tailor and furniture maker is evident in her finely crafted jewelry pieces, which sometime incorporate seeds and wood native to his Jamaica. His line of hand made bags of beautifully stitched African materials is also sold in the shop.

Allen describes the supportive nature not only of the artists in the store but also of their local neighbors as “cooperative economics.” She may refer special occasion customers to 414loral; foot traffic from local restaurants PepperPot, HoneyBee, and Mi Casa Su Cafe fuels steady sales throughout the week.

The payoff of investment into the neighborhood and collaborations like these is indeed precious. Since Bronzeville Collective opened in 2018, the neighborhood has received an intense wave of attention and investment, especially in the arts. The Bronzeville Center for the Arts promises a “destination art museum”; hopefully its and ABHM's visitors will exit through this gem of a gift shop, and recognize its significance as catalyst for this Black renaissance.

Decades of seeds are blooming

Through blank spaces and shuttered doors

Reclaiming what once was before eminent domain

When streets were lined with the most Black owned businesses per capita—

Black and Blooming

10 January 2024

Sabrosa Café & Gallery

3216 S. Howell Ave.

312-834-1929w

Hours: Wednesday-Friday, 9am-2pm;

Saturday-Sunday, 8am-2pm

sabrosa.cafe

*RESTAURANT REVIEW
by Cari Carlson*

For some Mexican-inspired and seriously delicious breakfasts and lunches, you want to make your way to Sabrosa Café and Gallery in Bay View. The restaurant is located on Howell, a few blocks south of restaurant row on Kinnickinnic, in a brick building painted yellow with an orange door that is hard to miss.

Frank Sanchez and co-owner Ruben Piirainen designed the interior, a bright cheerful space big enough for a baby grand piano, an art gallery, and a bar. The baby grand is for Piirainen, whom you might find at the piano playing classical music in this happy space where art -- some of it for sale -- music, and fabulous food define the essence of Sabrosa.

After many visits, I have learned a little something about the two house-made salsas, one red and one green, which I can only describe as craveable. Chef Sanchez roasts poblano peppers for the mild green salsa and for the fiery red, he roasts arbol chiles. If you like a little heat, order extra red, it will wake up your mouth and accentuate every flavor on the plate.

Sanchez has mastered the art of layering flavors, a skill he said he honed when he worked in a tapas restaurant in Chicago. This was evident in the Avocado Smash Up, avocado served on toast with spinach, campesino hash, poached eggs, parmesan, and olive oil, a colorful, healthy, and balanced meal.

Sanchez nailed Chilaquiles Clasico. This is a breakfast dish I have enjoyed many times in Mexico, corn tortillas scrambled with cheesy eggs and served with Oaxacan black beans. The dish is finished with your choice of red or green salsa.

If you like spicy heat, order Shrimp Diabla Tacos, two tacos filled with shrimp glazed with arbol chile along with spinach and a light herbal crema. The crema balanced the heat and the spinach added a tasty background flavor to these scrumptious tacos. Also on the plate, a small portion of campesino hash over baby spinach, and Oaxacan black beans. The beans, like pasta al dente, were slightly chewy and neither tough nor mushy, and like the red and green salsas, addictive.

For my companion's Ham and Cheese Panini Sandwich, Sanchez added mayo to the filling which led my friend to exclaim, "This is the best toasted ham and cheese sandwich I have ever tasted." It came with a cup of Shrimp Bisque, creamy, spicy, and delicious.

For more Mexican-inspired specialties on the menu, look for Huevos Rancheros, two fried eggs served on corn tortillas with red and green salsa, Oaxacan black beans, and campesino hash; and the Chorizo Campesino Scrambler, eggs scrambled with house-made chorizo, more hash, black beans, and finished with avocado crema.

You will also find two burritos on the menu, one stuffed with grilled steak and pork, and the other stuffed with chorizo, scrambled eggs, and black beans.



Two southern dishes are on my list for future lunches at Sabrosa: Cheddar Grits and Jalapeno Cornbread, and Shrimp and Grits -- shrimp, bacon, caramelized onion, jalapeno, and spinach scrambled with two eggs and served with cheddar grits and a cheddar-buttermilk biscuit.

Sanchez and Piirainen covered one of the walls at Sabrosa with the word "Delicious" in 18 languages, including "sabrosa," Spanish for delicious. That is exactly how I would describe each dish I have savored in this art gallery, music venue, and restaurant, where every bite of every dish is a sumptuous delight.

JANUARY **JAZZ GALLERY**
CENTER FOR THE ARTS

Create, Present, Experience

JGCA Holiday Hours 2023-24

We will be closed to the public starting Saturday December 23rd 2023 through January 6th 2024
Note: the OWL program will still take place Jan 7 + 8.

ON STAGE

January 7 Manty Ellis Jam Session. 12:00pm - 2:00pm. Free admission	January 13 Nurse Julie + TBA. Indie/experimental. 7:00pm-10:00pm. \$10 cover
January 12 Memory Cafe: Open Poetry Mic. 7:00pm - 9:30pm. \$5.00 cover	January 20 Heirloom. Manty Ellis Jazz Series. 7:00pm- 9:30pm. \$15.00 cover
Free Improvisation Sessions - Every Saturday, 10 AM - noon	

ON VIEW

January 13 - February 17 Main Gallery. Ink-credible. A group exhibition featuring a selection of Riverwest artists working in printmaking.	January 13 - February 17 Small Wall. Hunter Louis: Head Song. Solo exhibition. Digital Painting and Printmaking
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926 E CENTER ST, MILWAUKEE, WI 53212
(414) 374-4722 INFO@JAZZGALLERYCENTERFORARTS.ORG

Dec. 30, SATURDAY December
INSPIRATION STUDIOS, 1500 S 73rd Street 1-4pm. Art Sale Extravaganza (Final Day--All art priced at \$5-100 for immediate sale.)

