Winter Term Workshops 2020

Register: Online – go/ideal
Monday, November 18th – Noon Monday,
December 16th

Winter Term Workshops: 2020

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 Monday, November 18th through noon Monday, December 16th at online - go/ideal. First come, first serve.
• Workshop fees must be paid at the time of registration. Courses begin January 6 and end on January 31, 2020.
• 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, 2020**
• 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.

**Activism on Campus**
Participants in this interactive workshop will learn about effective, nonviolent approaches to protest, hear about civil disobedience put into action, and have the opportunity to discuss relevant College policy and the law. Presenters include activist educators, a local community activist, College administrators and local law enforcement.

**MEETING:** Tuesday, Thursday; 4:30pm-6:00pm
1/16, 1/21, 1/23

**LOCATION:** TBD
**INSTRUCTOR:** Lisa Burchard, Assoc. Dean of the College, Director of Public Safety

$0.00

**Beginning Tai Chi Chuan**
All are welcome to learn the basics of Tai Chi Chuan in this workshop. This moving meditation practice is rooted in the tai chi chuan lineage of the Tung Family and a yang style practice. Come with a beginner's mindset!

**MEETING:** Tuesday, Wednesday, Thursday; 4:30pm-6:00pm
1/7, 1/8, 1/9, 1/14, 1/15, 1/16, 1/21, 1/22, 1/23, 1/28, 1/29, 1/30

**LOCATION:** Forest West Basement (031)
**INSTRUCTOR:** Nadine Canter Barnicle

$27.00
Boxing Fundamentals
Join our workshop to learn the essentials of boxing. From the jab to rolling, we will hone your offensive and defensive technique. We'll teach you how to properly use boxing equipment, safety. There will be no physical contact during the workshop.

MEETING: Monday, Thursday, Friday; 5:00pm-6:30pm
1/6, 1/9, 1/10, 1/13, 1/16, 1/17, 1/20, 1/23, 1/24, 1/27, 1/30, 1/31
LOCATION: Memorial Field House 3rd Floor Classroom
INSTRUCTOR: Roodharvens Joseph
Peter Palumbo

$18.00

Building Energy Efficiency Analysis Skills
This workshop will include an overview skills and knowledge used in the building energy efficiency industry. The goal is to provide workshop attendees some of the skills they would need to work in energy efficiency or renewable energy fields. Example activities include performing a lighting efficiency audit, analyzing trend data, and building a regression model to weather-normalize building energy consumption.

MEETING: Sunday; 1:00pm-3:30pm
1/12, 1/19, 1/26
LOCATION: McCordell Bientennial Hall 148
INSTRUCTOR: Jamie Hand

$45.00

Dogsledding *
Spend a day learning how to dogsled with Cobble Hill Kennel! Start with a tour of our kennel, located only 10 minutes from campus, to learn what it’s like raising sled dogs in Vermont. Then, help load the sleds and dogs for a 2.5 hour drive into the mountains. Once there, each student will get a chance to ride in the sled and drive their own dog team! This all inclusive experience lasts from approximately 8 AM until 5 PM. Students should pack their own lunch. Students can sign up for one of two sessions offered on Saturday, January 11 and Sunday, January 12. *This workshop has been approved for PE credit.

MEETING: Saturday or Sunday; 8:00am-6:00pm
1/11 or 1/12
LOCATION: Adirondack Circle
INSTRUCTOR: Cobble Hill Kennel, Douglas Butler
Benjamin Bennett

$270.00
Dreaming Yourself Awake - Tibetan Dream Yoga
Are you interested in discovering the vast potential of your dreams? In this workshop, we will discuss the practices of Tibetan Dream Yoga with an awareness of their place within the Buddhist Tradition. We will also take into account the Western perspectives of sleep science and lucid dreaming as we consider the role of dreams in emotional development, contemplative practices, and meditation. Participants are recommended to begin a dream journal in advance, although no prior experience is necessary. There will be home-made chai tea as well.

