Winter Term Workshops

Winter Term Workshops 2014

Register: Online – go/boxoffice
Sunday, December 1st – Tuesday, December 10th
Registration starts at midnight online or in person during normal box office hours

Winter Term Workshops: 2014

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 1st at
midnight through Sunday, December 10th at midnight (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. First come, first serve.

- Workshop fees must be paid at the time of registration. Courses begin January 6 and end on January 31, 2014.
- 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, 2014**
- 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*

**ABC’s of Theatre**  
Box Office # 48
Do you like acting or improv or simply want a fun workshop? If you said yes, then this workshop is the one for you! We will be exploring the basics of theater such as staging, improvisation, ensemble building, technical theater and MORE! You don't have to have any previous theater experience, but even if you do, it will still be a fun experience. Just bring yourself and a willingness to learn and connect with your peers!

**MEETING:** Tuesdays & Thursdays; 7:00 – 8:30p  
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30  
**LOCATION:** Chateau 005  
**INSTRUCTOR:** Rebecca Johnson  
**PRICE:** $29.00

**Acoustic Guitar – Beginning**  
Box Office # 53
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; 7:00 – 8:30p  
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30  
**LOCATION:** Johnson 304  
**INSTRUCTOR:** Rick Klein  
**PRICE:** $74.00
Acudetox for Health
Box Office # 22
Experience and learn about the history, science, and application of this special 5-point auricular (ear) acupuncture treatment to regulate emotions, relieve cravings, ease pain, and calm the nervous system. Used for decades in the field of addiction and recovery and more recently for PTSD and trauma from natural disasters, Acudetox taps into the body's capacity to return to a calm and centered state.

MEETING: Saturday; 1:00-3:00p
1/11
LOCATION: Axinn 220
INSTRUCTOR: Rachel Edwards
PRICE: $7.00

Acudetox for Health
Box Office # 23
Experience and learn about the history, science, and application of this special 5-point auricular (ear) acupuncture treatment to regulate emotions, relieve cravings, ease pain, and calm the nervous system. Used for decades in the field of addiction and recovery and more recently for PTSD and trauma from natural disasters, Acudetox taps into the body's capacity to return to a calm and centered state.

MEETING: Mondays; 4:15-5:15p
1/6; 1/9; 1/13; 1/16
LOCATION: Axinn 220
INSTRUCTOR: Rachel Edwards
PRICE: $32.00

*Advanced Lindy Hop: Developing Technique and Style
Box Office # 68
This workshop is catered to those with at least a year of experience with Lindy Hop (though exceptions may be made). If you've mastered dancing but want to develop your style and technique, then this workshop is for you! We will focus on looking deeper at how we dance, learning different techniques that help us become better social dancers, and work hard on making our dancing spectacular. This workshop has been approved for PE credit.

MEETING: Mondays & Wednesdays; 7:00-8:00p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29
LOCATION: Proctor Basement
INSTRUCTOR: Eleni Polychroniadou
PRICE: $36.00

Advanced Presentations: From Beginners to Pros
Box Office # 86
Learn to skillfully captivate and impress audiences with the most amazing PowerPoint presentations. Explore the true art form behind making extremely effective presentations, from design to delivery and everything in between (including broad topics such as storytelling to finer details such as color palette). All levels of experience are welcome in this exciting and highly useful J-Term course. Prepare yourself to reap the rewards of experiencing a whole new universe of presenting.

MEETING: Tuesdays & Thursdays; 6:30-7:30p
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30
LOCATION: Hillcrest 103
INSTRUCTOR: Ian Thomas
PRICE: $7.00
American Sign Language 101

In this workshop, you will learn the basics of American Sign Language (ASL) including: how to introduce yourself, the ASL alphabet, how to talk about yourself and other people, as well as other things. We'll learn through the use of really fun games, songs, and worksheets. We have a Language Table that you can come to for some extra practice (and a chance to learn new vocabulary/make new signing friends!). Along with learning some basic ASL, we will also learn about Deaf culture and history in the USA as well as some facts about sign languages from around the world. It is open to anyone and everyone who wants to learn, so come join us for really fun ASL meetings, and learn a super cool and very useful new language!

