Winter Term Workshops 2012

Register:
Online – go/boxoffice
Sunday, December 4th - Friday, December 16th
Registration starts at 8pm on the 4th online and in-person
Winter Term Workshops: 2012

Here’s your chance to broaden your horizons and/or develop a new interest! This January is your big opportunity to participate in Winter Term Workshops offered by Student Activities. Be sure to take advantage of this year’s series of non-credit workshops - open to the entire College community - and make the most of Winter Term.

Workshop Registration Information:
Register for the workshop(s) of your choice starting Sunday, December 4 at 8:00pm through Friday, December 16, 2011 (or until the courses fill up) online through the Box Office and avoid the lines! OR sign up in person at the McCullough Student Center Box Office during normal Box Office hours. First come, first serve.

- Workshop fees must be paid at the time of registration. Courses begin January 9 and end on February 3, 2012.
- Make sure to reference the Workshop’s Box Office Number, located in the upper right of each description.
- There is no wait list for workshops.
- In order to pay facilitators and allow for the advance purchase of materials, refunds are granted for academic scheduling conflicts only. Proof of class registration is required. You may not attend the first workshop and still receive a refund. Deadline: January 10, 2012
- Asterisked workshops are offered for P.E. credit; you must attend at least 7 hours to receive the PE Credit.
- See the Student Activities staff if you have any questions.

Please note that the below information is all subject to change, check back for updates

A Knitting Experience Box Office # 23
A class for anyone who wishes to improve their knitting skills, read patterns with confidence, learn new stitches like basket weave, seed stitch, diamonds, and cables, and use these stitches to make a warm hat or scarf (or other item). All materials will be provided (or if you are working on a project, feel free to bring it along). Snacks will be provided.

MEETING: Wednesdays; 6:30PM - 8:00PM
1/11; 1/18; 1/25; 2/1
LOCATION: Mitchell Green Lounge
INSTRUCTOR: Barbara Adams PRICE: $34.00

Acoustic Guitar - Beginning Box Office # 24
Whether you’ve always wanted to play guitar or just make sense of those bits and pieces you’ve picked up along the way here’s an opportunity to tap into your creative urges and have some fun doing it. Two of the area's finest players and instructors, Rick Klein and Michael Corn, will offer a wide base of style and technique to draw from. We’ll set the goal of learning to play (and sing) a song of your choosing. All you need is a playable guitar and the desire to play it.

MEETING: Tuesdays & Thursdays; 7:00PM - 8:30PM
1/10; 1/12; 1/17; 1/19; 1/24; 1/26; 1/31; 2/2
LOCATION: Johnson 304
INSTRUCTOR: Rick Klein Michael Corn PRICE: $65.00
**Acoustic Guitar 2 - The Next Level**

This class is for students who have already taken the beginner’s class or the equivalent. We’ll be exploring the guitar beyond the first position, and de-mystifying the fingerboard through songs and repertioe. Topics covered (but not limited to) will include: Proper finger-style and flat-picking technique, music theory, rhythm and back-up guitar, as well as lead-style soloing. We’ll be learning chord/melody arrangements and discover altered and open tunings. Players interested in folk, rock, blues and classical styles (and electric players too) will get be able to take their playing to the next level!

**MEETING:** Mondays & Wednesdays; 7:00PM - 8:30PM
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1

**LOCATION:** Johnson 304 (1/25 will be held in Carr Hall 005)

**INSTRUCTOR:** Michael Corn

**PRICE:** $38.00

**Advanced Darkroom Workshop**

This workshop is intended for people who already have experience working in a darkroom, and would like to improve their black and white photography skills. Every week students will learn a new darkroom technique, including solarization, vignetting, pin-hole photography, and working with liquid emulsion. A personal 35 mm camera is required for this workshop.

**MEETING:** Thursdays; 7:00PM - 8:30PM
1/12; 1/19; 1/26; 2/2

**LOCATION:** Forest Darkroom

**INSTRUCTOR:** Tim O’Grady

**PRICE:** $59.00

**Apitherapy - Health and Healing with Products From the Hive**

The honeybee and hive products have historically played a large role in disease care and prevention. Today science is finally catching up to what naturalists, herbalists, and acupuncturists have known for years. Covered are the healing properties of Honey, Pollen, Propolis, Royal Jelly, and Honeybee Venom.

**MEETING:** Thursdays; 6:00PM - 8:00PM
1/12; 1/19

**LOCATION:** LaForce 121

**INSTRUCTOR:** Ross Conrad

**PRICE:** $15.00

**Art of Tea: Tasting Sustainably Sourced Teas From All Over the Place**

Warm up for an evening of tasting of our Top Shelf loose leaf tea: Organic Green from Japan, High Mountain Oolong from Taiwan, to the Wild Harvested Puer from China (and more). All levels of tea experience are welcome, from the beginning tea-drinker to the established puer-head. We'll cover the basics and dive into the depths while tasting the finest teas available. Located at Stone Leaf Teahouse, in the Marble Works. Directions at www.stoneleaftea.com

**MEETING:** Wednesdays; 7:00PM - 8:00PM
1/11; 1/18; 1/25

**LOCATION:** Stone Leaf Teahouse  111 Maple Street  Middlebury, VT 05753

**INSTRUCTOR:** John Wetzel

**PRICE:** $29.00
**Art of e-War**

Having trouble dealing with the early morning zergling rush? Want to know the secrets of successful rocket jumping? Study military gaming strategy in both the FPS and RTS genres, paired with classic treatises on military strategy, including Sun Tzu’s "Art of War" and Rommel’s military diaries. This workshop will focus on applying theoretical military maneuvers to practical gaming situations.

**MEETING:** Fridays; 7:00 - 8:30pm
1/13; 1/20; 1/27; 2/3

**LOCATION:** Atwater A100

**INSTRUCTOR:** Christo Grabowski
Charles Giardina
Connor Fitzsimmons

**PRICE:** $50.00

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**Baking Into Their Hearts**

Baking is the ultimate expression of caring (and even love!). In this workshop we’ll bake delicious cakes from scratch—recipes so good that you’ll be sure to charm that special someone when you bring some to him or her after class. No culinary experience is required, just a desire to craft delectable goodies and spend cold winter evenings in a warm kitchen surrounded by the aroma of cake in the oven. Cakes baked in the course can also be prepared using gluten-free ingredients, so feel free to sign up even if you have food allergies. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

**MEETING:** Tuesdays; 7:00PM - 9:30PM
1/10; 1/17; 1/24; 1/31

**LOCATION:** Forest East Basement Kitchen

**INSTRUCTOR:** Amy Prescott
Matt Johnson

**PRICE:** $37.00

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**Ballet for Beginners** *

Does seeing the Nutcracker make you want to waltz through the snow? Do you watch Center Stage to admire Ethan Stiefel’s extraordinary leaps? Or do you just want to learn a little dancing and get PE credit? Whichever it is, come learn ballet, from pliés to pirouettes, and stun your friends with your new-found strength and grace. This workshop offers PE credit.

**MEETING:** Mondays & Wednesdays; 5:30PM - 6:30PM
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1

**LOCATION:** CFA 109

**INSTRUCTOR:** Emma Siskin

**PRICE:** $18.00

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**Basic Beading: Intro to Creating Beaded Jewelry**

Basic Beading is a class for those who have not explored the art of beading and would like to learn the very basics. The goal of the class is for students to learn stringing of beads, how to properly use crimp beads and crimp pliers, as well as construct a pendant. Many students leave this class with a completed necklace.

**MEETING:** Thursday; 5:30PM - 7:30PM
1/12

**LOCATION:** MCC Crest Room

**INSTRUCTOR:** Amanda Burnham

**PRICE:** $35.00
Beaded Leather Wrap Bracelet Session 1
Create your own beaded leather wrap bracelet just like those featured in your favorite boutiques and catalogs. This workshop is designed to teach you the beading skills required to design and make a wrap bracelet. By the end of the workshop you will have a completed bracelet and the skills to make many more for your friends and family.

MEETING: Tuesday; 5:30 - 7:00pm
1/10
LOCATION: Mitchell Green Lounge
INSTRUCTOR: Cheryl Burnham
PRICE: $28.00

Beaded Leather Wrap Bracelet Session 2
Create your own beaded leather wrap bracelet just like those featured in your favorite boutiques and catalogs. This workshop is designed to teach you the beading skills required to design and make a wrap bracelet. By the end of the workshop you will have a completed bracelet and the skills to make many more for your friends and family.

MEETING: Tuesday; 5:30 - 7:00pm
1/17
LOCATION: Mitchell Green Lounge
INSTRUCTOR: Cheryl Burnham
PRICE: $28.00

Beaded Spiral Woven Bracelet
Create a beautiful bracelet using the popular spiral bead weaving technique. The basic stitch is simple to learn, and incredibly easy to adapt for other jewelry projects. The goal of this workshop is to give you the skills needed to create a bracelet and apply this knowledge to endless future projects. You do not have to be an experienced beader to participate.