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am

MAD PLANET Disco Night
SHANK HALL Damaged Justice (Metallica tribute), Postmortem (Slayer tribute). 8pm, \$12 advance, \$15 doors

Dec. 31, SUNDAY. HAPPY NEW YEAR!

ART*BAR NYE DANCE PARTY w/ **FUNK SUMMIT!** Party Favors Galore! Confetti Cannons! Bottle of Champagne for each table! Arrive Early for best seating ... Doors 9pm. Show 10pm. Advanced Tickets \$10 available on-line at artbarwonderland.com. Door \$15

COMPANY BREWING New Yams Eve 2024 with DJ Bizzoni!

MAD PLANET Ring in the New Year with Don Black!

NASHVILLE NORTH, 1216 E Brady St New Years Eve Party! DJ's 7pm-5am. Midnight champagne toast. Party hats, noisemakers, tiaras, beads! Snacks at 12:30am

1 MONDAY -- HAPPY NEW YEAR!

BREMEN CAFÉ Comedy Open Mic, 8pm. Then Music Open Mic w/ Ouzman

COMPANY BREWING Wisconsin's Hardest Trivia, 7-10pm

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am

2 TUESDAY

BLACK HUSKY BREWING Milwaukee's Wurst Trivia, 6:30-9pm.

BREMEN CAFÉ Karaoke w/Trixy Mercury

FALCON BOWL Traditional Tuesdays! Live music and dancing, featuring Extra Crispy Brass Band, 8-10pm. 7pm, Open Swing Dancing with DJ Hot Jazz Cass.

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm

NASHVILLE NORTH, 1216 E Brady St Bluegrass Whatevers -- 7-9pm. Then, Pete Kallas hosts karaoke from 9pm-1am

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Keep It Simple Yoga (6pm)

UPTOWNER Turntable Tuesday-10pm start. Email Uptowner.mke@gmail.com if you'd like to sign up to spin

3 WEDNESDAY

bar centro Jazz Jam - open mic. See website for details: centrocaferiverwest.com

BREMEN CAFÉ Trivia 6:30pm

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15-10:30am); Yoga w/ Kat (11am-Noon)

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

UPTOWNER Jackbox Gaming w/ the Ginmaster, 9pm start

WOODLAND PATTERN *online* The group is reading from Robin Blaser's The Holy Forest, which, spanning five decades, is Blaser's highly acclaimed lifelong serial poem.

6-7:15pm. \$Give what you can.

4 THURSDAY

bar centro Forrest Jackson - piano ambient music - no cover

PINK HOUSE STUDIO Dharma Recovery Meditation group, 6:30-8pm

RIVERWEST YOGASHALA Gentle, Healing & Supportive Yoga w/Tracey, 7:30-8:45pm

TWO BAR Speed Vibing, 8pm. (It's like Speed Dating, but with no romantic expectation!)

5 FRIDAY

ANODYNE COFFEE, 224 W Bruce The John Sieger Combo, w/ special guest Sam Llanas. 7pm, \$20

BREMEN CAFÉ Drumbalaya

MAD PLANET Friday Night Retro Dance Party w/DJ Paul Host, 9pm, \$7

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am)

RIVERWEST YOGASHALA Yoga Foundations w/Tracey 9am

SHANK HALL Pete Correale, Tom Feeback. 7:30pm. \$30

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

THE GIG, 1132 E Wright (at Dousman) Christian x Christian (Nirvana and BeeGees tributes). 8pm. No cover.

6 SATURDAY

ANODYNE COFFEE, 224 W Bruce An Evening with Albert Lee, 7pm, \$25-50

bar centro Cam Spann trio

BREMEN CAFÉ Dreams Don't Expire

ELWOOD'S LIQUOR & TAP, 1111 N. Water Taking Back Saturday: Pop-punk & Emo night. 10pm.

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am

LINNEMAN'S Disposable Thumbs (debut) w/ Courtesy; Oh Well, OK; and Vombox. \$10, doors at 7, music starts at 8

MAD PLANET Y2K Dance Party! 9pm, \$7

MILWAUKEE WINTER FARMERS MARKET, 5305 W Capitol Dr, 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.

PFISTER HOTEL (at Blu), 424 E Wisconsin Av Mrs. Fun, w/ Jeff Hamann. 7-11pm.

PINK HOUSE STUDIO Martial Arts w/Samual, 3:30-4:45pm

RIVERWEST YOGASHALA Mat Pilates w/ Christine, 11-11:50am

SHANK HALL John Masino Band. 8pm. \$10

STAND FOR PEACE at 27th & Oklahoma Join with Peace Action of Wisconsin in our 21st year of standing for peace, noon until 1pm

THE COFFEE HOUSE, 2717 E Hampshire The Frozen Four, 7:30-9:30pm

7 SUNDAY

BREMEN CAFÉ Hold 'em Poker, 1pm. Ginmaster Bingo 6-8:30pm.

LINNEMAN'S Deadelijk -- an afternoon of Grateful Dead improv jams. 3-6pm, \$10

RIVERWEST YOGASHALA Yoga Foundations, all levels w/Tracey, 10:30am.