MEETING: Mondays & Wednesdays; 7:00-8:30p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29
LOCATION: MCC Mitchell Green Lounge
INSTRUCTOR: Ada Santiago
PRICE: $26.00

Ancient Art of Tea: Discovering Oolong, Black, & White Tea from Fujian Province, China.

Last spring, the owners of Stone Leaf Teahouse traveled to Fujian Province, the birthplace of white, black, & oolong Tea. After paying homage to the famed 800-year old Imperial Tea Trees of Wu Yi Shan, we were fortunate to meet an 8th generation tea farmer with a unique grove of tea trees nearby. Come join us in tasting these unique teas from this farmer, and others, who cultivate traditional techniques of oolong, white, & black tea.

MEETING: Wednesday; 7:00-8:30p
1/8
LOCATION: Stone Leaf Teahouse in the Marbleworks, Downtown Middlebury
INSTRUCTOR: John Wetzel
PRICE: $18.00

Art of Tea & Chocolate: Tasting the Best of Both Worlds

Tasting high quality tea and chocolate can have amazing results. Join the owners of Stone Leaf Teahouse & Middlebury Chocolates as we pair handmade artisan chocolates & tea (also handmade artisanal) in divine combinations that defy comprehension. Tea leaves & cocoa beans imported direct from the source, roasted and tempered in Vermont, make for an exceptional tasting. Don't miss this unique evening in the ambiance of Stone Leaf Teahouse, in the Marble Works, Downtown Middlebury.

MEETING: Thursday; 7:00-9:00p
1/16
LOCATION: Stone Leaf Teahouse in the Marbleworks, Downtown Middlebury
INSTRUCTOR: John Wetzel
PRICE: $24.00

*Avalanche Awareness

Avalanches can and do happen in the east! Join us for this 2-day workshop focusing on recognizing and mitigating avalanche hazards in the field, as well as avalanche transceiver use. Day 1 will be a classroom session, while day 2 will be a full day out in the field in Smuggler's Notch or similar venue. The course fee includes the use of an avalanche beacon, shovel and probe. This workshop has been approved for PE credit.
MEETING: Saturday; 8:30a-5:30p, Sunday; all day
LOCATION: 1/11 - Axinn 219; 1/12 -TBA
INSTRUCTOR: Derek Doucet    PRICE: $250.00

*Backflip 101
Box Office # 9
Want to do some awesome tricks? Learn how to do handstands, cartwheels, flips and more in this gymnastics workshop geared for beginners! If you already have gymnastics experience, come tumble with us! All levels are welcome - no prior experience necessary. This workshop has been approved for PE credit.

MEETING: Mondays & Wednesdays; 4:30-5:30p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29

LOCATION: FIC Hamlin Bunker
INSTRUCTOR: Yvonne Chan    PRICE: $25.00

Baking the Classics for Beginners
Box Office # 31
In this workshop you will learn the basics of baking in addition to how to make some baking classics including banana bread, pecan pie, spiced applesauce cake, and smor'e cookies. If that didn't get your mouth watering, knowing that you can take home anything you bake must! As in a FULL PIE DURING PIE WEEK! No culinary experience is required, just the desire to satisfy your munchies with some homemade baked goods. Food 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: Mondays; 7:30-8:30p
1/16; 1/13; 1/20; 1/27
LOCATION: Coffrin Annex Lounge
INSTRUCTOR: Helen Goelet    PRICE: $56.00

Basic Blacksmithing #1
Box Office # 74
Open to students with no previous metalworking experience, these workshops cover basic iron working skills including coal forge management, tools, and materials of the trade, and basic forging techniques. Please note there will be travel time to and from this workshop.

