

## COMMUNITY NEWS

### WINTON CLUB CABARET

The Winton Club presents its 2012 Annual Cabaret Fundraiser, "It's About Time", January 31 through February 4, 2012, in the Winchester Town Hall Auditorium, 71 Mount Vernon Street, Winchester. Cabaret Chairwoman/Producer Jean Buckley and the Winton Club invite you to join the fun and support Winchester Hospital at the same time. Winton Cabaret is a great tradition and always enormous fun. PLEASE JOIN US! For more information and tickets, go to: [www.cabaret.wintonclub.org](http://www.cabaret.wintonclub.org).

### FROM THE WINCHESTER COMMUNITY MUSIC SCHOOL

*Come celebrate WCMS's 30th Anniversary at our "Celebrating 30...Let the Music Play! Gala. Save the date for March 31, 2012. Hope to see you there!*

#### February Community Events at Winchester Community Music School

Thursday, February 2 7:30 PM-9:30 PM **Open Mic Night**. Open to the public, all instrumentalists and vocalists welcome including solo acts, duos, and small ensembles/bands. A PA system, acoustic grand piano, amps, and drum set are provided. Bring your friends and family to cheer you on as you try out your latest song. Sign-ups begin at 7 PM or contact us to sign-up in advance. Light refreshments provided. The event is free and open to the public. Held regularly on the first Thursday of each month. Free. For more information, check out [www.winchestermusic.org](http://www.winchestermusic.org) or call [781-721-2950](tel:781-721-2950)

Monday, February 13 7:00 PM **Faculty Recital**. WCMS piano faculty member Sarah Tocco performs in a concert featuring the works of Chopin and Rachmaninoff. Nichols Performance Hall. Free and open to the public. Proudly sponsored by the Rotary Club of Winchester. For more information, check out [www.winchestermusic.org](http://www.winchestermusic.org) or call [781-721-2950](tel:781-721-2950)

Tuesday, February 14 7:30 PM-9:30 PM **Blues Jam**. These jams are fun, spontaneous, and a great way to experiment with new techniques and skills in the company of fellow musicians. All instruments & vocalists are welcome! Admission: \$7 at the door. For more information, check out [www.winchestermusic.org](http://www.winchestermusic.org) or call [781-721-2950](tel:781-721-2950)

Wednesday, February 15 7:30 PM-9:00 PM **Broadway on Highland**. If you love Broadway, come over to WCMS and sing your favorite Broadway hit or join the crowd during our sing-a-long numbers. All ages and ability levels are welcome! Singers from beginners to seasoned professionals are cordially invited to strut their stuff during this fun evening. Accompanist is provided; run-throughs available from 7-7:30 PM. Free and open to the public. For more information, check out [www.winchestermusic.org](http://www.winchestermusic.org) or call [781-721-2950](tel:781-721-2950).

#### **The Cornerstone Coffeehouse Presents an Evening of "Classic Rock Unplugged" With Winchester's Premier Party Band, "SIX"**

Winchester's self-acclaimed "premier party band", "SIX" will perform acoustic renditions of some of their classic rock repertoire in their hometown on Saturday February 4th at 7:30 PM. The "unplugged" format, popularized in the 1990s on by artists appearing on MTV, will be on display at the Cornerstone Coffeehouse (located at the Second Congregational Church of Winchester – 485 Washington St.). Tickets are \$10 (\$5 for students/seniors), and are available at the door. Coffee, tea, and a variety of desserts will also be available prior to the performance and during intermission.

Five of the band's six (hence the name SIX...) members are Winchester residents. They include lead guitarist/vocalist Walter Ogier, guitarist/vocalist Bruce Lauterwasser, bassist/vocalist John Swartz, drummer Scott Gilmour, and keyboardist/vocalist Steve Bratt.

The Cornerstone Coffeehouse is a volunteer-run series of concerts sponsored by the Second Congregational Church of Winchester, MA. The primary goal of the coffeehouse is to provide quality local entertainment in a smoke-free, alcohol-free environment. Proceeds from coffeehouse events are either used to fund the work of the church, or are donated to local charities. For more information, call [781-729-1688](tel:781-729-1688). More information about the band, including bios, photos, video links, and a listing of their repertoire can be found at the band's website: [www.ILikeSIX.com](http://www.ILikeSIX.com).

## **PARENT TO PARENT PRESENTS**

### **Talking to your Child about Body Image and Nutrition**

Thursday, February 9 7:30 – 9:00 pm

Next Door Theater, 40 Cross Street

Our culture is bombarding us with confusing nutrition and skewed body image messages. How can we expect our children and teens to make sense of these messages that we struggle to understand ourselves? Psychologist Jodi R. Galin and nutrition therapist Amy Aubertin will help you talk to your son or daughter about body image, counter-act the idealized images in the media, and emphasize healthy food without going overboard. This panel discussion will bring to life key protective factors that parents and caregivers need to know in order to help their growing children develop healthy eating and exercise habits. Learn warning signs of childhood obesity and eating disorders that may signal a need for professional attention.

Jodi R. Galin, Ph.D. is a licensed psychologist with over fifteen years of experience specializing in the treatment and prevention of eating disorders. She co-authored, *Growing Together* (2004), an obesity and eating disorders awareness and prevention program. Amy Aubertin, MS, RD, LDN is a registered dietitian and nutrition therapist who specializes in eating issues, weight issues and mindful eating.

Appropriate for parents of children of all ages, especially late elementary school and middle school. Questions for the panelists may be submitted ahead of time by emailing [info@parenttoparentwinchester.org](mailto:info@parenttoparentwinchester.org) and at the talk.

## **FROM THE MULTICULTURAL NETWORK**

### **Winchester In Transition**

The Winchester Multicultural Network invites your participation in a town-wide conference, *Winchester In Transition (WIT)*, to be held on **Saturday, February 11, 2012, from 9 a.m. to 3 p.m. in the Town Hall Auditorium**. The purpose of the day's conversations is to help an intergenerational mix of people representing non-profit organizations, local businesses, faith communities, and town government to understand, embrace, and capitalize on a Winchester population that is becoming increasingly diverse. Throughout the day, round-table discussions, a panel, keynote address, and group activities will enable us to build a community that will remain socially welcoming, economically resilient, and environmentally healthy for decades to come.

The Network's goal is participation from each of the town's organizations and governmental boards and departments. Please visit the conference web site, [www.gettowit.org](http://www.gettowit.org), for more information. The date has

been chosen to avoid conflicts with other major town activities, so we hope as many people as possible will be able to attend. It is important that we work cooperatively in carrying out our respective activities, and the conference program will foster collaborative working relationships.

We invite you to add your unique perspective to the community conversation on 2/11/12. Contact [www.gettowit.org](http://www.gettowit.org) to register, ask questions, and offer your suggestions for the day.

**Announcing Women Helping Women 2012**

**PROJECT RUNWAY: "WHO'S WHO IN THE HEADLINES"**

CREATE A RUNWAY ORIGINAL INSPIRED BY YOUR FAVORITE CELEBRITY OR HEADLINE!!

Thursday April 5, 2012 at Burlington Marriott Hotel

Tickets on Sale February 1, 2012 at Winchester Chamber of Commerce 25 Waterfield Road Winchester  
[info@winchesterchamber.com](mailto:info@winchesterchamber.com) or call [781.729.8870](tel:781.729.8870)