MEETING: Tuesdays; 5:30PM - 6:30PM
1/10; 1/24
LOCATION: Ross Seminar Room B11
INSTRUCTOR: Amy Quesnel
PRICE: $35.00

Beatboxing Workshop
Ever wanted to learn to drop a beat anywhere, anytime? Maybe you have a friend who loves to freestyle, or maybe you sing a cappella, or you just want to learn for fun. Join John Montroy '12 of Stuck in the Middle on a crash course of beatboxing. You'll learn the basics, putting everything together, making your own beats, and some cool beatboxing tricks that will impress anyone.

MEETING: Mondays & Wednesdays; 5:45PM - 6:30PM
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1
LOCATION: Axinn 229 – on 1/9 will be held in AXN 220
INSTRUCTOR: John Montroy
PRICE: $17.00
Beginner Belly Dance: Lucy Alia’s Fusion Style  
Box Office # 79
If you have ever been curious about belly dance or just want a fun way to stay in shape without even realizing it, then this is the workshop for you! Lucy Alia's Fusion Style combines the many styles of belly dance -- including Egyptian, Arabian, Turkish, Gypsy and even American Tribal Style among others -- to form an ultimately unique and beautiful style of dance that is good for mind, body and spirit. As Lucy Alia says, "Belly dance has no size, shape, age or color," so come shimmying your way down to class! This workshop offers PE credit.

MEETING: Mondays & Wednesdays; 5:00PM - 6:00PM  
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1
LOCATION: Proctor Basement  
INSTRUCTOR: Christine Valentin  
PRICE: $11.00

Beginner’s Clogging  
Box Office # 75
Clogging is considered one of the first forms of dance to be classified as a “street dance,” because it developed in urban, community settings during the industrial revolution. It is a kind of folk dance that claims roots in several cultures including Irish step dancing, traditional European dancing as well as traditional Cherokee dancing, to name a few. It is currently wildly popular in the southern region of the Appalachian Mountains (pronounced like “I’m going to throw an apple-atcha”). In this J-term workshop, we’ll be learning the basic steps of clogging, modern-styled routines while also having some fun with square-dance style routines that allow two or more dancers to work together and “swing.” Once you know what you’re doing, clogging is quite a workout and a lot of fun.

MEETING: Wednesdays; 8:00PM - 9:00PM  
1/11; 1/18; 1/25; 2/1
LOCATION: McCullough Social Space  
INSTRUCTOR: Melanie Haas  
PRICE: $8.00

Beginners’ Yoga  
Box Office # 107
This workshop will explore the fundamental principals of yoga in both the physical and spiritual sense. We will look at alignment principals and movement inquiries, in addition to meditation and exploration of the inner self. No previous yoga experience required. This workshop offers PE credit.

MEETING: Mondays & Thursdays; 7:00PM - 8:00PM  
1/9; 1/12; 1/16; 1/19; 1/23; 1/26; 1/30; 2/2
LOCATION: Gifford Annex Lounge  
INSTRUCTOR: Emily Cavanagh  
PRICE: $24.00
Blessed Are the Cheesemakers: A Comprehensive Cheesemaking Experience for All Skill Levels

Using raw goat milk and cow milk from local dairies, we will learn to make a variety of cheeses from feta to mozzarella, camembert to ricotta, chevre to chaource. Learning how to make specific cheeses is only part of the art of cheesemaking, however. We will also explore the history of each cheese we make, learn about the chemical processes involved in cheesemaking, sample local cheeses to develop and refine our cheese palates and visit one of the farms providing our milk to meet the wonderful people and animals who make cheese possible. If homemade dairy products interest you as a hobby, as a form of self-sufficiency, as a way to impress dinner guests, or as one of the few old world food traditions relatively untouched by time—or even if you just like to eat cheese and are curious about it—this is the workshop for you. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING: Tuesdays; 4:30PM - 6:30PM  
1/10; 1/17; 1/24; 1/31  
LOCATION: Bowker House  
INSTRUCTOR: Lea Calderon-Guthe  
PRICE: $38.00

Bread Baking Workshop!

Are you interested in becoming culinary independent? Are you going to be leaving school soon, and not be able to rely on Proctor or Ross to always be there? Well, if you think it’s time to break into the kitchen, then bread baking is a great place to start. As a lifelong recreational baker, I love being in the kitchen and I like making food from scratch. In this workshop we will focus on how to make all different types of bread. Simple Peasant Bread, Loafs of Bread, Bagels, Naan, Wheat Bread, Sourdough, Baguettes, Rye Bread, and Sticky Buns! Through all this we will learn the ways that yeast reacts in different environments, and learn how to nurture and feed a sourdough starter. Workshops can even suggest what type of bread they want to learn how to make! Feel free to bring in recipes! Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING: Wednesdays; 5:00PM - 6:30PM  
1/11; 1/18; 1/25; 2/1  
LOCATION: Bowker House  
INSTRUCTOR: R.J. Adler  
PRICE: $16.00

Building Your Own Adirondack Chair

Learn how to build your own Adirondack chair. No experience necessary. You will get to keep the chair you build.

MEETING: Tuesdays; 4:30pm - 6:00pm  
1/10; 1/17; 1/24; 1/31  
LOCATION: Carpenter’s Shop  
INSTRUCTOR: Edward DeMatties  
PRICE: $126.00
**Cantonese Language and the Culture of Hong Kong**  
Box Office # 86

Cantonese is one of the most widely spoken Chinese dialects, with about 70 million native speakers in Hong Kong, southern China, Southeast Asia and many overseas Chinese communities. The thematically structured workshop offers an introduction to basic conversational Cantonese, as well as the cultural customs of Hong Kong through interactive activities, multimedia and snack tasting. By the end of the workshop, students will be able to appreciate the variety of Chinese dialects and travel or work in Hong Kong with a deeper understanding of the local culture. No prior knowledge of Chinese is required.

**MEETING:** Tuesdays & Thursdays; 7:00PM - 8:30PM  
1/10; 1/12; 1/17; 1/19; 1/24; 1/26; 1/31; 2/2  
**LOCATION:** Ross Seminar Room B11  
**INSTRUCTOR:** Ellie Ng  
**PRICE:** $28.00

**Capoeira**  
Box Office # 106

Capoeira is an afro-Brazilian martial art, that is heavily based on rhythmic music and has elements of dance. This is an intense whole-body workout. Beginners or advanced students welcome! This workshop offers PE credit.

**MEETING:** Tuesdays, Thursdays & Sundays; T&TH: 5:30PM - 7:00PM; S: 3:00PM - 4:30PM  
1/10; 1/12; 1/15; 1/17; 1/19; 1/22; 1/24; 1/26; 1/29; 1/31; 2/2  
**LOCATION:** CFA 109  
**INSTRUCTOR:** Oliver Weisser  
**PRICE:** $44.00

**Chess--Beginning Strategy and Open Play**  
Box Office # 81

Enjoyed by millions of people, chess is one of the world’s most popular games. This workshop is open to players of all levels. No previous experience necessary! Basic rules and strategy will be covered. There will be plenty of open play time for you to test your skills against other players at your level. Benjamin Franklin said of chess, “The game of chess is not merely idle amusement, several very valuable qualities of the mind, useful in the course of human life, are to be acquired and strengthened by it.”

**MEETING:** Mondays & Wednesdays; 8:00PM - 9:00PM  
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1  
**LOCATION:** Ross Seminar Room B11  
**INSTRUCTOR:** Malcolm Littlefield  
**PRICE:** $18.00

**Contradance 101**  
Box Office # 14

Mike Quinn will teach and call contra, square and circle dances to live music. This will cover traditional New England social dance from the 1600's to January 2012. All dances taught. Some will be ridiculously simple. Some will be intellectually demanding. This will be a hands on, physically active workshop. The tunes and histories of these dances will be discussed as will the finer points of graceful dancing. No experience necessary but experience will not be a handicap. Wear comfortable clothes and dance shoes. Student musicians are welcome to sit in. This workshop offers PE credit.

