WINTER TERM WORKSHOPS
Winter Term Workshops: 2019

Register: Online – go/ideal
Monday, November 19th – Noon Monday, December 17th

Winter Term Workshops: 2019

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:

Online registration at go/ideal runs from Sunday, November 19th through noon 11/19 Monday, December 17th.

• To register, navigate to go/ideal and click the “Winter Term Workshops” box on the participant home page.
• Workshops fill on a first come, first served basis.
• Workshop fees must be paid at the time of registration. Financial assistance, generously supported by the SGA, is available for eligible students on a first come, first served bases. Details below.
• Courses begin January 7 and end on February 1, 2019. Please read the dates and times in the descriptions carefully!
• While electronic payments are easiest, we can also accept cash (exact change only) and checks. These payments must be made within 2 business days of your registration in the Student Activities Office on the second floor of McCullough. The SAO will be open to accept these payments Mondays, Tuesdays, Thursdays and Fridays from 8:30am-12:00pm and 1:00pm-4:30pm.
• 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. No refunds will be granted after one has attended a workshop session, and all refund requests must be made by Deadline: 5pm on January 11, 2019
• Asterisked workshops are offered for P.E. credit; you must attend at least 7 hours to receive the PE Credit. Please note, if you have taken a workshop in the past and wish to take the same workshop this year, you WILL NOT receive PE credit.
• See the Student Activities staff if you have any questions.

Financial assistance

Offered through the generous support of the Student Government Association, we’re pleased to announce that financial assistance will once again be available to eligible Middlebury College students. This program is funded by the SGA, but run entirely through the Student Activities Office. In order to maintain confidentiality, neither the SGA nor the workshop instructors will ever see the names of the students who apply for or receive aid. More details about the application process as well as terms and conditions around receiving aid are below. Please feel free to contact the Student Activities Office if you have any questions or concerns.

Terms & Conditions

• Workshop registration begins on 11/19. To apply for aid, simply register for your workshop. The quick, easy and confidential application process is embedded in the registration.
• You can only receive financial aid for one workshop. At check-out please specify which workshop you are requesting aid for.
• Aid applications close at midnight on 12/5 (i.e., 12:00am on 12/6), which is BEFORE the workshop registration period ends. This is necessary to give Student Activities time to process all the applications. Apply for aid EARLY!
• Aid will be allocated on a first-come, first-served basis to eligible applicants until the $3,500 SGA fund has been exhausted, and will cover the full workshop fee for a single workshop per eligible applicant. Apply for aid EARLY.
• Only current Middlebury College students with an Estimated Family Contribution (EFC) of $12,000 or less are eligible.
• Applicants may apply for aid to pay for a single workshop. **Do not apply for aid for multiple workshops.**
• Applicants will be informed of the status of their application by 6:00pm on 12/8.
• Applicants not awarded aid will have 24 hours after notification to either pay the workshop fee or withdraw their registration. After the 24-hour period has passed, unpaid registrations will be cancelled.
**RIDDIM Dance Troupe**
A variety of dance styles will be taught throughout the workshop! We will teach the best ways to warm up your body for dance, to get you ready to move. From there we will develop a wide dance vocabulary that you can use outside of workshop! You will use the vocabulary in combinations and choreography at the end of each session. **This workshop has been approved for PE Credit.**

**MEETING:** Wednesday; 5:00pm-7:00pm  
1/9, 1/16, 1/23, 1/30  
**LOCATION:** Proctor Lower Rehearsal Room  
**INSTRUCTOR:** Nadani Dixon  

$14.00

**Fermentation Nation: Bread 'n' 'Buch**  
This is where you're ferment to be! Join us for two sessions of sourdough bread and kombucha creation. By the end of this workshop you will be a yeast beast, a dough pro, ready to throw a probiotic picnic. Participants will bring home their very own sourdough starter and kombucha SCOBY (symbiotic culture of bacteria and yeast), along with all of the tips and recipes you'll need! **Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.**

**MEETING:** Tuesday/Thursday; 4:30pm-6:30pm  
1/8, 1/10  
**LOCATION:** Brooker House  
**INSTRUCTOR:** Maisie Anrod  
Nina Sonneborn

$15.00

**Winter Shelters and Firecraft**
Regardless of your previous wilderness experience, by the end of this course, you will be able to survive a Vermont winter night with nothing but basic hand tools. We’ll learn the traditional techniques that have been used by Northern peoples to survive winters for thousands of years, building winter lean-to’s, wall-backed parallel fires, bough beds, feathered kindling, spunhungens, pot-hangers, and more! We will provide all of the gear and snacks... but make sure you dress warmly enough to be comfortable outside for several hours in January. If you were in the workshop last year, consider coming again- we've been practicing bowdrill fires, and would love to share what we've learned. **(If you have questions about appropriate apparel, please reach out to us at gbrencher@middlebury.edu).** Instructor will email the participants with the meeting location for the day outing.