RIVERWEST YOGASHALA Restorative Meditation with Shami L., 6-7pm

UPTOWNER Wilson Blues Band, 3-7pm

8 MONDAY

BREMEN CAFÉ Comedy Open Mic, 8pm. Then Music Open Mic w/

JANUARY 2024

Tuesday Jan. 2 (RADIO)
Karen Beaumont presents: "New Year Show, 2024"

Thursday Jan. 4 (IN-PERSON)
Vince Bushell of *Riverwest Currents*: January 2024 Issue

Friday Jan. 5 (IN-PERSON)
"First Friday" Drum Circle with Dr. Colleen Galambos

Tuesday Jan. 9 (RADIO)
Musician Spotlight on Shells Bells

Thursday Jan. 11 (IN-PERSON)
Nutrition Enthusiast Joan Tendler on "Cotton Seed Toxicity"

Friday Jan. 12 (IN-PERSON)
Artist, Darlene Wesenberg Rzesotarski: Clay Sculpture Workshop

Tuesday Jan. 16 (RADIO)
"The A.M. Book Report," On Media Literacy

Thursday Jan. 18 (IN-PERSON)
DIY Creativity Day: Bring your own project or use our materials

Friday Jan. 19 (IN-PERSON)
An Attempt at the "Human Library" Concept, led by Amy Schmutte

Tuesday Jan. 23 (RADIO)
Karen Beaumont presents, "Spring Fever"

Thursday Jan. 25 (IN-PERSON)
Erico Ortiz and Jean Kaldunski present: The Hildegarde Experience (a theatrical performance)

Friday Jan. 26 (IN-PERSON) DIY Creativity Day: Bring your own project or use our materials.

Tuesday Jan. 30 (RADIO)
Erica Zernzach on *Inspirational Healing for the New Year!*

O.W.L. (Older. Wiser.Local) is a program created to serve, enlighten & educate area seniors (50 & up). OWL is sponsored by the Jazz Gallery Center for the Arts, and Bader Philanthropies.

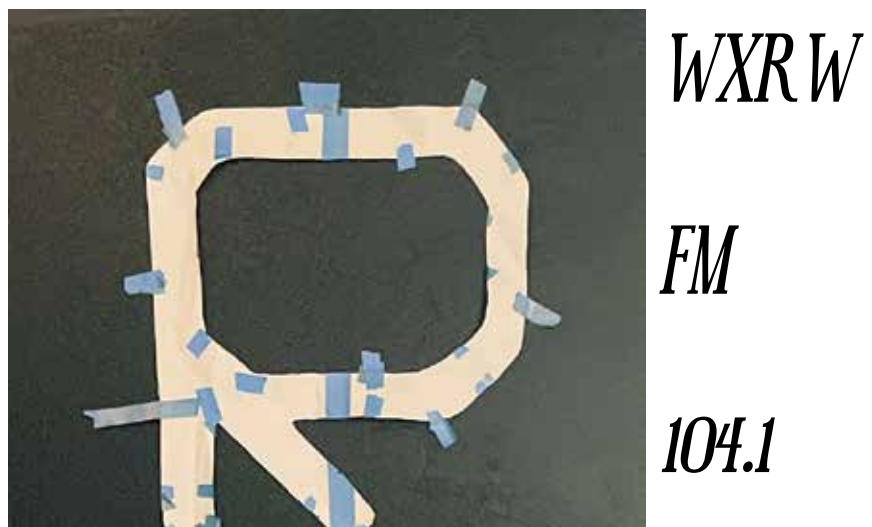
TIME: Thursdays & Fridays 1:00PM - 4:00PM

PLACE: Jazz Gallery Center for the Arts, 926 E. Center Street, Milwaukee 53212
All people, ages 50 & up, are welcome. Gatherings are free of charge with free refreshments.

RADIO SHOWS:
Tuesdays 7pm on Riverwest Radio, WXRW, 104.1FM. Stream the show live on riverwestradio.com, if you can't get radio reception. Or listen to the archive anytime at: www.riverwestradio.com/show/owl-older-wiser-local
926 E. Center Street, Milwaukee 53212

JAZZ GALLERY CENTER FOR THE ARTS

O.W.L. is sponsored by the Jazz Gallery Center for the Arts, along with Bader Philanthropies.



**Riverwest Radio
Winter article by
Mark Borchardt**

Now that the wondrous realm of the fall season has long since faded into the pantheon of forgotten days, we find ourselves in the increasing gravitational pull of the winter world. As beautiful autumnal foliage is but an ever-fading memory and an infinite army of skeletal trees now dominates the landscape, our thoughts and lives turn inward. We find comfort in memories on the well-worn trails of our years, the lives that we've lived and the friends that we've known. Yet, as we indulge those comforting contemplations, we must also cherish these increasingly cold days as tempestuous winds send the last of the fallen leaves rattling across lonely sidewalks as the specter of snow increasingly hovers in the atmosphere of our thoughts. And with that in mind, we truly must be thankful for the warm homes that we have, the friends that we gather with, the comforting conversations with those with whom we share similar interests and passions.

So, as we light candles of comfort in the throes of these ever-increasing colder mornings, and as we turn to our books and our writing, we also turn to our... radios.

Since the end of World War I, radio has brought us together, giving rise to real-time collective experience across once unfathomable tracts of land; a phenomenon an occasion as wondrous as the emergence of the technical medium itself. Programming and stations rapidly multiplied and soon over the national terrain was a network of

infinite voices and ideas. News, music, dramatic narratives were beamed everywhere across the land. And now, jumping forward a century, we find ourselves in the present, still celebrating this wondrous medium of radio.

And here in Milwaukee, we have a very strong broadcasting scene. And within the spectrum of choices, one station in particular, Riverwest Radio, truly brings the community together in productive, engaging and informative ways. This vital station can be a cozy companion throughout the day as well as a comforting colleague as we journey into the mysterious tides of the encroaching night. Listening to, as well as hosting shows, allows us an opportunity to express ourselves in meaningful, insightful ways. It gives credence to the workings of our interior being through external expression, a positive transaction between host and listener, giving innumerable qualities of thought and expression throughout the day.