**MEETING:** Tuesdays; 7:00PM - 9:00PM  
1/10; 1/17; 1/24; 1/31  
**LOCATION:** McCullough Floor  
**INSTRUCTOR:** Mike Quinn  
**PRICE:** $20.00
**Cookie Monsters!**  
Box Office # 69

Do you fantasize about warm cookies? Do you want to learn Martha Stewart’s secrets? In this workshop we will make chewy chocolate gingerbread cookies, iced oatmeal applesauce cookies, milk chocolate delights, pumpkin whoopie pies, banana walnut chocolate chip cookies, coconut cream-filled macaroons, and many more! Join Juliet and Hannah in baking confections and making connections. The food and friendships found here are guaranteed to brighten your J-term. P.S. Did you miss out on ‘The World Is Your Muffin Tin’ last year? Well now is your chance to participate in the sequel! Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

**MEETING:** Sundays; 7:00PM - 8:30PM  
1/15; 1/22; 1/29  
**LOCATION:** Stewart Lounge 2  
**INSTRUCTOR:** Juliet Ryan-Davis Hannah Meier  
**PRICE:** $49.00

**Cooking Around the World**  
Box Office # 62

Ever wanted to broaden your culinary worldliness? Well this is the workshop for you! Come learn how to cook like the Italians, Vietnamese, Dominicans, and Hawaiians in what is sure to be one of your most unforgettable experiences this J-term. We will be preparing a range of meals that represent the traditional culinary gems of Italy, Hawaii, Vietnam, and the Dominican Republic. This workshop goes beyond simply eating delicious food as we will also be learning about the places our foods originate from. Each week we'll be preparing a 3-course meal that is sure to be scrumptious (meat eaters and vegetarians accepted with open arms). All proceeds go to MAlt CHEROKEE NATION Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

**MEETING:** Thursdays; 6:30PM - 8:00PM  
1/12; 1/19; 1/26; 2/2  
**LOCATION:** Coffrin Annex Lounge  
**INSTRUCTOR:** Denise Marte  
**PRICE:** $59.00

**Cooking Chinese Desserts**  
Box Office # 66

Tired of cookies and cakes, wanna try make some special but delicious desserts from China? Green bean pastry, osmanthus fragrance jelly, sweet fermented-rice, red bean soup, sticky rice cake and many more! Don't know what those names stand for yet? Don’t worry, come to this workshop, learn some Chinese dessert recipes, satisfy your craving for sweets in the winter, and bring the recipes back to impress your family! I promise these desserts are super delicious, as the way Asian cuisine magic should go. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

**MEETING:** Saturdays; 4:00PM - 6:00PM  
1/14; 1/21; 1/28  
**LOCATION:** Coffrin Annex Lounge  
**INSTRUCTOR:** Jiayi Zhu  
**PRICE:** $39.00
Cooking Seasonally
Have you ever bought some fresh fruits or veggies from the farmer’s market but later realized you have no idea what to do with them? This workshop is all about making the most of what produce is in season—how you can use the most basic ingredients and simple cooking methods to concoct delectable fresh food feasts at any time of the year. Emphasis will be on cooking single servings and storing leftover ingredients to use in a future recipe—what better way to prepare for the real world after Midd when we have to cook for ourselves and don’t have 24/7 access to buffet-style food? Since there are 4 weeks of this workshop and 4 seasons to the year, each week will incorporate ingredients that are generally abundant during a given season. One day each week will be focused on making a meal on a time constraint while the other day might involve some sort of baking or comfort food. For vegetarians and meat-eaters alike! Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING: Mondays & Wednesdays; 5:00PM - 6:30PM
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1
LOCATION: Coffrin Annex Lounge
INSTRUCTOR: Liia Koiv-Haus
PRICE: $67.00

Cooking Thai Food
You will have a chance to learn how to cook easy but delicious Thai food in practical way. At the end of workshop you should be able to cook at least four Thai dishes that all the ingredients can be bought in Middlebury. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING: Thursdays; 5:30PM - 7:00PM
1/12; 1/19; 1/26; 2/2
LOCATION: Adirondack Coltrane Lounge
INSTRUCTOR: Poomirat Nawarat
PRICE: $66.00

Creative Woodblock Prints
Instructor: Ray Hudson  Woodblock prints make wonderful gifts and cards. After designing and carving wood blocks, students will print on Chinese and Japanese paper using watercolors instead of inks. This technique allows the printmaker to express a wide range of colors and shadings along with the sharp lines and solidity that are characteristic of woodcuts. This class is for beginning or seasoned printmakers. Classes will be held at 1 Mill St. lower level.

MEETING: Tuesdays; 6:00PM - 8:00PM
1/10; 1/17; 1/24; 1/31
LOCATION: 1 Mill St., lower level
INSTRUCTOR: Ray Hudson
PRICE: $115.00
Cricket: The Gentlemen's Game

Cricket is not just a game, it’s a religion. It’s a sport which has contributed more towards bringing conflicting nations together than any political dialogue. Invented in early 16th century England, highly popularized in the contemporary South Asia, Cricket can best be described as baseball’s refined brother: an intense bat & ball competition between a batsman and a bowler (pitcher), and if you know what cricket is all about, a game of intense emotions and drama!

During the Winter Term cricket workshop, we will master the sleek techniques of batting and bowling, and prepare each participant for competition in professional college level matches. We will end the workshop by showcasing our skills against Dartmouth Cricket, Middlebury’s arch cricket rivals, or against Bates Bobcats. No prior experience will be necessary, the only requirement is a passion for the game! This workshop offers PE credit.

MEETING: Saturdays & Sundays; 1:00PM - 3:00PM
1/14; 1/15; 1/21; 1/22; 1/28; 1/29
LOCATION: Bubble Courts 1-2
INSTRUCTOR: Talha Ansari
PRICE: $34.00

Crochet Basics

Crochet Basics is designed for those who want to learn to crochet as well as those who need a refresher of the basics of crocheting. Students will work on creating chains, stitches, and granny squares. A project is not completed during the class session, but you will gain the skill to complete a crocheted project.

MEETING: Tuesday; 5:30PM - 7:30PM
1/17
LOCATION: MCC Crest Room
INSTRUCTOR: Ashley Bourque
PRICE: $41.00

Dancing Latino Style

The objective of this workshop is to teach a variety of Latin American dances, such as Salsa, Merengue, Bachata, Cumbia, Punta, El San Juanito, and Reggaeton Hip-Pop style. During each session, we will focus on one dance style and learn about its historical and cultural origins and techniques. During the second part of the session we will learn a small choreography of the dance we are focusing on that day. In this workshop be prepared to dance and to have fun most of all! This workshop offers PE credit.

MEETING: Tuesdays & Thursdays; 5:00 - 6:00pm
1/10; 1/12; 1/17; 1/19; 1/24; 1/26; 1/31; 2/2
LOCATION: Proctor Basement
INSTRUCTOR: Santiago Barrera
PRICE: $21.00

Guadalupe Barajas
**Digital Photography**

Instructor: Neal White  
This class is for photographers at all levels. The basic techniques of photography with a digital camera will be painlessly demystified for all, including students with no prior experience in photography. More advanced photographers will learn the use of digital photography for the creation of personally expressive works of art. The individual needs of the students are the special focus of the course. Besides providing whatever technical instruction each student requires, each student’s photographs will be given constructive feedback to better understand photography and how they can use it to create works of art. Beginners will be helped to understand and master their digital cameras to become extensions of their eyes and to produce digital photographs which they will learn to easily improve and creatively modify in unlimited ways on their own personal computers. Students should bring their camera and laptop computer to class.

**MEETING:**  Saturdays; 10:00AM - 12:00PM  
1/14; 1/21; 1/28  
**LOCATION:**  MCC Crest Room  
**INSTRUCTOR:** Neal White  
**PRICE:** $70.00

**Earring Making**

Learn to make your own earrings. Use beads and wire to make unique earrings that you can wear and/or give to your friends. Each week learn a new technique and make a different pair of earrings. End with a total or four pairs.

**MEETING:**  Tuesdays; 8:00 - 9:00pm  
1/10; 1/17; 1/24; 1/31  
**LOCATION:**  LaForce 121  
**INSTRUCTOR:** Barbara Wilkinson  
**PRICE:** $22.00

**Fabulous, Scrumptious Snowshoeing in Ripton – Session 1**

"When we try to pick out anything by itself, we find it hitched to everything else in the universe." (John Muir) If you believe this statement...question this statement... OR have cause to deny its validity...I say, come! Come where? Come to the snow covered forest of Ripton. We will snowshoe to beaver ponds, Robert Frost Ripton retreat, abandoned farms, and all of the places in between. Every beaver dam we cross and every hill we climb will provide opportunities to test John Muir’s words and consider their connection to our lives today. Good home cooked food will be part of our weekly treks. If you need snowshoes contact the outing club, if you've never snow shoed before, now is the time to begin! Sign up for one or all of the days. Any questions call 388-6107.

**MEETING:**  Saturday; 9:00AM - 2:00PM  
1/14  
**LOCATION:**  Ripton, VT  
**INSTRUCTOR:** Nola Kevra  
**PRICE:** $18.00
Fabulous, Scrumptious Snowshoeing in Ripton – Session 2
Box Office # 109
"When we try to pick out anything by itself, we find it hitched to everything else in the universe." (John Muir) If you believe this statement...question this statement... OR have cause to deny its validity...I say, come! Come where? Come to the snow covered forest of Ripton. We will snowshoe to beaver ponds, Robert Frost Ripton retreat, abandoned farms, and all of the places in between. Every beaver dam we cross and every hill we climb will provide opportunities to test John Muir’s words and consider their connection to our lives today. Good home cooked food will be part of our weekly treks. If you need snowshoes contact the outing club, if you've never snow shoed before, now is the time to begin! Sign up for one or all of the days. Any questions call 388-6107.