**MEETING:** Saturday; 7:30am-6:00pm  
1/26  
**LOCATION:** Silver Lake, VT  
**INSTRUCTOR:** George Brencher  
Niko Carvajal Janke

$20.00
Generating Middlebury’s Youth and Mentoring Summit
Be on the inaugural organizing committee to envision and coordinate the March 3rd Youth and Mentoring Summit, an evening of inspiration, learning, and community for members of all Center for Community Engagement organizations who work with youth (Community Friends, DREAM, Sister to Sister, Brother to Brother, MiddCAM, MiddROC, NOM, and Page One Literacy Project). This is a good opportunity for participants and coordinators who already work within these organizations. Committee members will learn and apply principles of quality curriculum design, effective training facilitation, and collaborative project management to prepare for the Youth and Mentoring Summit for Middlebury students. Each J-Term Workshop participant will have an on-going role in Summit coordination, including to co-lead a workshop at the Summit.

MEETING: Tuesday 4:15p-5:45p
1/8, 1/15, 1/22, 1/29
LOCATION: Axinn Rm 220
INSTRUCTOR: Kailee Brickner-McDonald
Sarah Litwiller

$0.00

Hunter Education and Certification *
This workshop will introduce you to the fundamentals of firearm and hunting safety. It includes a required on-line study component of approximately 5-6 hours and one, all day, hands-on learning experience at the Green Mountain Conservation Camp Kehoe in Castleton, VT, transportation provided. Successful completion of this program will entitle you to acquire a State of Vermont Hunting Licence or hunting licence in any state. This workshop is approved for PE credit.

MEETING: Saturday; 8:00am-6:00pm
1/19
LOCATION: Green Mountain Conservation Camp Kehoe in Castleton, VT
INSTRUCTOR: Wendy Butler

$0.00

The Art of Henna Tattooing
This workshop is designed to allow students to learn about and experience the art of henna. Henna originated in Egypt, as early as 51BC with documentation of Cleopatra using it as body decoration. It also became very traditional in India, where it is most known from today. Henna is a paste, or ink which is made from a plant called Lawsonia Inermis and it is used to dye the skin temporarily. Though widely known today as a decorative body art, it was also thought of in the past to serve medicinal purposes for healing. Within this workshop, students will not only get to learn more about the art of henna, but they will also get to use it hands on with their own creativity and inspiration.

MEETING: Thursday; 6:00pm-8:00pm
1/17
LOCATION: Axinn Rm 104
INSTRUCTOR: Emily Carfi

$12.00
How to talk about yourself without being the worst
Like Buzzfeed quizzes, but not sure where to put your Hogwarts house on your resume or how to articulate what your Starbucks order really says about your leadership style? Using Gallup's CliftonStrengths Assessment, this workshop will help you develop a deeper understanding of who you are as an individual and how you interact with the world around you...and in the process give you the language to talk about what you do well. Use what you learn to craft the perfect personal statement, killer elevator pitch, less generic cover letter, or just an answer that isn't completely cringe-worthy to that super vague, ‘tell me about yourself’ question that interviewers seem to love. You’ll have to figure out your own way to spin your weaknesses, but after this workshop you’ll at least walk away with a solid way to sell your top five strengths.

MEETING: Wednesday; 4:30pm-6:00pm
1/9, 1/16, 1/23
LOCATION: Axinn Rm 104
INSTRUCTOR: Kristy Carpenter

Fundamentals of Backcountry Skiing *
Enjoy Winter while it lasts! This workshop will help a skier transition between lift access skiing to backcountry skiing in the Green Mountains. We will review equipment choices, layering for cold weather, uphill travel, and downhill skiing on ungroomed trails. Intermediate skiing ability is required (ex: descend blue squares at Snowbowl in control), however backcountry experience is not necessary. All equipment (alpine or tele skis, poles, skins, backpack) can be provided through the Gear Room except for alpine ski boots (our Fritchi bindings fit most alpine boots, a walk mode is useful). Day 1 will include a ½ day with discussions and skinning the Snowbowl. Day 2 may venture further into the Green Mountains to continue learning! Your course fee will cover equipment, transportation and the Snowbowl uphill travel pass. This workshop has been approved for PE credit.