MEETING: Wednesday, Saturday; 7:30pm-8:30pm
1/8, 1/11, 1/15, 1/18, 1/22, 1/25, 1/29
LOCATION: Charles P. Scott Center Spiritual & Religious Life Center Living Room
INSTRUCTOR: Daniel Morris

$8.00

Ear Training and Musicianship
This workshop will focus on improving how to hear, read, and analyze music through the traditional French system of fixed-do solfege. Special topics will include rhythmic practice, dictation, counterpoint, score reading, and keyboard harmony. It will be a musical workout for the brain!

MEETING: Thursday, Friday; 4:30pm-6:00pm
1/10, 1/16, 1/17, 1/23, 1/24, 1/30, 1/31
LOCATION: Mahaney Arts Center 209
INSTRUCTOR: Ronnie Romano

$0.00

Evolution Winter Dance Workshop *
Interested in dancing? Come join Evolution in our J-term workshop! We will be teaching eight choreographies new and old. Don’t worry you’ll get your PE credit. *This workshop has been approved for PE credit.

MEETING: Wednesday; 6:00pm-8:00pm
1/8, 1/15, 1/22, 1/29
LOCATION: Proctor Lower Rehearsal Room
INSTRUCTOR: Jilian Ohikuare
Abla Laallam

$15.00
Fancy Sugar Cookie Decorating
In this sugar cookie decorating workshop, you will learn how to decorate cut-out sugar cookies using royal icing. This workshop will cover how to achieve the right icing consistency, how to outline and flood sugar cookies, the wet-on-wet decorating technique, filigree piping, and the brush embroidery technique. Participants get to eat the cookies they decorate!

MEETING: Saturday; 11:00am-12:30pm
18-Jan
LOCATION: Ross Fireplace Lounge, Room 101
INSTRUCTOR: Mikayla Haefele
$12.00

Generating Civic Skill Building Workshops
With support, "Generating Civic Skill Building Workshops" WTW participants will use the first three sessions (1/7, 1/14, 1/21) to select a civic skill that intrigues them and co-design an interactive training to build that skill with others. On 1/28, WTW participants will co-facilitate the training they've prepared over the prior three weeks for college student members and leaders of Service Cluster Board organizations. In preparation for their civic skill building co-facilitation experience, Winter Term Workshop participants will engage with: resources in topic area of a selected civic skill; principles of designing quality curricula; and practices of effective workshop facilitation. Examples of civic skills that WTW participants could co-lead a training on include community impact assessment, group decision making, active listening, and more!

MEETING: Tuesday; 4:30pm-6:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Center for Community Engagement
INSTRUCTOR: Kailee Brickner-McDonald
Ellie Dickerson
$0.00

GIS for Amateur Globe-making
In this workshop, learn how to use ArcMap and Adobe Illustrator to design gores, the north-south map segments that are pasted onto spheres to make globes. From gathering data, to projecting it, to stylizing it, this workshop will walk you through amateur globe-making step-by-step. Absolutely no experience with GIS or map design is required; however, those with GIS knowledge are also encouraged to participate. Bring your own foam ball, beach ball, or dodge ball if you would like to produce an actual globe. Otherwise, the final product will be a poster-size interrupted map made of the gores.

MEETING: Thursday; 5:00pm-6:00pm
1/9, 1/16, 1/23, 1/30
LOCATION: McCordell Bicentennial Hall 632
INSTRUCTOR: Vincent Falardeau
$0.00
**Gospel Choir 101**
This non-performance music workshop is an open invitation for students of all abilities to explore singing gospel music. Beginners with no musical background are welcome. On the first day we will group students based on their vocal range. Each day students will participate in vocal warm-ups in preparation for singing. Instruction will occur in both these small sectional groups and in a large ensemble. Students will rely primarily on their ears rather than written music to learn songs. Music will be taught by rote and call and response. Students will also learn basic directing cues and gain some exposure to basic musical terminology. Our musical selections will include traditional gospel music such as spirituals and anthems, as well as music by contemporary artists such as Kirk Franklin. Topics of discussion may include the role of music in the black church and role of gospel music in historic and modern fights for social justice. Music accompaniment will be provided by Professor Jason Grant.