MEETING: Saturday; 8:30a-6:00p
1/11
LOCATION: Lake Champlain Maritime Museum
INSTRUCTOR: Warren Rinehart    PRICE: $95.00

Basic Blacksmithing #2
Box Office # 75
Open to students with no previous metalworking experience, these workshops cover basic iron working skills including coal forge management, tools, and materials of the trade, and basic forging techniques. Please note there will be travel time to and from this workshop.

MEETING: Saturday; 8:30a-6:00p
1/18
Basic Blacksmithing #3  
Box Office # 76  
Open to students with no previous metalworking experience, these workshops cover basic iron working skills including coal forge management, tools, and materials of the trade, and basic forging techniques. Please note there will be travel time to and from this workshop.

MEETING: Saturday; 8:30a-6:00p  
1/25  
LOCATION: Lake Champlain Maritime Museum  
INSTRUCTOR: Warren Rinehart  
PRICE: $95.00

Basket Weaving  
Box Office # 10  
Learn the basic basket weaving skills needed to create lots of practical creative baskets. This class features a bushel basket perfect for socks, mittens, odds and ends, magazines, you name it. All materials provided. A list of simple household tools needed for class will be sent to participants before the class. All will leave the class with a unique finished basket.

MEETING: Saturday; 9:00a-2:00p  
LOCATION: Proctor Redfield  
INSTRUCTOR: Maura Clancy  
PRICE: $57.00

Beginner’s Studies in Martial Arts Tricking  
Box Office # 72  
The spin-hook. The tornado kick. The aerial cartwheel. The butterfly twist. Even if you haven’t heard of martial arts tricking, you’ve definitely seen it in the movies (such as The Matrix and Scott Pilgrim vs. The World). The goal is to combine flashy kicks and acrobatics moves into the most aesthetic combos imaginable. If that sounds awesome to you, you are correct: go look it up on YouTube! In this beginner's workshop you will learn to throw cool combos of basic kicks and acrobatics. Martial arts/gymnastics experience not necessary. Astound your friends! Confound your enemies! Come trick!

MEETING: Mondays, Wednesdays & Thursdays; 7:00-8:00P  
1/6; 1/9; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29  
LOCATION: FIC Hamlin Bunker  
INSTRUCTOR: Rufus Raghunath  
PRICE: $21.00

*Beginners Yoga  
Box Office # 8  
This workshop will explore the fundamental principals of yoga in both the physical and spiritual sense. We will explore alignment principals and movement inquiries within a nurturing and fluid practice. No previous yoga experience required. This workshop has been approved for PE credit.

MEETING: Tuesdays & Thursdays; 5:00-6:15p  
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30  
LOCATION: Forest Basement  
INSTRUCTOR: Emily Cavanagh  
PRICE: $27.00
**Beginning Asian Languages ALL AT ONCE!**

"明德”“ミドルベリー””미들버리”...They look different but they actually mean one thing: Middlebury! Those characters are written in Chinese, Japanese, and Korean. Have you ever thought of taking Chinese or Japanese 101 in Midd but thought it would be too overwhelming? Have you ever wished when you hear the "Ching-Chang-Chong's", you can distinguish which language is spoken? In this workshop we are going to explore the wisdom of these Asian languages, how they are structured, and what differences and similarities they have in common. After the intensive (but FUN!) sessions of this workshop, you will know the basics of those three languages, and will begin to "speak" them all at once without your friends understanding what you are saying! It's Chinese, Japanese, and Korean 101 times 3!

**MEETING:** Tuesdays, Wednesdays & Thursdays; 6:00-7:00p
1/7; 1/8; 1/9; 1/14; 1/15; 1/21; 1/22; 1/23; 1/28

**LOCATION:** Warner Hemicycle 27

**INSTRUCTOR:** Roy Wang

PRICE: $27.00

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**Buffet-Style Partner Dancing**

Come sample a little bit of everything in this crash course on basic partner dance! The goal of the workshop will be to provide you with "conversational" dance skills for a wide variety of social venues. Dances will include basic foxtrot, waltz, tango, salsa, merengue, cha cha, bachata, lindy and variations, depending on input from the class. Whether you're looking to eliminate the awkwardness of waltzing at weddings or just searching for stellar salsa moves to show off the next time you're out, come sample ballroom, Latin, and swing-style dancing in a low-pressure setting. Absolutely no experience required! This workshop has been approved for PE credit.