I produce a weekly show entitled Cinema Tonight which has been airing for quite a number of years. Each week for that program, films are studied, books are read and much note-taking is undertaken. It's an invigorating endeavor that is in perpetual motion. I love discussing literature, cinema and theater and Riverwest Radio provides the perfect format to do that in. And an equal reward is in the knowledge that there is an appreciative audience out there for the cultural discussions and analysis that it explores.

In an acceptable digression, I'd like to illuminate a fond memory of airwaves past and of one radio drama series in particular,

one of the thousands that were broadcast throughout the decades. Nightfall, from the CBC (Canadian Broadcasting Corporation) was produced in the early 1980s. By then radio dramas had fundamentally faded away into the abyss of the past, save for likes of the CBS Radio Mystery Theatre (1974 - 1982). Nightfall possessed an extra-eeriness to it in that it had a very contemporary feel with its modern tone and dialogue, as well as its abstract, unsettling music which definitely set it apart from prior notions of the classic radio dramas of the Golden Age. Its obtuse narrative spells provided for a decided sense of mystification as to what you were actually hearing along the ambiguous nocturnal borderlands of consciousness and sleep.

So, as these days continue to slip into the recesses of further darkness and as the icy grip of colder weeks tighten, we must assuredly keep our radios tuned in for cozy and informed companionship. Riverwest Radio and Cinema Tonight will be right there to accompany you in this journey throughout the darker seasons.

Max (Diet Lite) **COMPANY BREWING** Wisconsin's Hardest Trivia, 7-10pm
FRIENDS MEETINGHOUSE, 3224 N Gordon PI Meditation for Everyone - Inner Transformation // Modern Buddhist Monk Gen Kelsang Dorje. 6:30-8pm. Drop in or sign up in advance at meditationinmilwaukee.org. All welcome. \$10
LINNEMAN'S Poet's Monday! Doors 7pm, performances start 7:30pm. \$3 cover. Featured poet: Byron Cherry
PINK HOUSE STUDIO Super Gentle Yoga w/Sarah (9:30-10:30am); Yoga w/Sarah (6-7:15pm)
RIVERWEST YOGASHALA Yoga Foundations w/Tracey 6-7:15pm
THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm
UPTOWNER Song-A-Long, 7-10pm (usually every first Monday, except January)

9 TUESDAY
BLACK HUSKY BREWING Milwaukee's Wurst Trivia. 6:30-9pm.
BREMEN CAFÉ Pinball Tourney 6pm; later, Karaoke w/Trixy Mercury
FALCON BOWL Traditional Tuesdays! Live music and dancing, featuring Ole Sam & the Teardrops, 8-10pm. 7pm, Open Swing Dancing with DJ Hot Jazz Cass.
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm
NASHVILLE NORTH, 1216 E Brady St Bluegrass Whatever's -- 7-9pm. Then, Pete Kallas hosts karaoke from 9pm-1am
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Keep It Simple Yoga (6pm)
UPTOWNER Turntable Tuesday-10pm start. Email Uptowner.mke@gmail.com if you'd like to sign up to spin

10 WEDNESDAY
BLACK HUSKY BREWING Traditional Irish Music jam session, 6:30-9pm. (Every second Wednesday)

BREMEN CAFÉ Trivia 6:30pm
LINNEMAN'S Acoustic Open Stage -- Doors open and sign-up starts at 7pm. Show starts at 8pm. Featured performer: Violet Wilder
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15-10:30am); Yoga w/ Kat (11am-Noon)
THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm
UPTOWNER Jackbox Gaming w/ the Ginmaster, 9pm start

11 THURSDAY
bar centro Jane Han / Sam Kacala Duo - piano/violin & drum ambient music
NASHVILLE NORTH, 1216 E Brady St Dr's Duo, 4-7pm. Then, Maddie Jo, 7-10pm.
PINK HOUSE STUDIO Dharma Recovery Meditation group, 6:30-8pm

RIVERWEST YOGASHALA Gentle, Healing & Supportive Yoga w/Tracey, 7:30-8:45pm
TWO BAR Speed Vibing, 8pm. (It's like Speed Dating, but with no romantic expectation!)

12 FRIDAY
bar centro PB & J - jazz

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Currents January Calendar

trio. See website for details: centrocaferiverwest.com

BREMEN CAFÉ Static Palms, 10pm. North Warren, 10:45pm. Glitzy, 11:30pm.

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am

LINNEMAN'S The Nile Club w/ the Present Age; Smoke Free Home; and Farewell Moonlight. 8-11:30pm. \$10

MAD PLANET Friday Night Retro Dance Party w/DJ Don Black, 9pm, \$7

MIRAMAR THEATRE Koshka (Mar Hatter Show). 9pm.

NASHVILLE NORTH, 1216 E Brady St Patrick Murphy, 4-7pm. Then, Sucker Punch, 7-10pm.

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Ryan Pearl (Hader) & the Backward Echo Band (7pm)

RIVERWEST YOGASHALA Yoga Foundations w/Tracey 9am

SHANK HALL Michael McDermott Band. 8pm, \$25

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

13 SATURDAY
ANODYNE COFFEE, 224 W Bruce Adem Tesfaye, 8pm. \$10 advance / \$15 door (advance sales until 3pm day of show, then available at the door)

BREMEN CAFÉ Bremen Bazaar 12-7pm.

INSPIRATION STUDIOS, 1500 S 73rd Street 11-2pm. Wisconsin Visual Artists Social & Meeting. (For membership info, contact Erico Ortiz at Inspiration Studios.)

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am
LINNEMAN'S Phamous Mockingband, a tribute to Phish. 8-11pm. \$10

MAD PLANET House Your Body -- house music all night. Special guest T JK and residents John Hawley, Andrew Optimist. 9pm, \$7

MILWAUKEE WINTERFARMERS MARKET, 5305 W Capitol Dr, 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.