MEETING: Saturday; 9:00AM - 2:00PM
1/21
LOCATION: Ripton, VT
INSTRUCTOR: Nola Kevra
PRICE: $18.00

Fabulous, Scrumptious Snowshoeing in Ripton – Session 3
Box Office # 110
"When we try to pick out anything by itself, we find it hitched to everything else in the universe." (John Muir) If you believe this statement...question this statement... OR have cause to deny its validity...I say, come! Come where? Come to the snow covered forest of Ripton. We will snowshoe to beaver ponds, Robert Frost Ripton retreat, abandoned farms, and all of the places in between. Every beaver dam we cross and every hill we climb will provide opportunities to test John Muir’s words and consider their connection to our lives today. Good home cooked food will be part of our weekly treks. If you need snowshoes contact the outing club, if you've never snow shoed before, now is the time to begin! Sign up for one or all of the days. Any questions call 388-6107.

MEETING: Saturday; 9:00AM - 2:00PM
1/28
LOCATION: Ripton, VT
INSTRUCTOR: Nola Kevra
PRICE: $18.00

Fencing *
Box Office # 105
The Fencing Club offers a 3-weapon workshop with a tournament at the end of J-term. This workshop aims to ground people in the basics of fencing through hands on practice. This is also a perfect platform to get involved with the fencing team year round. There is also open electric bouting for all fencers. This workshop offers PE credit.

MEETING: Tuesdays & Thursdays; 7:00PM - 8:00PM
1/10; 1/12; 1/17; 1/19; 1/24; 1/26; 1/31; 2/2
LOCATION: Adirondack Coltrane Lounge
INSTRUCTOR: Alexander Strothe
PRICE: $38.00
Clark Hatheway
**Figure Skating for Beginners**  
*Box Office # 102*

Come take advantage of Middlebury’s own Kenyon Arena and learn to skate! We have something for everyone, whether you’re looking to start skating backwards or just stand up. Instruction by members of the Figure Skating Club will center on the interests and ability of the group. Both figure skaters and hockey skaters are welcome; please come with your own skates! This workshop offers PE credit.

**MEETING:**  
Mondays & Thursdays; 12:00PM - 1:00PM  
1/9; 1/12; 1/16; 1/19; 1/23; 1/26; 1/30; 2/2

**LOCATION:**  
Kenyon Arena

**INSTRUCTOR:** Paige Keren
Kendall Wyckoff
Alan Sutton

**PRICE:** $24.00

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**Finding and Funding a Summer Internship**  
*Box Office # 39*

The Center for Education in Action (EIA) is excited to announce the doubling of funds to support unpaid summer internships, self-designed projects, and service experiences, local, national, and international. Internships are a great way to explore a career interest, connect to academic work, or pursue a deep personal interest. Come to this session to learn about the newly revised application process, more flexible deadlines (now 3, not just 1) and also hear from students who benefited from funds last year. If you have a plan already, or even if you don’t and are just starting, this session will give you a good overview of how to make the most of your summer.

**MEETING:**  
Tuesday; 12:30PM - 1:30PM  
1/17

**LOCATION:**  
Hillcrest 103

**INSTRUCTOR:** Tim Mosehauer

**PRICE:** $0.00

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**FIRST AID & CPR**  
*Box Office # 111*

This is a two day weekend workshop for students wanting one PE credit. Class starts at 8:00 a.m. on Saturday and 9:00 a.m. on Sunday. The workshop covers:

- Day 1, First Aid: General Principals~ Medical Emergencies~ Injury Emergencies~ Environmental Emergencies
- Day 2, CPR: This program is Basic Life Support CPR for Adult, Children and Infants. You will learn how to maintain an airway, compressions, Foreign Body Airway Obstruction and how to use an AED.

The purchase of books for this workshop is optional and is an additional $15.00 if you’d like to purchase one; they are available at the college bookstore. This workshop offers PE credit.

**MEETING:**  
Saturday, January 21st; 8:00AM - 4:00PM  
Sunday, January 22nd; 9:00AM - 4:00PM

**LOCATION:**  
Mitchell Green Lounge

**INSTRUCTOR:** Ed Sullivan

**PRICE:** $60.00

Environmental Health & Safety Coordinator
**go/bananas**

Feel like making banana pancakes? Craving a casual potassium energy explosion? From banana cream pie to chocolate covered bananas to the nommiest banana bread to bananas foster to peanut banana protein bars, we will create many banana concoctions! While treats are in the oven, we'll monkey around, play banana-grams, do the banana dance, and study George Michael Bluth's prowess at manning a banana stand. Participants must wear yellow. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

**MEETING:** Sundays; 7:30PM - 9:00PM  
1/15; 1/22; 1/29  
**LOCATION:** Adirondack Coltrane Lounge  
**INSTRUCTOR:** Tory Sheffield  
Molly McLean  
**PRICE:** $28.00

**Herbal Home Remedies**

Make herbal healing salve, echinacea tincture and elderberry syrup.

**MEETING:** Saturday; 12:00PM - 2:30PM  
1/21  
**LOCATION:** TBD  
**INSTRUCTOR:** Cindy Myrick  
**PRICE:** $29.00

**Hollow Clay Sculpture**

Instructor: Kathy Clarke  
In this class, students will explore various techniques used to build hollow clay sculpture. We will reference historical work, survey contemporary pieces and move ideas from gestation to fruition with an emphasis on freedom of expression and fun! Open studio hours are available for work outside of class. Class will be held at 1 Mill St. lower level below Edgewater Gallery.

**MEETING:** Thursdays; 6:00PM - 8:00PM  
1/12; 1/19; 1/26; 2/2  
**LOCATION:** 1 Mill St., lower level  
**INSTRUCTOR:** Kathy Clarke  
**PRICE:** $106.00

**Homemade Kimchi Workshop**

Participants will learn how to make a live fermented food that is easy to make and keeps in the fridge for several months. Learn how to make your own Kimchi, a fermented vegetable condiment using Napa cabbage, Daikon radish and if wanted a few pepper flakes, sea salt and/or live whey. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

**MEETING:** Saturday; 2:00PM - 4:00PM  
1/14  
**LOCATION:** TBD  
**INSTRUCTOR:** Cindy Myrick  
**PRICE:** $25.00
Houseplants 101  
Did you get a plant at the greenhouse give-away and need tips on keeping it alive? Or maybe you want tips on growing plants to improve indoor air quality and enhance your personal space and well being. This workshop will cover basic houseplant selection and care including pest control and plant propagation. Upon successful completion participants will be able to take home a new plant to nurture!

MEETING: Tuesday & Thursday; 6:30PM - 8:30PM  
1/17; 1/19  
LOCATION: MBH Greenhouse  
INSTRUCTOR: Patti Padua  
PRICE: $20.00

Hula-Hooping Workshop  
Would you like to design your own hoop and learn how to use it? Would you like to learn how to hoop around more than just your waist and dance while doing it? Or do you just want to have fun dancing to music while trying something new and hilarious? Come design and make your own hula hoop and learn basic hula hooping technique, tricks, and dance moves including hooping around your chest and neck, and bringing the hoop up your body without using your hands. No experience necessary. This workshop offers PE credit.

MEETING: Mondays & Wednesdays; 6:00PM - 7:00PM  
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1  
LOCATION: Forest East Basement  
INSTRUCTOR: Phebe Meyers  
PRICE: $32.00

In the Kitchen with Bubby - More to Nosh On  
Bubby’s still cooking and baking! Join us for a variety of kitchen experiences including knishes, how to bake a chicken, the art of matzo balls and more! Depending on the size of workshop, students will work in small groups to create a weekly culinary wonder and everyone will go home with something to nosh later! Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING: Wednesdays; 7:00PM - 9:00PM  
1/11; 1/18; 1/25; 2/1  
LOCATION: Hillel Kitchen  
INSTRUCTOR: Linda Schiffer  
PRICE: $59.00

InDesign Basics and Preparing Your Artwork for Reprographics  
Are you the PR person for your organization? Do you need to make invitations, a program, or a portfolio for your Senior project or thesis? Or perhaps you are a Middlebury employee who wants to spiff up your look for publications via e-mail or paper. Whatever your desire or need to learn, this is the basic InDesign course for you. This 4-week, Tuesday evening course will progress from nothing to smart design with you in mind. Although there will be an agenda of progressing from basic to intermediate steps in using InDesign, there will also be a reality check for how to get your designs from computer to production. By the end of J-term, much of our discussions will be based on your specific questions and needs, so consider bringing along a project to share with the class discussion.