MEETING: Saturday & Sunday; 1/12/19 8:30a-12noon, 1/13/19 8:30a-2:00p
1/12, 1/13
LOCATION: Meet @ FIC Gear Room
INSTRUCTOR: Doug Connelly

$20.00

$45.00
**Introduction to Ice Climbing** *

Equipped 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 belaying, basic climbing skills, and discuss how to be prepared for our day at the ice. We'll then venture out to a climbing site in the Adirondacks or Green Mountains for a full day of ice climbing outdoors. No ice experience is required, though cold conditions and moderately strenuous hike should be expected. All technical equipment and transportation is provided. This workshop has been approved for PE Credit.

- **MEETING:** Wednesday & Saturday; 1/16/19 4:30pm-6:30pm, 1/19/19 8:30a-4:00p
- **LOCATION:** Meet @ Climbing Wall
- **INSTRUCTOR:** Doug Connelly

$45.00

**Intro to Audio Production**

Learn the basics of audio production! This workshop will cover how to use sound editing programs like Adobe Audition and Hindenburg. In the workshop, we will listen to clips from podcasts, produce and sharing short original pieces, and critique each others work. This workshop will include a skype conversation and Q&A with a professional audio producer.

- **MEETING:** Tuesday; 5:00pm-6:30pm
  1/8, 1/15, 1/22, 1/29
- **LOCATION:** Axinn Rm 105 (Mac Lab)
- **INSTRUCTOR:** Taylor Cook

$13.00

**Basic Bicycle Maintenance**

Interested in learning how to keep your bicycle rolling? This course will cover a variety of bicycle maintenance and repair techniques. Bicycle Anatomy, cleaning and check over Changing a Flat Tire Adjusting Brakes Adjusting Gears Truing a wheel Other bicycle maintenance questions  FHB will provide a bike to work on, but we encourage each student to bring their personal bikes. Be prepared to get dirty, this is hands on! All tools will be provided.

- **MEETING:** Tuesday; 4:30pm-6:00pm
  1/8, 1/15, 1/22, 1/29
- **LOCATION:** Frog Hollow Bikes, Middlebury, VT
- **INSTRUCTOR:** Carl Robinson

$24.00
"C-ing": Chinese A-capella and Pop Culture
We will learn and perform two to three Chinese pop songs together while enjoying traditional Chinese food. We will also be celebrating Chinese new year with dumplings and related songs. Knowledge of Chinese is helpful but definitely not required! We will be teaching basic Chinese phrases and Chinese pronunciation. Come to join us with great music, great food, and learn about Chinese pop culture!
*Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.*

MEETING: Monday/Thursday; 7:30pm-9:00pm
1/7, 1/10, 1/14, 1/17, 1/21, 1/24, 1/28, 1/31
LOCATION: Adirondack Coltrane Lounge
INSTRUCTOR: Mingjiu Gao
Zhewei Yang

$40.00

Clay-Term: Surface Design Edition
During this Clay-Term workshop, we will make unique clay sculptures, tiles, pots, and/or slabs through the exploration of different surface design techniques! Weekly projects may include making your own stamps to use on clay pieces, trying out scraffito, not-your-average coil pots, adding on, carving out, and playing with glazes, wax resist, and slip. Inspiration provided for those who would like it, but endless options for those who prefer to work outside the box. There is no limit to creativity. No experience necessary. We are all artists, potters, and sculptors within!