OLD GERMAN BEER HALL (Hofbrau Haus), 1009 N Old World Third Street (MLK Drive) Squeezettes, 8:30-11:30pm

PINK HOUSE STUDIO Dances Of Universal Peace, 1-3pm // Martial Arts w/Samual, 3:30-4:45pm

QUARTERS ROCK & ROLL PALACE Gaetano Balistreri, Shell Bells, My Melody. 9pm

RIVERWEST YOGASHALA Mat Pilates w/ Christine, 11-11:50am

SHANK HALL Robert Ellis. 8pm. \$20

STAND FOR PEACE at Locust & MLK Drive Join with Peace Action of Wisconsin in our 21st year of standing for peace, noon until 1pm

THE COFFEE HOUSE, 2717 E Hampshire PK Harmony and Jerry & Maya Danks, 7:30-9:30pm

THE COOPERAGE, 822 S Water MKE Music Night LXV: Hip-hop and R&B night. Micah Emrich, Catchclayton, Keylime, Duwayne, Superego, and Cream City Players. 7pm doors, 7:30pm start. \$10-15

THE GIG, 1132 E Wright (at Dousman) 90s Night! 9pm, no cover

UWM PLANETARIUM Open House, 1-3pm. Celebrate 58 years of the UWM Planetarium with our annual open house. Enjoy free cake plus a live, indoor presentation and stargazing show that will take audience members on an interactive

tour of the night sky. Free!

14 SUNDAY
BREMEN CAFÉ Hold 'em Poker, 1pm. Ginmaster Bingo 6-8:30pm.

NASHVILLE NORTH, 1216 E Brady St WAMI party

PINK HOUSE STUDIO Milwaukee Psychedelic Society, 4-5:30pm

RIVERWEST YOGASHALA Yoga Foundations, all levels w/Tracey, 10:30am.

THE COOPERAGE, 822 S Water Rebirth Brass Band, 7pm, \$20

UPTOWNER Wilson Blues Band, 3-7pm

VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Guided Yoga in the Great Hall from 9-10 a.m. \$15 per session. Learn more and register at www.villaterrace.org.

VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Learn chess with Chessbox Academy from 10 a.m. to 1 p.m. \$7 Pre-Registration. To sign-up visit www.villaterrace.org

VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Get tickets to Winterlude featuring a trio of Milwaukee's best musicians Madeleine Kabat, Todd Levy and Yaniv Dinur from 11 a.m. to noon at the Villa. View the program and get tickets at bit.ly/4a9zTPJ

15 MONDAY
COMPANY BREWING

Wisconsin's Hardest Trivia, 7-10pm

FRIENDS MEETINGHOUSE, 3224 N Gordon Pl Meditation for Everyone -- Inner Transformation // Modern Buddhist Monk Gen Kelsang Dorje. 6:30-8pm. Drop in or sign up in advance at meditationinmilwaukee.org. All welcome. \$10

LINNEMAN'S Poet's Monday! Doors 7pm, performances start 7:30pm. \$3 cover. Featured poet: Matt Cook

PINK HOUSE STUDIO Super Gentle Yoga w/Sarah (9:30-10:30am); Yoga w/Sarah (6-7:15pm)

RIVERWEST YOGASHALA Yoga Foundations w/Tracey 6-7:15pm

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

16 TUESDAY
BLACK HUSKY BREWING

Milwaukee's Wurst Trivia, 6:30-9pm.

BREMEN CAFÉ Karaoke w/Trixy Mercury

FALCON BOWL Traditional Tuesdays! Live music and dancing, featuring Sliphorn Jazz Band, 8-10pm. 7pm, Open Swing Dancing with DJ Hot Jazz Cass.

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm

NASHVILLE NORTH, 1216 E Brady St Bluegrass Whatever's -- 7-9pm. Then, Pete Kallas hosts karaoke from 9pm-1am

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Keep It Simple Yoga (6pm)

UPTOWNER Turntable Tuesday-10pm start. Email Uptowner.mke@gmail.com if you'd like to sign up to spin

17 WEDNESDAY
BREMEN CAFÉ Trivia 6:30pm

LINNEMAN'S Acoustic Open Stage -- Doors open and sign-up starts at 7pm. Show starts at 8pm. Featured performer: John Gorman

PILOT PROJECT BREWING, 1128 N 9th St Ex Fabula's Story Slam: Seeking Joy, 7pm

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15-

10:30am); Yoga w/ Kat (11am-Noon)

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

UPTOWNER Jackbox Gaming w/ the Ginmaster, 9pm start

WOODLAND PATTERN *online* The group is reading from Robin Blaser's The Holy Forest, which, spanning five decades, is Blaser's highly acclaimed lifelong serial poem. 6-7:15pm. \$Give what you can.

18 THURSDAY
bar centro Jazzy Joan - Jazz: Where It Is, and Where It's Going - Sweden - no cover

PINK HOUSE STUDIO Dharma Recovery Meditation group, 6:30-8pm

RIVERWEST YOGASHALA Gentle, Healing & Supportive Yoga w/Tracey, 7:30-8:45pm

SHANK HALL Kevn Kinney, Miles Nielsen. 8pm, \$20

SHERMAN PHOENIX, 3536 W Fond du Lac WOW Poetry presents: Galactic Poetry. Lexi Trenee Ellis, Prince Daniel Wow Poetry Wyche, Mario Willis Shana Wilson aka Blue Lotus, Aphrx Ashe. Hosted by Tika Gross. Tickets \$30.

TWO BAR Speed Vibing, 8pm. (It's like Speed Dating, but with no romantic expectation!)