MEETING: Tuesdays; 5:30PM - 7:30PM  
1/10; 1/17; 1/24; 1/31  
LOCATION: Library Media Lab  
INSTRUCTOR: Lyn DeGraff  
PRICE: $11.00
**Intro to Venezuelan Music**

In this workshop, participants will learn how to play Traditional Venezuelan music of Joropo with instruments such as Cuatro, Maracas, Mandolin, Guitar, Bass, Flute, Cajon, Clarinet, Violin, Piano or Voice. Preferably with previous music experience, and with their own instruments. A participant who does not have one of the instruments listed above should contact Yuki Takeda BEFORE signing up. Up to one guitar, a pair of maracas, one cuatro and one flute can be provided. Singers are also welcome. The group might continue as a band after the workshop.

**MEETING:** Tuesdays & Thursdays; 5:30PM - 6:30PM  
1/10; 1/12; 1/17; 1/19; 1/24; 1/26; 1/31; 2/2  
**LOCATION:** MCA 209  
**INSTRUCTOR:** Yuki Takeda  
**PRICE:** $19.00

**Introduction to Black and White Photography – Marks**

Students will learn the basics of black and white photography including loading film, shooting techniques, processing negatives and printing images. Before heading into the darkroom, participants will learn how to utilize the manual controls of 35mm cameras (aperture and shutter speed) in order to take the perfect shot. A personal 35mm camera is necessary to participate in this workshop.

**MEETING:** Wednesdays; 4:00PM - 5:30PM  
1/11; 1/18; 1/25; 2/1  
**LOCATION:** Forest Darkroom  
**INSTRUCTOR:** Jennifer Marks  
**PRICE:** $68.00

**Introduction to Black and White Photography – O’Grady**

Students will learn the basics of black and white photography including loading film, shooting techniques, processing negatives and printing images. Before heading into the darkroom, participants will learn how to utilize the manual controls of 35mm cameras (aperture and shutter speed) in order to take the perfect shot. A personal 35mm camera is necessary to participate in this workshop.

**MEETING:** Tuesdays; 7:00PM - 8:30PM  
1/10; 1/17; 1/24; 1/31  
**LOCATION:** Forest Darkroom  
**INSTRUCTOR:** Tim O’Grady  
**PRICE:** $68.00

**Introduction to Wheel-Thrown Ceramics**

This workshop is designed for those with little to no experience with wheel-thrown ceramics. In the workshop participants will learn basic throwing techniques (centering and forming simple vessels). Participants will learn the process of firing greenware and glazing their own pieces. The workshop will culminate in a glaze firing in the gas reduction kiln.

**MEETING:** Tuesdays; 7:00PM - 8:30PM  
1/10; 1/17; 1/24; 1/31  
**LOCATION:** Ceramics Studio (75 Adirondack View Road)  
**INSTRUCTOR:** Peter Murray  
**PRICE:** $48.00
Irish Step Dance *  
Come learn to Riverdance! Whether you have done Irish step in the past, or know nothing about it at all, come learn the traditional art of Irish step dancing. We will be learning some of the oldest traditional solo dances as well as creating a group choreography of our own, all to traditional Irish music. No experience necessary. This workshop offers PE credit.

MEETING: Tuesdays & Thursdays; 8:00PM - 9:00PM  
1/10; 1/12; 1/17; 1/19; 1/24; 1/26; 1/31; 2/2  
LOCATION: Proctor Basement  
INSTRUCTOR: Kelsey Barton-Henry  
PRICE: $13.00

J-Prov: Improvisational Comedy Workshop  
Learn the basics of improvisational comedy acting. Overcome your stage fright and share a few laughs along the way.

MEETING: Tuesdays; 9:00PM - 10:00PM  
1/10; 1/17; 1/24; 1/31  
LOCATION: Adirondack Coltrane Lounge  
INSTRUCTOR: Chris De La Cruz  
PRICE: $8.00

Jump It! *  
Learn some new tricks and improve your cardiovascular fitness through jump roping! We will learn individual tricks and basic double Dutch tricks while building endurance. We have great music and a lot of fun! Join us no matter your skill level. This workshop offers PE credit.

MEETING: Mondays & Wednesdays; 6:00PM - 7:00PM  
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1  
LOCATION: McCullough Social Space; 1/25 will be held in Johnson 304  
INSTRUCTOR: Brook Escobedo  
PRICE: $36.00

Knitting  
In this workshop, we'll be meeting once a week to knit together. Participants can bring in past projects or start new ones: anything from hats to mittens to life-sized models of Ron Liebowitz. No experience necessary, and all skill levels are welcome!

MEETING: Mondays; 6:00PM - 7:00PM  
1/9; 1/16; 1/23; 1/30  
LOCATION: Mitchell Green Lng  
INSTRUCTOR: Sarah Bates  
Helen Baldwin-Zook  
PRICE: $29.00
Know Your Rider: The History of Jam Bands

This workshop is aimed toward those who are enthusiastic (or could be enthusiastic) about jam bands and the art form that is jamming. The first two weeks of the workshop will focus on the history of jam bands, highlighting American folk music’s influence on bands such as the Grateful Dead and The Band. The second half of the workshop will be geared more towards jam bands in contemporary culture as well as learning how to jam ourselves. Whether you jam on the daily, know all the words to “Cavern,” or even if you have no idea who Phil Lesh is, this workshop’s goal is to pay homage to great music, while learning about the roots of a truly American style of music.

MEETING: Mondays & Wednesdays; 7:30PM - 8:30PM
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1
LOCATION: MCA 125
INSTRUCTOR: Stephanie Roush
PRICE: $21.00

Learn How to Make Websites

Learn how to create simple websites from basic HTML, CSS and JavaScript. Topics that will be discussed are HTML5, CSS3 and other cutting edge web technologies. We will be working mainly with writing websites from scratch. The class will consist of demonstrations and online do-it-yourself examples. Come see how easy making websites can be. No experience with programming/coding is needed. Personal computers are recommended.

MEETING: Mondays; 8:00PM - 9:00PM
1/9; 1/16; 1/23; 1/30
LOCATION: Axinn 220
INSTRUCTOR: Will Potter
PRICE: $15.00

Learn How to Weave a Hand Woven Market Basket

Come surprise yourself and learn how to make a market basket, a commonly seen and very versatile typical Vermont work basket. All materials will be provided, along with a short list of tools and supplies for the participants to furnish.

MEETING: Saturday; 9:00AM - 2:00PM
1/21
LOCATION: Coffrin Annex Lounge
INSTRUCTOR: Maura Clancy
PRICE: $69.00

Local Winter Cooking

The idea of eating local can seem like a farfetched dream, especially during winter in Vermont. This workshop will teach a range of techniques such as canning, freezing, and yogurt making that can help prove that local eating is possible! Each lesson will create a different meal, breakfast, lunch, dinner, and dessert, with local ingredients. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING: Wednesdays; 4:00PM - 5:30PM
1/11; 1/18; 1/25; 2/1
LOCATION: Adirondack Coltrane Lounge
INSTRUCTOR: Samantha Strom
PRICE: $33.00
Log Rolling *  
Box Office # 51

The sport of log rolling is derived from the logging business during the 1920s and 1930s that had men moving thousands of logs down rivers during the spring melt. Log jams were a common, and men learned to run out over the tops of floating logs to release log jams – a skill that required bravery, strength, quickness and great balance. Once the drives were over, those men celebrated during friendly competition, pitting their hard won skills in enjoyable and safer log rolling contests. Log rolling today is learned and performed on milled logs in quiet pools and lakes, and still offers the opportunity to improve strength, balance, quickness and agility – all in a supportive atmosphere that encourages fun and friendly competition. This workshop offers PE credit.

MEETING:  Wednesdays & Thursdays;  7:15PM - 8:30PM  
          1/11; 1/12; 1/18; 1/19; 1/25; 1/26; 2/1; 2/2
LOCATION:  Kenyon Natatorium
INSTRUCTOR: Danielle Rougeau
PRICE:  $26.00

Make Hand-Cut Orange Marmalade and Blueberry Marmalade  
Box Office # 28

We will use organic ingredients and hope for traditional Seville oranges to create a wonderfully bitter marmalade you can brag about. We also will make a marmalade using blueberries. You will brag about this one, too! Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING:  Saturday;  2:00PM - 4:00PM  
          1/28
LOCATION:  TBD
INSTRUCTOR: Cindy Myrick
PRICE:  $23.00

Make Homemade Blueberry and Strawberry Jams  
Box Office # 29

Learn the process to create a batch of locally picked blueberry jam and locally picked strawberry jam and take some home with you. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING:  Saturday;  10:00AM - 12:00PM  
          1/21
LOCATION:  TBD
INSTRUCTOR: Cindy Myrick
PRICE:  $23.00

Make Your Own Radio Story  
Box Office # 93

In this workshop you will learn everything it takes to make your own radio story, from start to finish. Inspired by radio shows such as This American Life, we will learn what makes a compelling narrative, how to conduct and record an interview and then edit it into a radio piece. Through this course you will learn how to use editing software Soundtrack Pro and will have the option of learning how to upload your podcast online for other listeners. By the end of this course you will be making your radio stories on your own!