MEETING: Tuesday; 7:00pm-9:00pm
1/8, 1/15, 1/22, 1/29
LOCATION: Ceramics House, Adirondack View Road
INSTRUCTOR: Maya Gomez
Lexie Massa

$18.00

Learn to Play Water Polo *
Are you looking for an awesome new sport to try while also getting in a good workout? Water polo is a great way to do just that! Come join us at the pool to learn the basics of this fun and exciting sport. No experience necessary! *This workshop has been approved for PE Credit.*

MEETING: Monday/Wednesday; 7:00pm-8:00pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Natatorium
INSTRUCTOR: Brian Goodwin

$15.00
Freeform Electronic Music Lab
This is a time and a space for musical thinkers, tinkerers, creators, performers, improvisers, experimentalists, and pioneers to pool our resources and our mental power to just CREATE electronic music. You'll get brief, to-the-point tutorials on how to use the tech, and then you'll get the majority of the time to experiment and create with your peers. This will be a judgment-free space, where anyone from a complete beginner to a seasoned pro can dive in, collaborate, and let their imagination run wild. We'll use Ableton Live's 30-day free trial, plus free software and shared hardware, to make our ideas come alive. The goal is that at the end of each session, you will have made a piece of music and learned a lot.

MEETING: Wednesday; 7:00pm-9:00pm  
1/9, 1/16, 1/23, 1/30  
LOCATION: Mahaney Center for the Arts, Rm 210  
INSTRUCTOR: Jeff Holland

Basic Audio Engineering For Live Events
Come Learn the basics of audio engineering and mixing a live band. We will start with the basics and move up to mixing a full band by the last class.

MEETING: Monday; 5:30pm-7:30pm  
1/7, 1/14, 1/21, 1/28  
LOCATION: Wilson Hall, McCullough Student Center  
INSTRUCTOR: Sam Hurlburt  
Dave Kloepfer

Acknowledging Bias: A Feminist Perspective on Science Rhetoric
What is good science? How do people talk about science? What underlying biases plague scientific disciplines? These are some of the questions we will ask as we discuss the rhetorics of science through a feminist lens. This discussion based workshop will provide a space for students to talk about their own experiences as well as developing possible interventions.

MEETING: Tuesday; 7:30pm-8:30pm  
1/8, 1/15, 1/22, 1/29  
LOCATION: LaForce Hall Seminar Room  
INSTRUCTOR: Mikayla Hyman  
Heather "Mika" Morton

$0.00
Aikido: Japanese Martial Arts for Self Defense *
Aikido literally saved my life. One day, I had a motorcycle accident. But guess what? It did not leave me a single scratch. All because of Aikido. Martial arts is NOT only about attacking or defeating the enemy. Aikido is a martial art that focuses on Self Defense, with the idea of harmony or “Wa” in Japanese - an integral culture of Japan. Training will not only develop your skill to respond to threats, but also leads to your internal personal growth. No experience required. No strength required. Everyone is welcome!! This workshop has been approved for PE credit.

MEETING: Monday/Wednesday; 6:00pm-7:15pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Monroe, 4th Floor Dojo Room
INSTRUCTOR: Yuichiro Kanaoka

$0.00

The Basics of Swing Dance *
Come learn how to dance the jitterbug, lindy, and how to have a great time! This workshop has been approved for PE Credit.

MEETING: Thursday; 5:00pm - 7:00pm
1/10, 1/17, 1/24, 1/31
LOCATION: Wilson Hall, McCullough Student Center
INSTRUCTOR: Robert Kelley

$18.00

OratoryX: A Public Speaking Workout *
A public speaking class that earns you a PE credit? That's right. Designed to increase confidence and reduce stress connected to oral presentation. Oratory X combines speaking drills with high energy movement, chi gung and other body awareness exercises. Taught in collaboration with Oratory Now. This workshop has been approved for PE Credit.

MEETING: Tuesday/Thursday; 5:30pm-6:30pm
1/8, 1/10, 1/15, 1/17, 1/22, 1/24, 1/19, 1/31
LOCATION: Adirondack Coltrane Lounge
INSTRUCTOR: Khan Kim

$0.00
Music Language Learning: Use music you love to learn any language
Do you have a language (or more) that you want to speak and understand better? This is something you can train by singing along with your favorite songs! Over the past few years, I've really improved my accent and ear for multiple languages with music I love. It’s a fun and personalized way for learners of all levels to improve their conversation skills in a foreign language. In this workshop, I’ll share my personal process and experience with you so you can apply this method to a language of your choice. I’ll sing you some of my favorite songs to demonstrate, and in our last class we’ll share what we’ve learned with a multilingual karaoke evening. Come learn how to sing your way to fluency!