19 FRIDAY
bar centro Heirloom. See website for details: centrocaferiverwest.com

BREMEN CAFÉ Passion Park Experience

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am

MAD PLANET Friday Night Retro Dance Party, 9pm, \$7

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); African Dance (6pm)

RIVERWEST YOGASHALA Yoga Foundations w/Tracey 9am

SHANK HALL RIOTNINE! The Nile Club, Garden Home. 8pm. \$12 advance / \$15 door

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

20 SATURDAY
ANODYNE COFFEE, 224 W Bruce Chris Haise Band + Sam Ness & the Other Natural Flavors + Ben Mulwana. 8pm. \$15

bar centro Milwaukee Jazz Institute night. See website for details: centrocaferiverwest.com

BREMEN CAFÉ Chili 10pm // 90 Proof 11:30pm

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am

MAD PLANET Taylor Swift dance party!

MILWAUKEE WINTERFARMERS MARKET, 5305 W Capitol Dr, 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.

MIRAMAR THEATRE Buku, Smith. 9pm.

PINK HOUSE STUDIO AcroYoga Jam, 12-2pm // Song Circle, 7pm

RIVERWEST YOGASHALA Mat Pilates w/ Christine, 11-11:50am

SHANK HALL Failure To Launch, 8pm, \$10

STAND FOR PEACE at Brady & Farrell Join with Peace Action of Wisconsin in our 21st year of standing for peace, noon until 1pm

UWM PLANETARIUM Solar

System Expedition (recurring event, Saturdays thru Feb. 17) 2-3pm. Take an interactive tour of our cosmic neighborhood, the solar system. Marvel at the Sun's powerful flares, Jupiter's swirling storms, and Saturn's intriguing moons before traveling to the icy worlds of the Kuiper Belt as you behold the latest discoveries in space exploration. \$6 general. \$5 UWM students. Visit uwm.edu/planetarium for tickets

21 SUNDAY
BREMEN CAFÉ Hold 'em Poker, 1pm. Ginmaster Bingo 6-8:30pm.

LINNEMAN'S North Warren w/ The Nile Club; Glowingtide; and Odysseys. 8-11:30pm, \$10

RIVERWEST YOGASHALA Yoga Foundations, all levels w/Tracey, 10:30am.

SHANK HALL Los Rolling Ruanas, 7pm. \$15 advance / \$18 door

UPTOWNER Wilson Blues Band, 3-7pm

VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Guided Yoga in the Great Hall from 9-10 a.m. \$15 per session. Learn more and register at www.villaterrace.org. Learn more and get tickets at www.villaterrace.org.

VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Learn chess with Chessbox Academy from 10 a.m. to 1 p.m. \$7 Pre-Registration. To sign-up visit www.villaterrace.org

22 MONDAY
BREMEN CAFÉ Comedy Open Mic, 8pm. Then Music Open Mic w/ Phil

COMPANY BREWING Wisconsin's Hardest Trivia, 7-10pm

FRIENDS MEETINGHOUSE, 3224 N Gordon Pl Meditation for Everyone -- Inner Transformation // Modern Buddhist Monk Gen Kelsang Dorje. 6:30-8pm. Drop in or sign up in advance at meditationinmilwaukee.org. All welcome. \$10

LINNEMAN'S Poet's Monday! Doors 7pm, performances start 7:30pm. \$3 cover. Featured poet: Amy Budnowski

PINK HOUSE STUDIO Super Gentle Yoga w/Sarah (9:30-10:30am); Yoga w/Sarah (6-7:15pm)

RIVERWEST YOGASHALA Yoga Foundations w/Tracey 6-7:15pm

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

23 TUESDAY
BLACK HUSKY BREWING

Milwaukee's Wurst Trivia, 6:30-9pm.

BREMEN CAFÉ Karaoke w/Trixy Mercury

FALCON BOWL Traditional Tuesdays! Live music and dancing, featuring TBD, 8-10pm. 7pm, Open Swing Dancing with DJ Hot Jazz Cass.

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm

NASHVILLE NORTH, 1216 E Brady St Bluegrass Whatever's -- 7-9pm. Then, Pete Kallas hosts karaoke from 9pm-1am

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Keep It Simple Yoga (6pm)

UPTOWNER Turntable Tuesday-10pm start. Email Uptowner.mke@gmail.com if you'd like to sign up to spin

24 WEDNESDAY
BREMEN CAFÉ Trivia 6:30pm

LINNEMAN'S Acoustic Open Stage -- Doors open and sign-up starts at 7pm. Show starts at 8pm.

Currents January Calendar

Featured performer: Blujae
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15-10:30am); Yoga w/ Kat (11am-Noon)

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

UPTOWNER Jackbox Gaming w/ the Ginmaster, 9pm start

25 THURSDAY bar centro Jane Han / Sam Kacala Duo - piano/violin & drum ambient music

INSPIRATION STUDIOS, 1500 S 73rd Street 1-4pm. THE HILDEGARDE EXPERIENCE (Encore Presentation at the Jazz Gallery Center for the Arts). Jean Kaldunski becomes the Incomparable Hildegard. Produced by Inspiration Studios as part of O.W.L. programming. Free admission. Open to the public.

LINNEMAN'S Sugo - an old-school, New Orleans style funk band. Doors 6:30. Music 7:30. \$10

PINK HOUSE STUDIO Dharma Recovery Meditation group, 6:30-8pm

RIVERWEST YOGASHALA Gentle, Healing & Supportive Yoga w/Tracey, 7:30-8:45pm

TWO BAR Speed Vibing, 8pm. (It's like Speed Dating, but with no romantic expectation!)

26 FRIDAY bar centro Garrett Waite. See website for details: centrocaferiverwest.com

BREMEN CAFÉ Dad Bods // Drive Like I Do // Jorogumo // SnailTooth (order tbd)

HIGH DIVE, Center & Pierce Noah Tyson, Robin McDumphy, Dead Dead Swans. 8:30pm.