MEETING:  Sundays;  8:00PM - 9:30PM  
          1/15; 1/22; 1/29
LOCATION:  Axinn 105
INSTRUCTOR: Bianca Giaever
PRICE:  $28.00
**Midd Poker**  
Box Office # 82

Want to win big at the next Viva Ross Vegas?? Designed for all levels of players, Midd Poker will start with the poker playing basics, but will quickly progress to more advanced topics in order to turn all participants into expert players. You will be exposed to both probabilistic and creative strategies that will make you the best, most informed player at any table. We will use video of the 2011 World Series of Poker to reinforce the techniques we learn and practice by playing against each other. The workshop will end with a No Limit Texas Hold 'Em-style Tournament.

**MEETING:** Mondays; 5:00PM - 7:00PM  
1/9; 1/16; 1/23; 1/30  
**LOCATION:** Ross Seminar Room B11  
**INSTRUCTOR:** Craig Thompson  
**PRICE:** $20.00

**Middlebury Outdoor Programs Intermediate Ice Climbing, Session #1**  
Box Office # 43

This workshop is designed for climbers with some ice climbing experience looking to expand their skills on to steeper terrain, or perhaps make ascents of multipitch ice routes. The exact format of the day will be tailored to your skills and learning goals. To ensure lots of climbing time, we’ll keep the instructor / participant ratio to 2:1. Our Introduction to Ice Climbing workshop or equivalent experience is required. If unsure of your experience, please contact us at mop@middlebury.edu. This workshop offers PE credit.

**MEETING:** Sunday; All day  
1/15  
**LOCATION:** In the field  
**INSTRUCTOR:** Derek Doucet  
**PRICE:** $75.00

**Middlebury Outdoor Programs Intermediate Ice Climbing, Session #2**  
Box Office # 44

This workshop is designed for climbers with some ice climbing experience looking to expand their skills on to steeper terrain, or perhaps make ascents of multipitch ice routes. The exact format of the day will be tailored to your skills and learning goals. To ensure lots of climbing time, we’ll keep the instructor / participant ratio to 2:1. Our Introduction to Ice Climbing workshop or equivalent experience is required. If unsure of your experience, please contact us at mop@middlebury.edu. This workshop offers PE credit.

**MEETING:** Sunday; All day  
1/22  
**LOCATION:** In the field  
**INSTRUCTOR:** Derek Doucet  
**PRICE:** $75.00

**Middlebury Outdoor Programs Intermediate Ice Climbing, Session #3**  
Box Office # 45

This workshop is designed for climbers with some ice climbing experience looking to expand their skills on to steeper terrain, or perhaps make ascents of multipitch ice routes. The exact format of the day will be tailored to your skills and learning goals. To ensure lots of climbing time, we’ll keep the instructor / participant ratio to 2:1. Our Introduction to Ice Climbing workshop or equivalent experience is required. If unsure of your experience, please contact us at mop@middlebury.edu. This workshop offers PE credit.

**MEETING:** Sunday; All day  
1/29  
**LOCATION:** In the field  
**INSTRUCTOR:** Derek Doucet  
**PRICE:** $75.00
Middlebury Outdoor Programs Introduction to Dog Sledding * Box Office # 46
This overnight trip provides a fun and exciting introduction to the world of dog sledding. Participants learn the art, skill and magic of this wonderful winter sport. Explore the winter landscapes of Maine and/or New Hampshire, while trying your hand at driving actual sleds and dog teams! No experience is necessary. This workshop offers PE credit.

MEETING: Friday through Sunday; Depart Friday afternoon, return Sunday around 6:30PM.
1/20, 1/21; 1/22
LOCATION: Maine
INSTRUCTOR: Derek Doucet PRICE: $250.00

Middlebury Outdoor Programs Introduction to Ice Climbing, Session#1 * Box Office # 47
Armed with crampons, ice tools and a helmet, you will learn the slippery skills needed to climb frozen waterfalls. Our first class session, held at the Nelson Climbing Wall, will cover basic rope work, as well as equipment and clothing selection. We’ll then venture out to a climbing site in the Adirondacks or Green Mountains for a full day of real ice climbing. No experience is required, and all technical equipment is provided. This workshop offers PE credit.

MEETING: Wednesday, Saturday; W: 4:00PM - 6:00PM; S: 8:00AM - 5:30PM
1/11; 1/14
LOCATION: Nelson Climbing Wall
INSTRUCTOR: Derek Doucet PRICE: $50.00

Middlebury Outdoor Programs Introduction to Ice Climbing, Session#2 * Box Office # 48
Armed with crampons, ice tools and a helmet, you will learn the slippery skills needed to climb frozen waterfalls. Our first class session, held at the Nelson Climbing Wall, will cover basic rope work, as well as equipment and clothing selection. We’ll then venture out to a climbing site in the Adirondacks or Green Mountains for a full day of real ice climbing. No experience is required, and all technical equipment is provided. This workshop offers PE credit.

MEETING: Wednesday, Saturday; W: 4:00PM - 6:00PM; S: 8:00AM - 5:30PM
1/18; 1/21
LOCATION: Nelson Climbing Wall
INSTRUCTOR: Derek Doucet PRICE: $50.00

Middlebury Outdoor Programs Introduction to Ice Climbing, Session#3 * Box Office # 49
Armed with crampons, ice tools and a helmet, you will learn the slippery skills needed to climb frozen waterfalls. Our first class session, held at the Nelson Climbing Wall, will cover basic rope work, as well as equipment and clothing selection. We’ll then venture out to a climbing site in the Adirondacks or Green Mountains for a full day of real ice climbing. No experience is required, and all technical equipment is provided. This workshop offers PE credit.

MEETING: Wednesday, Saturday; W: 4:00PM - 6:00PM; S: 8:00AM - 5:30PM
1/25; 1/28
LOCATION: Nelson Climbing Wall
INSTRUCTOR: Derek Doucet PRICE: $50.00
**Mixed Level Silver Jewelry**  
Instructor: Barbara Nelson  
This course provides the fundamental techniques for the design and creation of hand crafted silver jewelry. Beginning with a simple ring, earrings or pendant, students will learn to cut, forge, form, texture, and polish their jewelry. Through weekly demonstrations students will learn the principles of piercing, filing, soldering, and buffing. Students should come with several simple ideas for pieces they would like to make. Silver will be purchased from the instructor as an additional fee. All other tools and materials provided. Classes will be held at 1 Mill St. lower level below Edgewater Gallery.

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<thead>
<tr>
<th>MEETING:</th>
<th>Mondays; 6:00PM - 8:00PM</th>
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<td>1/9; 1/16; 1/23; 1/30</td>
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<tr>
<td>LOCATION:</td>
<td>1 Mill St., lower level</td>
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<tr>
<td>INSTRUCTOR:</td>
<td>Barbara Nelson</td>
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<td>PRICE:</td>
<td>$110.00</td>
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**OPA: Greek Dancing for Beginners**
Have you ever wanted to say OPA in the appropriate context? Come and learn traditional Greek dancing, the place where "opa" is actually said. In this workshop, you will learn both traditional group dances, and the traditional solo dance known as the "zempekiko," whilst simultaneously enjoying some Greek music.

<table>
<thead>
<tr>
<th>MEETING:</th>
<th>Wednesdays; 5:30PM - 6:30PM</th>
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<td></td>
<td>1/11; 1/18; 1/25; 2/1</td>
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<tr>
<td>LOCATION:</td>
<td>Adirondack Coltrane Lounge</td>
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<tr>
<td>INSTRUCTOR:</td>
<td>Eleni Polychroniadou</td>
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<td>PRICE:</td>
<td>$5.00</td>
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**Oil Painting**
Instructor: Mary Lower  
This class is for both the beginner and the more experienced oil painter. Working from observation, students will begin by blocking in the composition focusing on placement, proportion, space, and the dynamics of design. Value, intensity, and temperature of color will be emphasized. Instruction will include demonstrations, examples from art history and individual critiques. Oil painting supplies will be provided. Classes will be held at 1 Mill St. lower level below Edgewater Gallery.

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<tr>
<td>LOCATION:</td>
<td>1 Mill St., lower level</td>
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<tr>
<td>INSTRUCTOR:</td>
<td>Mary Lower</td>
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<td>PRICE:</td>
<td>$110.00</td>
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**Portrait Photography**
This class will investigate the historical and contemporary realms of photographic portraiture. Participants will be encouraged to explore the role of narrative, psychology and composition in the creation of personal work. Emphasis will be placed on establishing a collaborative environment with subjects and on exploration of the creative process. Class time will be divided between lecture/discussion and critique of images produced during the term. All skill levels are welcome. Students will need to have access to a camera.