**MEETING:** Mondays & Wednesdays; 7:30-9:00p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29

**LOCATION:** Forest Basement

**INSTRUCTOR:** Brennan Delattre

PRICE: $11.00

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**Business Social Etiquette**

How do you interact with your sweaty boss at the workplace gym? What is appropriate behavior at a cocktail party? How do you avoid a faux pas at a business dinner? This workshop strives to prepare Middlebury students for the the complicated dynamics of social interaction in professional and semi-professional settings. The course will investigate personal interactions in private, nonprofit, and public sector workplaces before transitioning to cover social dynamics in less-structured settings. We seek to emphasize development of skills in personal presentation, upward management, and networking.

**MEETING:** Fridays; 7:00-8:00p
1/10; 1/17; 1/24; 1/31

**LOCATION:** Chateau108

**INSTRUCTOR:** Matthew Porat

PRICE: $48.00

Brandon Henry

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**Canto Language and Culture**

Do you speak Mandarin already? Have you always wanted to learn another widely-spoken Chinese dialect (over 70 million people!), or learn about the customs and culture of Hong Kong, or BOTH? This is
your golden opportunity! Sign up to this workshop, which is organized by themes, to learn the basics of the Cantonese language, watch Canto movies, hear Canto jokes, learn to sing Canto songs etc.

**MEETING:** Mondays & Thursdays; 7:00-8:00p  
1/6; 1/9; 1/13; 1/16; 1/20; 1/23; 1/27; 1/30  
**LOCATION:** RCD B11  
**INSTRUCTOR:** Adrian Leong  
**PRICE:** $19.00

**Ceramics 1** Box Office # 90
Come get messy with two artsy bros in the pottery studio. Learn to make bowls, cups, and everything under the sun. Learn to throw on the wheel, hand build, and glaze. Come with projects in mind!

**MEETING:** Wednesdays; 7:00-9:00p  
1/8; 1/15; 1/22; 1/29  
**LOCATION:** 75 Adirondack View, Ceramics House  
**INSTRUCTOR:** James Waters  
**PRICE:** $92.00

**Ceramics 2** Box Office # 92
More specific, advanced throwing forms. For those with a bit of prior experience. Forms include bowls, pitchers, and plates. We will focus on design to jumpstart projects, and then get throwing for the majority of the workshop. Some sculpture instruction can be provided if that is of interest. Come with any projects in mind!

**MEETING:** Mondays; 7:00-9:00p  
1/6; 1/13; 1/20; 1/27  
**LOCATION:** 75 Adirondack View, Ceramics House  
**INSTRUCTOR:** James Waters  
**PRICE:** $62.00

**Cocoon: The Art of Nonfiction Oral Storytelling** Box Office # 33
Since the Neanderthals told tales around the fire, humans have learned and loved through stories. In this workshop we will explore what makes an effective oral story, both in content and delivery. Participants will also spend considerable time developing and delivering their own stories around given themes. Led by the producers of the Cocoon and the Vermont Moth Story Slam.

**MEETING:** Tuesdays; 8:00-9:30p  
1/7; 1/14; 1/21  
**LOCATION:** ATA 100  
**INSTRUCTOR:** Luke Greenway  
**PRICE:** $40.00

**Cocoon: The Art of Nonfiction Oral Storytelling** Box Office # 34
Since the Neanderthals told tales around the fire, humans have learned and loved through stories. In this workshop we will explore what makes an effective oral story, both in content and delivery. Participants will also spend considerable time developing and delivering their own stories around given themes. Led by the producers of the Cocoon and the Vermont Moth Story Slam.