INSPIRATION STUDIOS, 1500 S 73rd Street 6-9pm. Opening Reception: OUT OF OUR MINDS exhibit by the Rogues Artists Group. (Exhibit open Saturdays thru February 25.)

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am

LINNEMAN'S Strangelander. Doors 7pm, music 8pm. \$10

MAD PLANET Friday Night Retro Dance Party, 9pm, \$7

PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Ryan Pearl (Hader) & the Backward Echo Band (7pm)

QUARTERS ROCK & ROLL PALACE Nevermore. 8pm.

RIVERWEST YOGASHALA Yoga Foundations w/Tracey 9am

SHANK HALL Paul Cebar Tomorrow Sound, 8pm, \$20

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free

produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

27 SATURDAY ANODYNE COFFEE, 224 W Bruce 3rd Annual Bluegrass Winter Heater! Featuring the Millbillies, with special guests the Spooklights, Dig Deep and Valley Fox. Doors 7pm, show 7:15pm. \$20 advance / \$25 at the door (advance sales until 3pm day of show, then available at the door)

bar centro Ann Davis Trio. See website for details: centrocaferiverwest.com

BREMEN CAFÉ Oniya **CHARLES ALLIS ART MUSEUM, 1801 N Prospect Av**, Join us at the Allis for an evening of hip hop music with DJ No Request as Music in the Mansion returns. 7-10 p.m. Visit www.charlesallis.org to learn more and get tickets.

INSPIRATION STUDIOS, 1500 S 73rd Street 5-7pm. National Conference of Puerto Rican Women Painting Party. (Flamboyán countryside painting) Contact Erico Ortiz at Inspiration Studios to participate.

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

distribution hours: 7:30-11:30am **LINNEMAN'S** Denny Rauhen, CD release show for "6/8 Time". Doors, 7pm. Music starts 8pm. \$10

MAD PLANET Funkadelic Rodeo with Modern Joy and Moon Glow (live music)

MILWAUKEEWINTER FARMERS MARKET, 5305 W Capitol Dr, 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.

PINK HOUSE STUDIO Martial Arts w/Samual, 3:30-4:45pm // Chant and Song Circle, 7pm

RIVERWEST YOGASHALA Mat Pilates w/ Christine, 11-11:50am

RIVERWEST YOGASHALA SOMA Breath Workshop, 2-4pm

SHANK HALL Super-Unknown, TEN, Tribute 2. 7:30pm. \$15 advance / \$20 door

STAND FOR PEACE at 76th & North Avenue Join with Peace Action of Wisconsin in our 21st year of standing for peace, noon until 1pm

THE COFFEE HOUSE, 2717 E Hampshire Memorial Show, 7:30-9:30pm. More info at the-coffee-house.com/calendar

UWM PLANETARIUM Solar System Expedition (recurring event, Saturdays thru Feb. 17) 2-3pm. Take an interactive tour of our cosmic neighborhood, the solar system. Marvel at the Sun's powerful flares, Jupiter's swirling storms, and Saturn's intriguing moons before traveling to

the icy worlds of the Kuiper Belt as you behold the latest discoveries in space exploration. \$6 general. \$5 UWM students. Visit uwm.edu/planetarium for tickets

WOODLAND PATTERN *online* 30th Annual Poetry Marathon & Benefit. Featuring performances from nearly 300 poets, musicians, and moving image artists from Milwaukee and across the globe. In addition to more than 100 poets from Wisconsin, this year's event will include participants from 35 states and more than a dozen countries outside the U.S! Once again, all 24 hours of the Poetry Marathon will be livestreamed via Crowdcast. 10am-10pm, both Saturday and Sunday.

28 SUNDAY BREMEN CAFÉ Hold 'em Poker, 1pm. Ginmaster Bingo 6-8:30pm.

RIVERWEST YOGASHALA Yoga Foundations, all levels w/Tracey, 10:30am.

UPTOWNER Wilson Blues Band, 3-7pm

VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Guided Yoga in the Great Hall from 9 -10 a.m. \$15 per session. Learn more and register at www.villaterrace.org. Learn more and get tickets at www.villaterrace.org.

VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Learn chess with Chessbox Academy from 10 a.m. to 1 p.m. \$7 Pre-Registration. To sign-up visit www.villaterrace.org

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29 MONDAY BREMEN CAFÉ Comedy Open Mic, 8pm.

COMPANY BREWING Wisconsin's Hardest Trivia, 7-10pm

FRIENDS MEETINGHOUSE, 3224 N Gordon PI Meditation for Everyone - Inner Transformation // Modern Buddhist Monk Gen Kelsang Dorje. 6:30-8pm. Drop in or sign up in advance at meditationinmilwaukee.org. All welcome. \$10

LINNEMAN'S Poet's Monday! Doors 7pm, performances start 7:30pm. \$3 cover. Featured poet: Laura Bomber

PINK HOUSE STUDIO Super Gentle Yoga w/Sarah (9:30-10:30am); Yoga w/Sarah (6-7:15pm)

RIVERWEST YOGASHALA Yoga Foundations w/Tracey 6-7:15pm

THE GATHERING TABLE, 2nd & Clarke All Peoples Church's Gathering Table has fresh and free produce, organic veggies, eggs, yogurt, sandwich bread, whole grain pastas, rice, and so much more! 1-4pm

30 TUESDAY BLACK HUSKY BREWING Milwaukee's Wurst Trivia, 6:30-9pm.

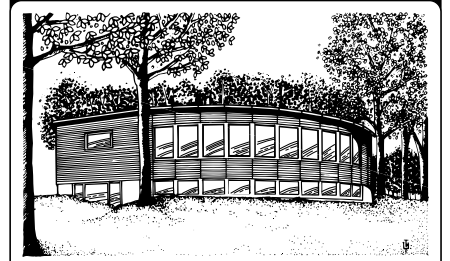
BREMEN CAFÉ Karaoke w/Trixy Mercury

FALCON BOWL Traditional Tuesdays! Swing music and dancing, featuring DJ Hot Jazz Cass. 8-10pm.