**MEETING:** Monday, Wednesday; 4:30pm-5:30pm  
1/20, 1/22, 1/27, 1/29  
**LOCATION:** Chateau Grand Salaon  
**INSTRUCTOR:** Christine McDow  

$0.00

**Grounding Social Action in Spiritual Practice**
This workshop will focus on forming a supportive, intimate group of people interested in social change, social action, activism and justice. We will learn and practice spiritual practices that support social change work, help prevent burn-out, and sustain us throughout our lives. While drawing primarily from traditional Jewish contemplative and ethical practices, this workshop is open to everybody and no background in Judaism is required, in fact, we are striving for a broad, spiritually eclectic group of participants. You also don't need to identify as an activist. Participants are strongly encouraged to continue meeting in the group (although less frequently) beyond J-term if they are able to. Both instructors are trained in the IOWA curriculum we will be using (https://www.insideoutwisedomandaction.org) and are certified Spiritual Directors.

**MEETING:** Wednesday; 4:30pm-6:00pm  
1/8, 1/15, 1/22, 1/29  
**LOCATION:** Charles P. Scott Center Spiritual & Religious Life Center Living Room  
**INSTRUCTOR:** Danielle Stillman Rebecca Gould  

$0.00
Heros and Halfwits
Have you ever dreamed of being a hero of your own adventure? How about being the one to slay the dragon? Or traveling to distant lands to collect treasure? This all can be achieved if you join the Dungeon and Dragons workshop! Never played before? Don't worry players of all experience levels are welcomed and encouraged. Come live out your fantasies.

MEETING: Friday; 6:00pm-8:00pm  
1/10, 1/17, 1/24, 1/31  
LOCATION: 75 Shannon St., 206  
INSTRUCTOR: Jasmine Chau  
           Farhan Islam  

$10.00

House of Midd (Vogue Dance)
Come learn how to get those tens across the board! Vogue dance has been a proponent of the New York City POC LGBTQ Ballroom scene for decades and as of recently has grown in popularity and gained mainstream attention. This workshop will focus on Vogue Femme, exploring the Five Elements of the style: catwalk, duckwalk, hand performance, floor work, and spins and dips. We will be analyzing its history, the historical context of stylization, and the functioning of Ballroom as its own culture.

MEETING: Friday; 5:00pm-6:15pm  
1/10, 1/17, 1/24, 1/31*  
LOCATION: Proctor Lower Rehearsal Room, Adirondack Coltrane Lounge* (1/31)  
INSTRUCTOR: Graham Shelor  

$0.00

Hunter Education and Certification *
This workshop will introduce participants to the fundamentals of firearm and hunting safety, wildlife conservation and basic outdoor skills. The workshop includes a required on-line study component of approximately 5-6 hours, to be completed prior to the all-day, hands-on learning experience at the Green Mountain Conservation Camp Kehoe in Castleton, VT. Transportation to the field-day event will be provided. Successful completion of this program will entitle you to purchase a State of Vermont Hunting License or hunting license in any state. *This workshop has been approved for PE credit.

MEETING: Saturday; 8:00am-6:00pm  
1/18  
LOCATION: Green Mountain Conservation Camp Kehoe, Castleton, VT  
INSTRUCTOR: Wendy Butler  

$0.00
(ce) Cream You Scream...
... we all scream for ice cream! Always wanted to make your own ice cream? Do you like supporting local businesses? Want to get outside during J-Term but are terrified of the ice that doesn't come in a cone? We'll visit some amazing local ice cream producers and taste their products, tour a nearby dairy farm, and finish up by making our own ice cream!! "This will be the best decision you make." - Karina Zyatisky

MEETING: Tuesday, Wednesday; 4:30pm-8:00pm
1/7, 1/9, 1/14, 1/28, 1/29
LOCATION: Forest East Lounge, Room 152
INSTRUCTOR: Cameron Weiner
            Max Borrmann, Karina Zyatisky

$23.00

Intro to Meteorology
In this workshop, we will learn the basics of meteorology and weather forecasting. We'll discuss current weather events, analyze forecast model, learn about weather history, and analyze the science behind modern meteorology.