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<tr>
<th>MEETING:</th>
<th>Tuesdays; 7:00PM - 8:30PM</th>
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<tr>
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<td>1/10; 1/17; 1/24; 1/31</td>
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<td>LOCATION:</td>
<td>Axinn 220</td>
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<tr>
<td>INSTRUCTOR:</td>
<td>Corey Hendrickson</td>
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<td>PRICE:</td>
<td>$13.00</td>
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</tbody>
</table>
RIDDIM J-term Workshop *  
Come take class with members of the RIDDIM World Dance Troupe! All are welcomed. This workshop offers PE credit.

MEETING: Tuesdays & Wednesdays; 6:30PM - 7:30PM  
1/10; 1/11; 1/17; 1/18; 1/24; 1/25; 1/31; 2/1  
LOCATION: Proctor Basement  
INSTRUCTOR: Alexandra Vasquez  
Nina Kelly  
Rafael Manyari Velazco  
Cameron McKinney  
Marae Colombo  
PRICE: $10.00

Rock Climbing Workshop *  
Rock climbing involves a wonderful blend of power, balance, and flexibility. Come down to the rockwall to work on all three. Whether you’re a novice or a veteran rock climber, this workshop can help you improve your rock climbing abilities. Participants will learn the basics as well as the finer points of rock climbing movement, technique, footwork, and training. This workshop offers PE credit.

MEETING: Mondays & Thursdays; 7:00PM - 8:30PM  
1/9; 1/12; 1/16; 1/19; 1/23; 1/26; 1/30; 2/2  
LOCATION: Nelson Climbing Wall  
INSTRUCTOR: Sam Hathaway  
PRICE: $64.00

Rugby - The World in Union *  
Rugby is much more than a game, “...it is, first and foremost, a state of mind, a spirit.” (Jean-Pierre Rives, French National Player) What often draws people to rugby is its cultural core. It features a noble and honorable combination of camaraderie, loyalty and respect. On and off the field, the international rugby community welcomes all who love the game. We will learn the basic skills of the game and practice them together in small, non-contact games. We will also discuss the history and culture of rugby through the tradition of singing together as a group. We will learn and sing songs from the U.K., Zimbabwe, and South Africa, and anywhere else in the world that people choose. No experience necessary, absolutely NO contact, and lots and lots of fun! This workshop offers PE credit.

MEETING: Mondays & Wednesdays; 4:30PM - 6:00PM  
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1  
LOCATION: Lawson Lounge; Nelson  
INSTRUCTOR: Ben Wells  
John Phillips  
PRICE: $35.00

Sawubona!  
Ever wanted to learn how to speak a language with a click? Well then come and learn about Zulu people, culture and language. We will learn about isiZulu, the language spoken by Zulu people (of South Africa) and teach basic conversational Zulu. We will watch some Zulu films and also learn about Zulu culture, customs and music. We plan to have at least one evening where we learn about traditional foods and will even be cooking them.

MEETING: Tuesdays & Wednesdays; 5:00PM - 6:30PM  
1/10; 1/11; 1/17; 1/18; 1/24; 1/25; 1/31; 2/1  
LOCATION: Munroe 222  
INSTRUCTOR: Nobuhle (Bee) Ndlovu  
Ross Berriman  
PRICE: $48.00
**Ski Tuning 101**

Having sharp edges and a well waxed base is vital for skis to be responsive and fast. Learn how to maintain your skis to keep them in top shape so you can rip it up at the Snow Bowl. The workshop will cover setting and sharpening edges, P-tex base repair for deep gouges, as well as choosing and applying wax.

**MEETING:** Mondays; 7:00PM - 8:30PM  
1/9; 1/16; 1/23; 1/30  
**LOCATION:** Ross/Milletk bike Room  
**INSTRUCTOR:** Jack Kerby-Miller  
**PRICE:** $69.00

**Skillful Storytelling to get the Job or Internship you Want**

Tell me a story from your childhood. I want to hear a story about something fun you did last weekend. These simple, straightforward prompts often elicit engaging and creative yarns. Yet when the context turns to talking about jobs and careers, the situation often starts to fall apart, and get a little more stressful. You’ve surely heard of the dreaded ‘n’ word: networking. Maybe you even break out in hives upon the thought of actually doing it? But guess what, most people like to talk about themselves. And even better, when you have a ‘warm connection’ and learn specific strategies, the process is even easier. Come to this session to participate in fun exercises where you will learn what elements make a good story and the steps to building your story. You'll walk away from this workshop with more personal insight, action steps to do something, and the confidence to go out and build your personal brand.

**MEETING:** Wednesday; 12:30PM - 1:30PM  
1/18  
**LOCATION:** MCC Crest Room  
**INSTRUCTOR:** Tim Mosehauer  
**PRICE:** $0.00

**Spiritual Discussions**

C.S. Lewis said: “I seemed to hear God saying, "Put down your gun and we'll talk." In this discussion-based workshop designed for non-church people, skeptics, religious folk, and anyone across the spectrum, we'll explore who Jesus said he was and what he did. Through asking questions, challenging traditional views, and addressing skepticism, we will explore Jesus’ biblical narrative as told in the book of John. We will see that Jesus’ goal was not to start a religion or to teach a new morality (in fact, he often opposed the religious establishment and challenged the morally upright). As we begin to understand him for who he really is, we will see how Jesus shows us the core of who we are as humans. No church experience necessary. Designed for people of all viewpoints and backgrounds.

**MEETING:** Wednesdays; 7:30PM - 8:30PM  
1/11; 1/18; 1/25; 2/1  
**LOCATION:** MCC Grille Conference  
**INSTRUCTOR:** Adam Sawamura  
**PRICE:** $9.00

**Spoken Word Writers Workshop**

Spoken Word is a form of poetry that takes words on paper and transforms them into something new on stage. This writing workshop is open to writers of all genres and poets. If you want to learn more about Spoken Word and improve your work, this is the place. This workshop focuses on poetry writing, using physical and vocal expression with poems, and performing poetry with music. Facilitated by Dane Verret.

**MEETING:** Wednesdays; 12:00PM - 1:00PM  
1/11; 1/18; 1/25; 2/1  
**LOCATION:** Gamut Room  
**INSTRUCTOR:** Dane Verret  
**PRICE:** $24.00
**Stay Young, Stay Healthy With Traditional Thai Massage & Spa**  *  
Traditional Thai Massage has been practiced for over 1,000 years. It's a member of oriental body work which is based on the intrinsic energy flow and balance theory of health and healing. The secret of massage is that you enable, press and massage your muscles to balance energy levels which effects flexibility and equalizes, which are the basic uses of yoga. You can massage yourself, family and friends from the face to tip of their toes to stay young and healthy. It makes you rest and relax which is a wonderful way of calming the mind and body without using drugs. This workshop offers PE credit.

**MEETING:**  Mondays & Wednesdays; 6:00PM - 7:30PM  
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1  
**LOCATION:**  Forest East Lounge  
**INSTRUCTOR:**  Naiyana Jordan  
**PRICE:**  $26.00

**Stilt-Walking for Beginners**  *  
Stand up tall! Everyone can learn how to stilt walk. In just a few hours, you can walk on your own. Early classes include safety and painless (honest!) falling techniques. After that, we will focus on group exercises and basic dance moves: side steps, marching, squats, and standing in place. Fast learners and those with some experience will be trained in hopping, floor work, and backbends. This workshop offers PE credit.

**MEETING:**  Thursdays & Sunday; 8:30PM - 10:00PM  
1/12; 1/19; 1/22; 1/26; 2/2  
**LOCATION:**  McCullough Social Space  
**INSTRUCTOR:**  Cedar Attanasio  
**PRICE:**  $75.00

**Swing Dance**  *  
Dust off your dancing shoes and come join the Swing Dance J-term Workshop! The workshop is student led and open to all levels of dancers. We offer beginner and intermediate lessons mainly in Lindy Hop, but we often dabble in Charleston and East Coast Swing. We offer trips to swing dances in Burlington and an end of J-term dance where you can show off all your new moves. This workshop offers PE credit.

**MEETING:**  Mondays; 7:00PM - 9:00PM  
1/9; 1/16; 1/23; 1/30  
**LOCATION:**  McCullough Social Space  
**INSTRUCTOR:**  Alyssa Anderson  
Eleni Polychroniadou  
**PRICE:**  $19.00

**TIPS Training**  
TIPS is a 2.5 hour classroom program designed to help students make sound choices when faced with difficult decisions about alcohol use. Students gain more confidence to intervene in difficult alcohol-related situations to prevent alcohol-related incidents on campus such as property damage, injury, and drunk driving. This program applies to students in residence halls, fraternities and sororities, athletics, or any student organization. All sessions are taught by certified TIPS trainer, using video and printed materials.  TIPS is required for individuals wishing to host parties in the Social Houses, however, it is strongly encouraged for ANY student wishing to host a party.  TIPS is valid for 3 years. Students are not required to be 21 in order to become certified. All materials are provided free of charge, and students will receive a certification card.