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!

KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm

NASHVILLE NORTH, 1216 E Brady St Bluegrass Whatevers -- 7-9pm. Then, Pete Kallas hosts



Milwaukee Friends Meeting (Quakers)

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- Community • Equality
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Sunday Worship

Children's Program
Childcare

10:15 to 11:15 am

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM		Keith & The Brimmes				
9:30 AM						
10:00 AM	Bing Bong Crunch					
10:30 AM	open for pre-recorded					
11:00 AM						
11:30 AM						
12:00 PM		Democracy Now!	Democracy Now!	Democracy Now!	Democracy Now!	Democracy Now!
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM			Democracy Now!			
3:30 PM						
4:00 PM		The Show (2020 ver)	Healthy Food in the 53212			
4:30 PM			Ras Ameen's Smoke	Break	open	Open
5:00 PM	Ching Bura	Intersellar/Vision & IntellectualMinds	Mosh Wah's Palace	Super Ego	New What?	Life Welcomes
5:30 PM						
6:00 PM	The Synthetik Process	Living Target Metal	Rive Gauche	open for live show	The Log (Jan 11)	Reality
6:30 PM			Stone Soup	Act of Means	Mychal Graham Sports	Open
7:00 PM	Charles Bursell Presents	MKE Direct Social	open: Clear Water Local		Jazz Jive	Wisdom for Life
7:30 PM	The Sabote Forces		Expo Radio	AbilityMKE Now!	Alter	
8:00 PM	open for pre-recorded	open for live show	The Grass Is Greener	Cornucopia	Open	open for pre-recorded
8:30 PM				YRU: We Heard We're	Movie Hustle	
9:00 PM	Streetfront Music Hour	open for pre-recorded	Active Culture	Faith	Genes: Tonight	
9:30 PM				open for pre-recorded	open for pre-recorded	
10:00 PM	Ching Bura	Democracy Now!	Democracy Now!	Democracy Now!	Democracy Now!	Democracy Now!
10:30 PM						
11:00 PM					Mychal Graham Sports	

Currents Comix Page! 😊

facebook.com/currentscomixpage (yes, really)

Untitled Comic II

BEN SPEHRT



the twisted adventures of stinko

"Brace Yourself"

d. beyer jr.



ANGRY KAT: ZOMBIE PROTOCOL

by Luther Hall



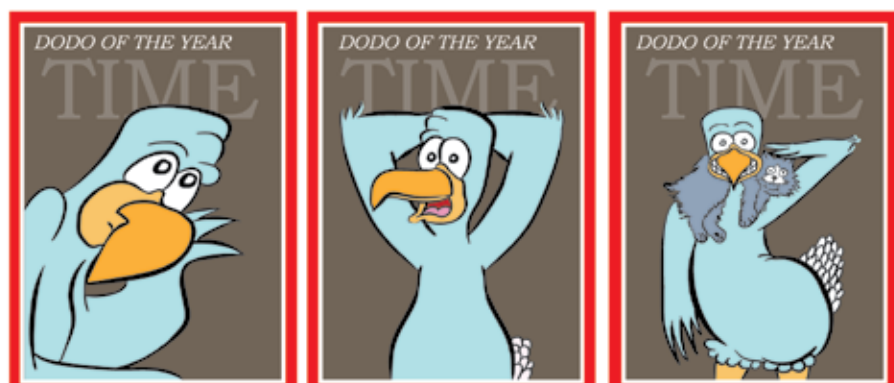
WHAT'S NEW PUSSYCAT?

EMMA SOUTHARD



The Dodo

Andrew Megow



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QUALITY USED CARS AVAILABLE

Our dearly loved Riverwest institution needs community support to survive.



Food for people not for profit

WE NEED YOUR HELP!

The Board of Directors is adopting an immediate, three-pronged strategy:

- Fundraising:** We have launched a GoFundMe campaign to raise \$50,000 for 2024, dedicating a small portion to daily operations until we complete the other two prongs;
- Cutting:** We will coordinate with the Worker's Collective on reducing the Co-op's hours and services over the next weeks, potentially leading to payroll cuts; and
- Planning:** We are reformulating the revitalization plan in order to apply for smaller loans and to invest the GoFundMe dollars into the co-op.

Reason for optimism. Our November 2023 gross profit percentage improved dramatically due to pricing structure adjustments. Our café sales also increased 64% from the same time last year. Questions or more information please email board@riverwestcoop.org

To support the Co-op during this difficult time:

- Share** the GoFundMe on Social Media and your network.
- Shop** #FirstStopRWCoop Make the Co-op your first stop shop.
- Volunteer:** volunteer@riverwestcoop.org to donate your skills and time in store or on a committee.

<https://www.gofundme.com/f/keep-the-riverwest-coop-grocery-cafe-open>

"One aspect of The Great Turning's future is to lift up community-based initiatives that directly support new systems of economic engagement."

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Ashley's *Upcowner*
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cocktail specials

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WICKED ROSITA

Misguided Spirits Tequila Reposado, Sweet Vermouth, Dry Vermouth, Campari, Lemon Twist Garnish

DAMNATION DROP

Misguided Spirits Vodka, Lemon Juice, Chambord, Simple Syrup, Lemon Wheel Garnish

MISGUIDED MANHATTAN

Misguided Spirits Dark Rum, Averna Amaro, Ango Bitters, Cherry Garnish

WHISKEY SHOTS

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