MEETING: Wednesday; 8:00pm-9:00pm
1/8, 1/15, 1/22, 1/29
LOCATION: McCordell Bientennial Hall 148
INSTRUCTOR: Michael Wasserstein

$0.00

Intro to Swing Dance *
"It don't mean a thing if you ain't got that swing!" Get a crash course in classic American partner dance, no partner required. Over four weeks we will learn basic jitterbug, lindy hop, Charleston (this will mean something to you by the end) and how to be the coolest person at a wedding. *This workshop has been approved for PE credit.

MEETING: Wednesday; 7:00pm-9:00pm
1/8, 1/15*, 1/22, 1/29
LOCATION: Wilson Hall, McCullough Student Center, Adirondack Coltrane Lounge*
INSTRUCTOR: Gabriella Willingham

$18.00
Introduction to Diving *
Learn the basics of springboard diving. All experience levels welcome! *This workshop has been approved for PE credit.

MEETING: Tuesday, Thursday; 7:00pm-8:00pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Natatorium
INSTRUCTOR: Olivia Rieur
Katherine Hertan

$20.00

J-Prov: An Improv Comedy Workshop
Come do improv with members of all three improv groups on campus!!! Learn the basics of improvisation, have fun and get practice if you’re interested in auditioning for a group in the future. People of all experience levels and backgrounds welcome.

MEETING: Tuesday; 8:00pm-9:30pm
1/7, 1/14, 1/21, 1/28
LOCATION: Atwater A, Section A, Room 100
INSTRUCTOR: Nate Blumenthal

$0.00

Korean Language Workshop
Are you disappointed that Midd doesn't offer Korean as a language on-campus? Still interested in learning? Don't worry, we got your back! Come join us in learning Korean as a language, and also more about Korean culture! No experience necessary, we will start from the basics and also teach Korean vernacular phrases.

MEETING: Monday, Wednesday, Friday; 7:00pm-8:00pm
1/6, 1/8, 1/10, 1/13, 1/15, 1/17, 1/20, 1/22, 1/24, 1/27, 1/29, 1/31
LOCATION: Axinn Center 229
INSTRUCTOR: Haein Lee
Eunice Choi

$10.00

Kpop Star 2020 *
Do you love Kpop? Do you love dancing? Did you enjoy the Korean Culture Show? 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! All levels of dancers welcome! *This workshop has been approved for PE credit.

MEETING: Monday; 4:30pm-6:30pm
1/6, 1/13, 1/20, 1/27
LOCATION: Proctor Lower Rehearsal Room
INSTRUCTOR: Amanda Girod

$18.00
Learn to Ice Skate!
Have you never ice skated but always wanted to learn? Or have you skated before but want to learn new skills? Come join us for our Learn To Skate Workshop! Come skate with us once a week and build your skills on the ice. Regardless of your level, we have a range of coaches who can teach you anything from gaining your balance on ice to learning to start jumping! *This workshop has been approved for PE credit.

**MEETING:** Monday, Wednesday; 12:45pm-1:45pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29

**LOCATION:** Chip Kenyon Arena

**INSTRUCTOR:** Francesca Napoli

$20.00

Let's get muddy! Beginning Ceramics
Students will be taught the basic ceramics skills required to make a bowl, cup, or mug over the four classes of this workshop. Students will learn how to throw a basic form on the wheel, trim their piece, and glaze it, as well as basic hand-building techniques. Students will finish the class with at least one finished ceramic piece to show off to their friends or give as a gift. No prior experience is required or expected.