MEETING: Wednesday; 7:30pm-8:30pm
1/9, 1/16, 1/23, 1/30
LOCATION: Forest East Lounge Rm 125
INSTRUCTOR: Kyle Kuzman

$10.00

Kpop Star: Produce 102 *
Enjoyed the Korean Culture Show? Have a passion for dance and/or kpop? Come learn the choreographies and embody your favorite Korean idols! We will learn the choreography of choruses from a variety of new and old K-pop groups! This workshop has been approved for PE credit.

MEETING: Monday; 4:30pm-6:30pm
1/7, 1/14, 1/21, 1/28
LOCATION: Proctor Lower Rehearsal Room
INSTRUCTOR: Abla Laallam
Carissa Lee

$26.00

JPROV: JTERM IMPROV WORKSHOP
Come improvise with Middlebrow, Otter Nonsense Players, and Baggage Claim. Learn basic improv skills and have a lot of fun with your favorite weirdos on campus.

MEETING: Monday/Tuesday; 7:30pm-9:30pm
1/7, 1/8, 1/14, 1/15, 1/21, 1/22, 1/28, 1/29
LOCATION: Atwater A, Section A, Rm 100
INSTRUCTOR: Grace Levin
Jackie Atkins

$0.00
Texas Hold 'Em
I'll teach you the rules and some valuable skills for playing Texas Hold 'Em, the best card game in the world. In this workshop, you'll learn how to deceive your friends out of their wallets, channel your inner mathematical genius and look cool while leaning over a mountain of chips. We'll be playing for fun, and we'll all get better by playing against each other throughout the term. If you have any doubts as to whether this is worth it, just watch the final scene of the movie "Rounders".

MEETING: Wednesday; 7:30pm-9:00pm
1/9, 1/16, 1/23, 1/30
LOCATION: Axinn Rm 104
INSTRUCTOR: Joseph Levine

$25.00

Sushi Dreams
Learn to make a variety of authentic Japanese sushi types. From basic maki rolls (sushi rolls) to temaki (hand rolls) and nigiri (slices of fish over rice), we will be using fresh ingredients and learning all about what types of fish are commonly used for sushi in Japan vs the United States. We will focus on three main types of sushi, learning the differences between them, learning the names of the fish, how to cut the fish, and how to assemble the ingredients onto the proper rice and/or seaweed. **Vegetarian option will be provided if needed. Please note that there may be potential allergens present in this class. If you have a food allergy let the instructor know.

MEETING: Saturday; 1:00pm-6:00pm
1/19
LOCATION: Atwater Dining
INSTRUCTOR: Jenne Meneses Montiel

$20.00

Introduction to Wheel Throwing
Need a new mug? Or a cereal bowl? Come learn how to make them during this workshop at the ceramics studio on campus. It's behind proctor in the yellow house.

MEETING: Wednesday; 7:00pm-8:30pm
1/23, 1/30
LOCATION: Ceramics House, Adirondack View Road
INSTRUCTOR: Heather Mika Morton

$0.00
Jumpstarting Your Career: A Panel With Young Alums
Come to this fun, light session to learn from young alumni about things they wish they knew before graduation and how to make their way in the real world after college. This workshop is part of the Life Beyond Middlebury series presented by CCI.

MEETING: Thursday; 4:30pm-5:30pm
1/24
LOCATION: Hillcrest 103
INSTRUCTOR: Tim Mosehauer

$0.00

Negotiating Salary
Everyone should know how to negotiate their salary, yet very few people actually do. This workshop will teach the fundamentals of negotiating a higher salary including why it is important, how to find out how much you are worth, how to get a raise and more. Presented by National Life Group, a Vermont employer very interested in introducing you to these skills that you can use in any type of future employment situation. Open to all students, all majors, whether you are job or internship searching now or later. This workshop is part of the Life Beyond Middlebury series presented by CCI.

MEETING: Wednesday; 4:30pm-5:30pm
1/16
LOCATION: Axinn Rm 229
INSTRUCTOR: Tim Mosehauer

$0.00

Personal Finance 101
Are you a saver or a spender? How do you make a budget and actually live within it? Do you usually take risks or are you pretty conservative with your money? Come to this session to learn about these questions and more and have a knowledgeable discussion with an expert. This workshop is part of the Life Beyond Middlebury series presented by CCI.