**MEETING:**  Monday; 7:00PM - 9:30PM  
1/16  
**LOCATION:**  LaForce 121  
**INSTRUCTOR:**  Jenn Pottinger  
**PRICE:**  $0.00
Tap Dancing *
Tap dance lessons taught by members of On Tap. All levels welcome; shoes provided. This workshop offers PE credit.

MEETING: Tuesdays & Thursdays; T: 6:00PM - 7:00PM; Th: 6:15PM - 7:15PM
1/10; 1/12; 1/17; 1/19; 1/24; 1/26; 1/31; 2/2
LOCATION: McCullough Social Space
INSTRUCTOR: Hanna Howell
PRICE: $31.00
Avani Pisapati
Laura Strom
Nina Kelly
Carllee James

The Cool Kids’ Cribbage Club
Come and join us as we go over the basic rules and strategies of the classic game of cribbage, and then proceed to more advanced strategies. We will even play games with alternate rules. No previous experience needed. Before you know it, you’ll be skunking your opponents. Let your pegging do the talking!

MEETING: Tuesdays; 7:00PM - 8:15PM
1/10; 1/17; 1/24; 1/31
LOCATION: Hepburn Seminar Room
INSTRUCTOR: Kevin Yochim
PRICE: $23.00
Charles Stone

The Fiddle Music of Scotland
An introduction to the great tradition of Scottish fiddle music. Primarily a practical workshop aimed at the techniques to achieve the characteristic Scottish sound on the fiddle, this course will also include some historical context and the relevant theory of modalities. Students should be able to play reasonably in tune and up-tempo. Most learning will be by ear, but with the opportunity to read if preferred. Suitable for classical and jazz violinists who wish to explore new territory and for fiddlers looking to improve technique. This class will cover some fundamentals of Celtic fiddling and further develop specifically Scottish themes. Must have own instrument. Bring own music stand if desired.

MEETING: Mondays & Wednesdays; 6:30PM - 8:00PM
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1
LOCATION: Adirondack Coltrane Lounge
INSTRUCTOR: Peter Macfarlane
PRICE: $34.00
The Sled Dog/Human Partnership *  
Working with sled dogs enhances the concepts of teamwork, compassion, tolerance, patience and risk-taking. At the same time, it can be time-consuming, nerve wracking, physically challenging, and frustrating - and it involves a lot of work. Ultimately, the rewards are great and the experience fantastic. Few partnerships in the world are as satisfying as those that involve a human and another species. And being out in the winter landscape with your best buddies is truly the place to be. This workshop will focus on the unique partnership required in working with sled dogs, as well as care and feeding, housing, equipment, training, psychology, ethics, trail experience, and some sled dog literature. We will work directly with my friendly and loving Alaskan Huskies as I enter into my 37th year of working with sled dogs. Plan on spending most of the time outdoors, so dress accordingly. We will spend part of the time on trails, depending on the weather and trail conditions. No sled dog experience is necessary but a love of being outdoors in the winter is a must. Some snowshoeing or cross country skiing experience is helpful. This workshop offers PE credit.

MEETING: Saturdays; 9:00AM - 3:00PM  
1/14; 1/21  
LOCATION: 1145 Mountain Road  Addison, VT 05491  
INSTRUCTOR: Ed Blechner  
PRICE: $55.00

The Truth About Pregnancy and Birth  
If you take fear out of the image of birth, what remains is the truth about pregnancy and birth. This workshop helps you find out what is true for you. Pregnancy is a personal path and though we can learn from each other and what midwives and obstetricians have learned over the years, our pregnancies and births are unique to each woman. However, fear for both the provider and the birthing parents smothers our ability to reason, think and to trust what we know about ourselves. You will understand why and how your partner makes a difference in your pregnancy/birth. We will talk about what transitioning to parenting might look like. Your baby is what you eat. There is much to that statement. Come learn about how nutrition effects your child's life time constitution. Both fear and lack of nutrition are the biggest factors in many complications. You will learn how to powerfully affect your future pregnancies, the health of your child and the outcome of your birth. Instead of thinking of birth with fear and apprehension, you will consider just how powerful and magical women and births are.

MEETING: Thursdays; 6:30PM - 7:30PM  
1/12; 1/19; 1/26; 2/2  
LOCATION: Axinn 219  
INSTRUCTOR: Melissa Deas  
PRICE: $16.00

There's an App for That: Exploring College Access in Vermont  
The college application process has become increasingly complex in recent years, especially for those without all of the resources and support needed to navigate the paperwork and procedures. This workshop is designed to be a forum for learning and sharing information about the challenges facing American youth today, particularly those from low-income or underserved populations, in applying to college. Is college an option for everyone? In this workshop, we will examine articles, documentaries, and a variety of perspectives to raise discussion, in hopes of creating a student initiative on campus aimed at college access in the surrounding Vermont community.

MEETING: Tuesdays; 7:00PM - 8:00PM  
1/10; 1/17; 1/24; 1/31  
LOCATION: Axinn 219  
INSTRUCTOR: Emma Lennon  
PRICE: $0.00
Useful Ways to Think About Wines & Varietals From Around the World  Box Office # 36

Through classroom instruction coupled with wine tasting sessions you will be instructed on how to:

- Demonstrate the technique for systematically tasting and categorizing wine.
- Deconstruct the following wine varietals and styles: Riesling, Viognier, Zinfandel, Syrah, Grenache, Malbec, Bordeaux Blends and Cal-Ital Blends in terms of flavor, aroma, body, color, acidity, texture and intensity.
- Evaluate flavor profiles in wines that are produced from similar grapes but are grown in specific places around the globe. Explore the term of “Terroir” as it relates to wine.
- Describe the fundamental principals of partnering food with wine and identify strategies to bring food and wine together in a successful match.
- Evaluate flavor profiles in menu specific foods that make them suitable matches with particular wines.

**MEETING:** Tuesdays; 6:00PM - 8:30PM  
1/10; 1/17; 1/24; 1/31  
**LOCATION:** Atwater Dining Hall  
**INSTRUCTOR:** Bo Cleveland  
**PRICE:** $100.00

Vinyasa Flow Yoga  *  Box Office # 108

There is not one definition of Vinyasa Yoga. It’s main focus is in aligning the breath with movement and creating a seamless flow of almost dance-like poses. We will profit from a small class and Vinyasas inherent flexibility to create a unique group experience. Our class will be pretty fast-paced but open to all levels. We will focus on movement meditation and begin our classes with a personal intention which you may then carry throughout your practice if you wish. This workshop offers PE credit.

**MEETING:** Mondays & Wednesdays; 5:00pm - 6:00pm  
1/9; 1/11; 1/16; 1/18; 1/23; 1/25; 1/30; 2/1  
**LOCATION:** Chateau 108  
**INSTRUCTOR:** Maria Rojas  
**PRICE:** $18.00

Water Polo Workshop: Learn to Play!  *  Box Office # 100

Want to learn a new sport and get a great workout? Ever thought that polo in the water must be difficult for horses? Come play water polo and learn the REAL game. The women’s water polo team will teach you the basics of this awesome sport. Everyone is welcome. And who knows, you might meet your future soul mate....it’s happened before. This workshop offers PE credit.

**MEETING:** Wednesdays & Thursdays; 7:15PM - 8:30PM  
1/11; 1/12; 1/18; 1/19; 1/25; 1/26; 2/1; 2/2  
**LOCATION:** Kenyon Natatorium  
**INSTRUCTOR:** Colleen Carroll, Divya Dethier  
**PRICE:** $16.00

Work Horses: Use and Care Session 1  Box Office # 20

Learn the technology that developed this country! Drive our well trained Percherons and learn about the uses, past and present, for working animals on the farm, in town, and in the woods. You will learn to care for, harness, hitch, and drive a single horse or a pair. Discover your own connection to the working horse.

**MEETING:** Saturday; 10:00AM - 4:00PM  
1/14  
**LOCATION:** 1772 Hunt Road New Haven, Vt. 05472  
**INSTRUCTOR:** Patrick Palmer  
**PRICE:** $63.00
Learn the technology that developed this country! Drive our well trained Percherons and learn about the uses, past and present, for working animals on the farm, in town, and in the woods. You will learn to care for, harness, hitch, and drive a single horse or a pair. Discover your own connection to the working horse.

MEETING: Saturday; 10:00AM - 4:00PM
1/28
LOCATION: 1772 Hunt Road New Haven, Vt. 05472
INSTRUCTOR: Patrick Palmer
PRICE: $63.00