**MEETING:** Thursdays; 8:00-9:30p
**Contemporary Circus of North America: history and practice**

Box Office # 78

Half discussion, half practice, this workshop will explore the past, present, and future of circus—focusing on the US but touching on Chinese and European circus traditions as well. We’ll watch videos of some of today’s most exciting and influential artists, talk with a professional circus artist, and practice basic circus skills, including tumbling, juggling, partner acrobatics, hoop-diving, and object manipulation, as well as experience variations in Eastern and Western training traditions. By considering (and practicing) the modern practice of circus within a historical and cultural context, we’ll aim towards building a deeper understanding of circus as a dynamic and evolving art form, and discuss the future of circus in the US. No previous experience is necessary—just curiosity about the art and a desire to move.

**MEETING:** Tuesdays; 4:30-5:30p  
1/7; 1/14; 1/21; 1/28  
**LOCATION:** FIC Hamlin Bunker  
**INSTRUCTOR:** Molly Rose-Williams  
**PRICE:** $17.00

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**Creative Woodblock Prints**

Box Office # 44

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 print maker 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 print makers. Classes will be held at 1 Mill St. lower level.

**MEETING:** Tuesdays; 6:00-8:00p  
1/7; 1/14; 1/21; 1/28  
**LOCATION:** 1 Mill St. lower level  
**INSTRUCTOR:** Ray Hudon  
**PRICE:** $125.00

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**Crushing Analytics: Practical Training in Microsoft Excel**

Box Office # 39

This workshop offers an opportunity to learn the essential functions and capabilities of Microsoft Excel. The instructors will introduce the various techniques in the context of practical applications of this powerful tool. Instructors will guide participants through various functions and in-class exercises will give participants the chance to reinforce their newly acquired skills. The workshop will aim to cover topics ranging from basic arithmetic commands to array functions and powerful data mining techniques.

**MEETING:** Mondays & Wednesdays; 6:30-8:00p  
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29  
**LOCATION:** LIB 140  
**INSTRUCTOR:** John Hawley  
**PRICE:** $38.00

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**Curating the Mysteries of the Heart: Deep Health and the Cultivation of Personal Ecology**

Box Office # 70

This is a workshop on the intersection between the ancient eastern notions of internal cultivation and the modern western notions of environmental conservation. By juxtaposing the American ideal of self-
reliance with the Daoist ideal of the elixir within, these four classes aim to explore the potential of one of the most neglected renewable energy sources on the planet: human energy. Through a combination of lecture and dialogue we intend to detail the history and philosophy of self-cultivation practices east and west and offer an assortment of simple and effective strategies for applying these practices in daily life. The facilitators of this workshop, Christopher Kiely, LAc. and William Porter, M.D., bring 35 years of experience in Chinese and western medicine to the table for this presentation on total health. How can it be that saving the planet, saving oneself, and living life to the fullest are not one and the same thing?

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<thead>
<tr>
<th>Meeting</th>
<th>Location</th>
<th>Instructor(s)</th>
<th>Price</th>
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<tbody>
<tr>
<td>Mondays; 7:30-9:00p 1/6; 1/13; 1/20; 1/27</td>
<td>Hillcrest 103</td>
<td>Will Porter Chris Kiely</td>
<td>$25.00</td>
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</tbody>
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*Dance Workshop*  
Box Office # 3  
A fun dance workshop taught by members of Riddim World Dance Troupe. Each meeting will incorporate different music and styles. No dance experience is required! This workshop has been approved for PE credit.

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<tbody>
<tr>
<td>Mondays &amp; Wednesdays; 5:00-6:30p 1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29</td>
<td>Proctor Basement</td>
<td>Jesse Birdsall Rachel Nunez</td>
<td>$29.00</td>
</tr>
</tbody>
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*Digital Photography*  
Box Office # 95  
This class is for photographers at all levels. Basic techniques will be painlessly demystified. 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 focus of the course. Besides providing whatever technical instruction each student requires, students' 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. They will also learn how to produce digital photographs; how to easily improve and creatively modify on their own personal computers. Students who already own a digital camera should bring their cameras to class.