MEETING: Monday; 4:30pm-5:30pm
1/14
LOCATION: Axinn Rm 219
INSTRUCTOR: Tim Mosehauer

$0.00
Dance and Evolution *
Evolution is offering their second ever workshop this J-term and would like for you to join them. If you came to one of our shows and wanted to learn a dance that you thought was cool or even begin to learn how to dance, this is the perfect opportunity for you! This workshop has been approved for PE Credit.

MEETING: Tuesday; 6:30pm-8:30pm  
1/8, 1/15, 1/22, 1/29  
LOCATION: Proctor Lower Rehearsal Room  
INSTRUCTOR: Ladji Mouflet  
Diana Lam  

$22.00

Introduction to Powerlifting *
Powerlifting is a barbell sport made up of three primary lifts: the squat, the bench press, and the deadlift. In this course, you will learn how to safely and confidently execute these lifts in a supportive environment. You will learn proper technique for these main lifts as well as accessory movements (rows, chin-ups, and drips!). No experience is necessary and all who seek to slang heavy weight are welcome. Instructor is understanding of all identities, including GNC & QTPOC identities. This workshop has been approved for PE credit.

MEETING: Friday; 4:30pm-6:30pm  
1/11, 1/18, 1/25, 2/1  
LOCATION: Memorial Field House Fitness Center  
INSTRUCTOR: Salma Nakhlawi

$26.00

Exploring Housing and Food Insecurity in Middlebury and Beyond
There is a very real need in the local community and you can help make a difference. Approximately 1 in 5 households in Middlebury earn less than $17,500 annually and 1 in 6 Middlebury residents are food insecure. In this workshop, we will discuss food and housing insecurity by reading engaging and relevant articles, spend time volunteering at Charter House, and learn more about the challenges faced at the local and national level. In addition to reading about the subjects, we will have discussions and gain first-hand experience by helping cook community meals once a week. Charter House provides a warm and safe place for families and/or adults to regroup and figure out a strategy to move forward toward an independent and sustainable future. The shelter assuises guests of a hot dinner and continental breakfast. Every year Charter House nine provides over 30,000 warm meals and comfortable, secure housing for about 90 children and adults. Wednesdays will meet at Charter House for the cooking portion (3 hours). Thursdays will meet in Axinn Room 220 for the discussion. If you have a food allergy let the instructor know.

MEETING: Wednesday/Thursday; Wednesdays 5:00pm-8:00pm, Thursday 5:00pm-6:00pm  
1/9, 1/10, 1/16, 1/17, 1/23, 1/24, 1/30, 1/31  
LOCATION: Charter House/Axinn Rm 220  
INSTRUCTOR: Joe O’Brien  
Mayher Patel  

$0.00
**Crocheting Fun!!!**
Want to learn a new creative skill? Come get out of the cold and learn to crochet! Make a gift for friend or family member, nothing says I love you more than when its homemade! Class is designed for beginners although all are welcome!

- **MEETING:** Tuesday; 7:00pm-9:00pm
  1/8, 1/15, 1/22, 1/29
- **LOCATION:** Chateau Grand Salon
- **INSTRUCTOR:** Audrey Olson

$33.00

**“Rugby 101 for Women”** *
Learn the basics of one of the newest Olympic sports, and one of the fastest growing collegiate sport for women: rugby! You will experience rugby through small games; learning by actually playing this all-inclusive, international sport. **This workshop has been approved for PE Credit.**

- **MEETING:** Monday/Wednesday; 7:00pm-8:00pm
  1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
- **LOCATION:** Memorial Field House, Nelson Recreational Center
- **INSTRUCTOR:** K.O. Onufry

$20.00

**Ravi’s Pilates** *
Pilates is a great form of exercise for anyone and everyone! It aims to work the whole body to enhance strength, flexibility, and coordination to achieve harmony throughout your body. NO experience is needed! It is a great way to stay active during the winter! **Only a yoga mat is needed...** **This workshop has been approved for PE Credit.**

- **MEETING:** Tuesday/Thursday; 5:00pm-6:00pm
  1/8, 1/10, 1/15, 1/17, 1/22, 1/24, 1/29, 1/31
- **LOCATION:** Mahaney Center for the Arts, Dance Studio
- **INSTRUCTOR:** Ravi Patel

$21.00

**Snow Pole**
Want to find a new form of exercise and self-expression? Come to this beginner pole dancing workshop! Learn how to walk around the pole, do basic spins, and do beginner tricks! You'll be guaranteed to leave the workshop with new moves to impress your friends.