**MEETING:** Monday; 7:00pm-9:00pm
1/6, 1/13, 1/20, 1/27

**LOCATION:** Ceramic Studio

**INSTRUCTOR:** Viv Merrill
Aria Bowden

$27.00

Log Rolling *
Having roots in the lumber industry of 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; 7:00pm-8:30pm/3:30pm-5:00pm
1/8, 1/12, 1/15, 1/19, 1/22, 1/26, 1/29

**LOCATION:** Natatorium

**INSTRUCTOR:** Danielle Rougeau

$14.00
Midd Masti South Asian Dance Workshop *
Midd Masti is a strictly no cuts dance group, providing an outlet for Middlebury students to enjoy South Asian dancing, music, and culture. This J-Term, the President and Treasurer of Midd Masti will be teaching a dance workshop in which participants will get a well-rounded taste of South Asian dance styles weekly -- from Bollywood to Kollywood to Classical Indian dance such as Bharatanatyam (to name a few...). No dance experience is necessary whatsoever, so come on down and don't be shy to try something new! *This workshop has been approved for PE credit.*

**MEETING:** Tuesday; 5:00pm-7:00pm  
1/7, 1/14, 1/21, 1/28  
**LOCATION:** Proctor Lower Rehearsal Room  
**INSTRUCTOR:** Aria Sundaram, Shafneen Shah  
**$12.00**

Midd Parkour*
Parkour is a training method for body and mind that enables us to move logically and creatively through a setting to overcome variable terrain and obstacles using just our own physical capabilities. No previous experience is necessary to participate in this workshop; we will focus on fundamental parkour movements including safe ways to fall; mastery of essential vaults; climbing up and down walls safely, and basic flips. In addition to learning new skills, you may experience some of the following benefits of parkour: improved physical health, body control, agility, balance, and power. *This workshop has been approved for PE credit.*

**MEETING:** Monday, Wednesday; 7:30pm-9:00pm  
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29  
**LOCATION:** Memorial Field House Nelson Multi-Use Area  
**INSTRUCTOR:** Michael Chirico  
**$0.00**

MiddKid Karate and Self-Defense
This workshop is designed to provide an introduction to Shotokan karate where we will practice and learn techniques for effective self-defense as well as traditional katas or forms. We will begin by learning the basic movements, and with time, learn to increase power, speed, and focus. With an emphasis on educational karate, the philosophies behind karate as well as Japanese culture will also be covered. With safety as the main priority, we will not be using extensive physical contact, but will be practicing simple self-defense techniques with partners. No experience is necessary! If you would like to see more about the style of karate we will be practicing, the link https://www.jka.or.jp/en/ is a great resource!

**MEETING:** Wednesday; 5:30pm-6:30pm  
1/8, 1/15, 1/22, 1/29  
**LOCATION:** Memorial Field House 3rd Floor Classroom  
**INSTRUCTOR:** Emily Nagatomo  
**$16.00**
Mindscaping: Pulling out the weeds of anxiety and nurturing the seeds of confidence
Come learn research-based techniques to reduce stress and improve wellbeing! In session 1 "The Anatomy of Stress", you will learn about how stress affects the human body and how to use breathwork to diffuse feelings of anxiety. In session 2 "Meditation and Wellness", you will learn how to practice meditation, which reduces stress and promotes overall wellbeing. In session 3 "Pulling Out The Roots of Anxiety", you will learn how to transform negative patterns of thinking and also learn several strategies to promote self-confidence. All are welcome, no experience necessary!

MEETING: Tuesday, Wednesday, Thursday; 4:30pm-5:30pm
1/14, 1/15, 1/16
LOCATION: Chateau 110
INSTRUCTOR: Catherine Miller

$12.00

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

MEETING: Tuesday, Thursday; 5:30pm-6:30pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Adirondack Coltrane Lounge
INSTRUCTOR: Kate Hilscher
Maya Fray-Witzer, Tanzim Ahmed, Celeste Levy

$0.00

Peer Support Skills Training (psst...)
psst... (Peer Support Skills Training) is a workshop series for students working to understand how to best support others around them. Students will learn about mental health, empathic listening skills, common mental health challenges, supporting a friend who is struggling with substance misuse or experiencing suicidal thoughts and more. Workshop sessions will be informative and experiential and serve as excellent preparation for a student interested in a leadership role on campus!

MEETING: Thursday; 4:30pm-6:00pm
1/9, 1/16, 1/23, 1/30
LOCATION: McCullough - Mitchell Green Lounge
INSTRUCTOR: Madeline Hope

$0.00
Quidditch
Come play Middlebury's own fast-paced, fun, gender-inclusive sport! Mixing elements of team handball, rugby, and dodgeball, the sport of "muggle quidditch" was invented by Midd students in 2005, and is now played at colleges all across the country. New players welcome!

MEETING: Tuesday, Wednesday; 8:00pm-9:00pm
1/7, 1/8, 1/14, 1/15, 1/21, 1/22, 1/28, 1/29
LOCATION: Nelson Court 1
INSTRUCTOR: Matthew Silverman
Mary Scott

$0.00

RIDDIM Dance Workshop *
Come dance with RIDDIM this J-term! If you're interested in learning how to bust a move or two for your next party, need that PE Credit, or want to change up your workout, then join us for an all levels dance workshop. In each class, we'll be offering a different styles such as: Hip Hop, Contemporary, Afro-beat, Latin, and so much more! Starting with a warm-up, you'll move across floor and learn a short dance combination. We can't wait to groove with you all! *This workshop has been approved for PE credit.

MEETING: Wednesday; 4:30pm-6:30pm
1/8, 1/15*, 1/22, 1/29
LOCATION: Wilson Hall McCullough Student Center, Adirondack Coltrance Lounge*(1/15)
INSTRUCTOR: Brigid Pittman
Casey Lilley

$14.00

Software Engineering Technical Interview Prep
Prepare for software engineering interviews with others! We will do and discuss a few Leetcode or Hackerrank problems every session.

MEETING: Monday, Wednesday; 7:30pm-8:30pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Axinn Center 103
INSTRUCTOR: Colin Flaherty

$0.00
Sports Analytics: Creating Models for Predictions and Fantasy Athletics
This workshop will be both collaborative and informative in nature, as the students participating will be expected both to voice their own opinions about the sport of the day and form opinions from the information transmitted. The workshop will explain how certain athletic models are formed and how past information is used to analyze upcoming events. We will attempt to explore together new, creative ways to help project future sporting events. All sport fans welcome!

MEETING:       Wednesday; 7:30pm-8:30pm
                1/8, 1/15, 1/22, 1/29
LOCATION:      Axinn Center 220
INSTRUCTOR:    Stephan Perreault

Tap Dancing *
Ever wondered how to tap dance? Want a brush-up on skills acquired in childhood dance lessons? Have an annoying downstairs roommate? Are you a senior looking for a fun PE credit so you can graduate? If you answered "yes" to any of these questions, join On Tap (Midd’s tap dancing troupe and oldest dance group on campus) as they teach you how to make cool sounds with your feet! Tap shoes provided. *This work has been approved for PE credit.

MEETING:       Tuesday; 4:30pm-6:30pm
                1/7, 1/14, 1/21, 1/28
LOCATION:      Wilson Hall McCullough Student Center
INSTRUCTOR:    Emily Ballou
                Naomi Cutler

Telemark Skiing 101
Do you ever wish you had a freer mind? What about a freer heel too? Then this is the workshop for you! This workshop is designed for skiers with some alpine skiing experience (at least able to stop and turn confidently on blue terrain) but who have been on telemark skis no more than once before (re. absolute tele beginners). All skiing will be conducted via human powered ascent at the Snow Bowl. Participants will learn how to move safely and efficiently uphill using climbing skins and receive enthusiastic instruction in the basics of telemark skiing. All equipment, transportation, and high fives will be provided free of charge by the Middlebury Free Heelers. To use Snowbowl facilities, participants will need to have a current Snowbowl Pass or purchase an uphill day pass for $5 on the day of the workshop. All participants will need to agree and sign the Snowbowl Uphill Policy.