- **MEETING:** Wednesday; 8:00pm-10:00pm
  1/9, 1/16, 1/23, 1/30
- **LOCATION:** Proctor Lower Rehearsal Room
- **INSTRUCTOR:** Maggie Phillips

$12.00
**Introduction to Book Arts**
During this workshop participants will be introduced to the basics of bookbinding, including such styles as the single signature leaflet, Japanese stab binding, and Turkish fold. Participants will leave with a solid grounding in the techniques and supplies needed to make their own notebooks, journals, or artist books. All levels of experience are welcome, and materials will be provided.

**MEETING:** Sunday; 10:00am-12:30pm  
1/13  
**LOCATION:** Davis Family Library Rm 145  
**INSTRUCTOR:** Nellie Pierce  
Jane Ploughman  
**$7.00**

**Log Rolling** *
Having roots in the lumber industry from the mid-1800s, log rolling is now a sport on its way to Olympic recognition. FUN, safe, and challenging, log rolling improves balance, agility, and endurance. People who roll are cool and supportive, laughter is standard at the practices, and you will learn a great skill at your own pace. There’s nothing else like it and we’d love to see you. **This workshop has been approved for PE Credit.**

**MEETING:** Wednesday/Sunday; Wednesdays 7:00pm-8:30pm, Sundays 3:30pm-5:00pm  
1/9, 1/13, 1/16, 1/20, 1/23, 1/27, 1/30  
**LOCATION:** Natatorium  
**INSTRUCTOR:** Danielle Rougeau  
**$24.00**

**Revolutionary Reading Group**
The rise of democratic socialism as a viable political force has animated the political Left, but our "political revolution" on American college campuses is limited by our imagination. U.S. college student activists tend to cite Baldwin and Malcolm X and Marx, but rarely look to non-Western revolutionary thinkers for inspiration. We will explore and discuss essays and short stories written by prominent leaders of non-Western political movements to become better and more knowledgeable advocates of the poor and oppressed. Potential thinkers we might engage in translation include Lu Xun, B.R. Ambedkar, Frantz Fanon, and Yassin al-Haj Saleh.

**MEETING:** Thursday; 5:15pm-7:15pm  
1/10, 1/17, 1/24, 1/31  
**LOCATION:** Chateau Grand Salon  
**INSTRUCTOR:** Travis Sanderson  
**$0.00**
Guitar for the absolute beginner!
** You will need your own guitar if you wish to take this workshop **
Interested in learning to play the guitar? Don't want to invest into expensive private lessons right away but don't know how to self-learn either? This workshop is just for you then! In this workshop, we will go over guitar fundamentals. From learning to hold a guitar, to tuning it, to playing basic chord shapes and scales, this workshop will help kick-start your guitar journey. Alongside the fundamentals, we will work on learning one song which, by the end of the four week workshop, participants will be able to strum along to.

**MEETING:** Tuesday/Friday; 5:00pm-6:00pm  
1/8, 1/11, 1/15, 1/18, 1/22, 1/25, 1/29  
**LOCATION:** Sunderland Rm 130  
**INSTRUCTOR:** Musab Shakeel

$28.00

Storytelling from the Jewish Tradition: A Skills-building Workshop
In this workshop, open to people of all backgrounds, we will learn about and explore different genres of Jewish stories. We will each choose a story of our own, learning a process for mastering the art of telling that story. We will end by telling the stories to each other (and possibly a wider audience) in the last week of the workshop.

**MEETING:** Monday/Thursday; 5:00pm-6:00pm  
1/7, 1/10, 1/14, 1/17, 1/21, 1/24  
**LOCATION:** LaForce Hall Seminar Room  
**INSTRUCTOR:** Danielle Stillman, Ruth Gilbert

$0.00

Art of Tea Culture: Tasting the Myriad of Ways of Tea in the Teahouse
Join us for an evening in the teahouse tasting teas from around the world, each in a unique style. From Masala Chai to Tea Ceremony Matcha, and Gongfu Cha to Moroccan Tea Ceremony, we'll celebrate a small taste of tea culture. This will be a casual tasting, guided by an informative Stone Leaf tea person, but also open to conversation and sharing your experience. Also a great introduction if you've never been to the teahouse in the Marble Works of downtown Middlebury!