MEETING:       Saturday; 3:00pm-6:00pm
                11-Jan
LOCATION:      Adirondack Circle
INSTRUCTOR:    Jackson Hawkins
                Hannah Redmon

$0.00
The Politics of Money
Are you a history, economics or politics buff looking to learn more about your passion in a unique way? Look no further than our workshop, "The Politics of Money". First, the workshop will employ the classic hobby of coin and bill collecting to analyze examples of economic history from around the world. Second, the workshop will connect these economic events with their political-social motivations. Lastly, the workshop will provide an overall cultural enrichment in the process. The Politics of Money also promises many benefits from hands-on experience. For example, participants will work with primary historical evidence of coins and bills, receive guest lectures from experts around the world through video calls, and learn from guest lectures from on campus visits. Finally, the workshop will explain how the politics of money applies to important issues today, and grant participants a new perspective they can continue to use to enhance their understanding of the world.

MEETING: Thursday; 7:00pm-8:00pm
1/9, 1/16, 1/23, 1/30
LOCATION: Axinn Center 220
INSTRUCTOR: George Marshall
          Lillia Larson

$0.00

The Rise and Fall of Whitney Houston (1963-2012)
Some singers define a generation. Some break countless records and make millions. Some create timeless songs that can be listened to in any context. Whitney Houston did all three. Just a few years after her debut in 1985, Houston started making history, becoming the first African American female on MTV, the first and only artist to have 7 consecutive #1 hits (breaking the record previously held by the Beatles), the female with highest-selling single (I Will Always Love You), and the 2nd most awarded artist of all time. With 11 #1 hits, 23 Top 10 hits, and 9 albums, Whitney Houston has quite a history waiting to be told. Using interviews, live performances, news stories, and historical contextualization, we try and answer these questions: How did drugs impact her legacy? Why was she so quickly forgotten? Why was she so successful? How did being a black woman in a white industry impact her career? Can her story be compared with today's stars? So many questions, yet only one Whitney Houston. Relax, learn and take a listen to the singer described by many as "The Voice."

MEETING: Tuesday; 5:00pm-6:30pm
1/7, 1/14, 1/21, 1/28
LOCATION: Axinn Center 219
INSTRUCTOR: Ryan Kirby

$0.00
Trick Hooping Hoopla *
This is the workshop for you if you want to add an amazing hula hooper to your resume! Learn the basics of hula hooping...and quickly discover dozens of tricks and ways to play with hoops of all sizes! Don't worry if you've botched previous attempts at hooping or never tried it before. This class will give you the experience you seek and help you find your groove! Some of the skills you will master include: isolations, releases, using multiple hoops, hoop dancing, and movements involving simple acrobatics. It's a great workout, too! *This workshop has been approved for PE credit.

MEETING: Thursday; 5:30pm-7:30pm
1/9, 1/16, 1/23, 1/30
LOCATION: Wilson Hall, McCullough Student Center
INSTRUCTOR: Lindsey Hescock

$27.00

Understanding Your Astrological Birth Chart
This workshop focuses on understanding your astrological birth chart, as well as the charts of others. We will explore how one's natal chart affects all aspects of life.

MEETING: Wednesday; 6:00pm-6:45pm
1/8, 1/15, 1/22, 1/29
LOCATION: Gifford Annex Classroom 156
INSTRUCTOR: Sloane Parker

$0.00

Understanding Your Strengths
It's time to focus on what's right with you instead of thinking about what can be fixed. Using Gallup’s Clifton Strengths assessment, and a dash of positive psychology, discover your strengths and learn how to use them to explore your passions, write that killer cover letter, and ace that interview!

MEETING: Tuesday; 4:30pm-6:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Axinn Center 220
INSTRUCTOR: Kristy Carpenter

$0.00
**Water Polo Workshop**

Come learn to play a cool sport and get a great workout! Water polo is an awesome way to get active and have fun in the pool, and this workshop will teach you the basics of this team sport so that you too can pass, shoot, and learn techniques. This workshop is open to anyone who's willing to learn, regardless of prior experience. The workshop will be led by the water polo team and coach, and we can't wait to see you at the pool! *This workshop has been approved for PE credit.*

**MEETING:** Monday, Wednesday; 7:00pm-8:00pm  
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29  
**LOCATION:** Natatorium  
**INSTRUCTOR:** Brian Goodwin, Eve Labalme  
**Price:** $12.00

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**We broke up - now what? The journey to self after a life changing event.**

This workshop is about returning to self after a break up (i.e. friendship, partner, or job). We will share stories (challenge by choice), reflect, question and will end with next steps to be whole again.

**MEETING:** Tuesday; 6:30pm-8:00pm  
1/7, 1/14, 1/21, 1/28  
**LOCATION:** Axinn Center 220  
**INSTRUCTOR:** Esther Thomas  
**Price:** $12.00

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**Winter Outdoor Skills - backcountry cooking in winter**

Take your outdoor cooking to the next level with this workshop that is part of the winter outdoor skills series. Do you camp in winter... do you want to? Learn to design a menu loaded with nutrients for winter activity, calculate fuel amounts, navigate the use of a hot stove on cold snow, and if become familiar with the equipment available to you in the Gear Room. Please arrive prepared to spend this workshop outdoors, in the cold. If all goes well, we will share some tasty treats!

**MEETING:** Wednesday; 4:30pm-6:00pm  
1/15  
**LOCATION:** FIC  
**INSTRUCTOR:** Doug Connelly  
**Price:** $0.00
Winter Outdoor Skills - staying warm in the winter
Take your outdoor abilities to the next level with this workshop that is part of the winter outdoor skills series. Do you camp or travel outdoors in winter . . . do you want to? Learn the essentials of clothing choices for warmth, layering, how the body generates heat, and how insulation differs among fabrics. Do you understand how heat is lost from the body? Or what to do when it really gets cold out there . . . Learn tips and tricks to camping well in winter. Gain familiarity with the equipment available to you in the Gear Room. Please arrive prepared to spend a portion of this workshop outdoors, in the cold.

MEETING: Wednesday; 4:30pm-6:00pm
1/8
LOCATION: FIC
INSTRUCTOR: Doug Connelly

$0.00

Winter Outdoor Skills Series - shelters for winter camping
Do you camp in winter . . . do you want to? Learn the essentials of sleeping out in the cold. We will cover tent setup on snow, considerations for sleeping warm, and discuss how to create a world-class winter campsite. This workshop will not practice snow-shelters (Quinzhees or Igloos), but we can discuss these techniques if interested. Come learn what shelters are available to you in the Gear Room. Please arrive prepared to spend the workshop outdoors in the cold.

MEETING: Wednesday; 4:30pm-6:00pm
1/22
LOCATION: FIC
INSTRUCTOR: Doug Connelly

$0.00

Winter Outdoor Skills Series - traveling on snow and ice . . . (for fun)
Learn the basics of recreational travel in winter. What’s the best way to have fun on that snow and ice? We will explore the various types of equipment available to you in the Gear Room. Snowshoes, BC nordic skis - 3 pin and NNN, microspikes, crampons . . . when do we use these? How do they work? What if something breaks? Come practice and improve your basic winter travel skills by understanding the equipment better. Arrive prepared to be outside, moving around in the cold.

MEETING: Wednesday; 4:30pm-6:00pm
1/29
LOCATION: FIC
INSTRUCTOR: Doug Connelly

$0.00
Yosakoi Japanese Dance *
Yosakoi is a modern Japanese group dance style with roots in the Buddhist custom of obon ritualistic dance. With few rules, the choreography and music choice is totally up to the dance team's creativity, though dancers usually use handheld wooden percussion clappers (and we will!). The Yosakoi festival, held in Kochi prefecture since 1954, has spread to be a part of the summer festivities of many places in Japan. Come learn Yosakoi dance! Those who would like to may join in performing at the Spring Festival celebration by Japanese Club. *This workshop has been approved for PE credit.*

MEETING: Thursday; 5:00pm-7:00pm
1/9, 1/16, 1/23, 1/30

LOCATION: Proctor Lower Rehearsal Room

INSTRUCTOR: Mahli Knutson
Kelly Park

$10.00