**MEETING:** Wednesday; 7:00pm-9:00pm  
1/23  
**LOCATION:** Stone Leaf Teahouse  
**INSTRUCTOR:** John

$34.00
Jewelry With Joslyn
We're going to make jewelry in this workshop! Wire wrapping stones, beaded necklaces, embroidered earrings, and more! We will make jewelry to reflect our own creative influences as well as the places that inspire us. Some time will be devoted to wandering around campus and town to glean rocks and other materials so we can make jewelry inspired by the beauty of Vermont. Gemstones will be provided along with all other materials.

MEETING: Wednesday; 8:00pm-9:00pm
1/9, 1/16, 1/23, 1/30
LOCATION: Ridgeline Suite
INSTRUCTOR: Joslyn Sullivan

$27.00

TAP! *
Ever wanted to learn how to tap dance?? Find yourself tapping your toes under your desk? Able to count to 8? Take our Tap workshop!! All abilities accepted and encouraged, shoes provided! We'll teach ya all the basics and build up to a small combo that you can show all your friends and perform at parties. This workshop has been approved for PE Credit.

MEETING: Tuesday/Wednesday; 7:00pm-9:00pm
1/8, 1/16, 1/23, 1/30
LOCATION: Wilson Hall, McCullough Student Center
INSTRUCTOR: Elizabeth Vinton
Sarah Dutton

$20.00

Learn to Ice Skate *
Having trouble walking to class? Need a PE Credit? Come skate with us! From learning how to tie your skates and glide across the ice to basic jumps and spins, we can help you learn or improve your skating abilities in just four weeks! All levels are welcome in this small group workshop setting. Skates will be provided for those who do not have a pair. This workshop has been approved for PE Credit.

MEETING: Monday/Wednesday; 12:45pm-1:45pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Kenyon Arena
INSTRUCTOR: Lydia Waldo
Hannah Krutiansky

$28.00
Handstands and Tumbling for Beginners! *
Wanna tumble through J-term, stretch your mind (and hips), walk with confidence (on your hands) and (back) flip off the negativity in your life? Join our gymnastics workshop for a fun and challenging athletic experience! We'll work on fundamental skills such as handstands, rolls, cartwheels...and maybe bring in a backflip or two! Every class includes stretching and conditioning. This workshop is aimed at total beginners, but we welcome gymnasts and movers of all levels. Elastigirl-approved. **This workshop has been approved for PE credit.**

**MEETING:** Tuesday; 7:00pm-9:00pm
1/8, 1/15, 1/22, 1/29

**LOCATION:** Memorial Field House, Nelson Multi-Use Area

**INSTRUCTOR:** Tess Weitzner
Erich Wu, Mary Cate Carroll, Nick Zelle

$19.00

Explore What’s Next!
Have you ever wondered how to connect the dots between your interests, personality, and skills? Engage in group activities and self-reflection for a few hours this Winter Term, and emerge with a framework that will move you toward intentional decision-making. We’ll discuss how to tie your unique interests and values into decisions about your major, activities at Middlebury, as well as internships, career exploration, and your future; you’ll also identify skills or areas of expertise that you want to develop. Join us during this interactive 2-part series to create a roadmap for your own personal journey and emerge with some tools and strategies for planning your next steps at Middlebury and beyond.

**MEETING:** Tuesday; 4:30pm-6:30pm
1/8, 1/15

**LOCATION:** Axinn Room 229

**INSTRUCTOR:** Cheryl Whitney Lower
Tim Mosehauer, Tracey Himmel Isham

$0.00

Hoopla *
Hula hooping goes far beyond the hips! This class focuses on learning tricks using the entire body with hula hoops of all sizes. Beginners will learn how to combine tricks and flow like the hoopers you see at shows. Experienced hoopers will have time to practice the basics and be inspired to learn challenging new skills. This is a total body workout that incorporates balance, flexibility, and basic acrobatic skills. Playing with the hoops, you get lost in the music and feel like a kid again! Join Lindsey for a great workout that will warm you up and put a smile on your face! **This workshop is approved for PE credit.**

**MEETING:** Tuesday; 4:30pm-6:30pm
1/8, 1/15, 1/22, 1/29

**LOCATION:** Memorial Field House, 3rd Floor Classroom

**INSTRUCTOR:** Lindsey Hescock

$31.00