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<th>Price</th>
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<tbody>
<tr>
<td>Saturdays; 10:00a-12:00p 1/11; 1/18; 1/25</td>
<td>AXN 105</td>
<td>Neal White Elisabeth Waller</td>
<td>$85.00</td>
</tr>
</tbody>
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*Discover Greece Before the Crisis*  
Box Office # 67  
Since 2008 the only thing in the news about Greece is the economic crisis and riots. Greece has far more to offer than citizens protesting on the roads and setting trash cans on fire. Take a journey this J-Term to the beauty of Greece and discover the food, the language, the music, the dancing and the culture. We won't go to great depths in any topic, but by the end of the month you will be able to say a few phrases in Greece, sing a Greek song, dance a Greek dance and cook a Greek dish.
East, Central and West Asian Food and Personal Recipes
Box Office # 1
We have lived in various countries and learned a variety of popular food recipes. We also have created our own delicious recipes. Moreover, we will teach participants how to make Persian tea and drink it after every meals. Our goal is to help students learn how to cook delicious food and make Persian tea to make their college experience more fun and enjoyable. Furthermore, since we are from Afghanistan and Palestine, we will make sure to provide information about cultural and traditional customs of Central Asian and the Middle Eastern countries. The participants will enjoy cooking and eating good food which is not offered in any restaurants anywhere. They will also enjoy drinking very hot Persian tea in the midst of cold Vermont. Join us for this amazing workshop to make Jterm a very fun one.

MEETING: Thursdays; 7:00-8:30p
1/9; 1/16; 1/23; 1/30
LOCATION: ADK Coltrane
INSTRUCTOR: Eleni Polychroniadou
PRICE: $28.00

Fermentation: Yogurt, Kimchi, Cheese, Kombucha
Box Office # 2
Each week, we will take on a new fermentation project. By the end of the workshop, you will know how to make yogurt, kimchi, basic cheese, and kombucha like a pro.

MEETING: Tuesdays; 5:15-8:15p
1/7; 1/14; 1/21; 1/28
LOCATION: ADK Coltrane
INSTRUCTOR: Muhammad Ahmadi
PRICE: $29.00

Fixing Bicycles
Box Office # 54
Do you like bicycles? In this workshop, we will learn the basics of how to take care of your bicycle. We will focus on fixing flats, brakes, and gear shifting. While this class is designed as an introduction to bike maintenance, there will also be opportunities to ask more advanced questions and work on personal projects. This is a great class for anyone looking to build a bike, take apart a bike, or just learn how to take care of your own bike.

MEETING: Saturdays; 3:45-7:45p
1/11; 1/18; 1/25
LOCATION: Weybridge House
INSTRUCTOR: Isaac Baker
PRICE: $74.00

James Waters

FISS ED
Box Office # 93
Do you know the difference between sparkling wines and champagnes? What is secondary fermentation? Are you confused by Brut, Extra Brut, and Extra Dry? Which one is your favorite? Learn everything you wanted to know about sparkling wines and champagnes through informal lectures and
actual tastings at Sparkling, the champagne and sparkling wine bar in Middlebury! Participants must be 21 or older and able to provide the required identification.

MEETING: Tuesdays; 4:15-5:15p
1/7; 1/14; 1/21; 1/28
LOCATION: Sparkling Champagne & Wine Bar
INSTRUCTOR: Nancy Weber-Curth PRICE: $53.00

**From the Front Line to the Finish Line - Lessons and Principles**
Bill Edson will host an interactive seminar, "From the Front Line to the Finish Line" that will feature a presentation and discussion of key principles and lessons-learned that puts the effective leader into the process of leadership. Bill will share his depth of experience as a healthcare executive, military leader, and athletics coach to highlight key academic leader principles such as emotional and social intelligence, formal and informal leadership, and the servant leader to name a few. Bill is currently a part-time assistant coach for the Middlebury College Cross Country and Track and Field teams, the full-time Chief Operations Officer of Middlebury Regional Emergency and Medical Services, and a decorated veteran of the United States Army. He has earned a Bachelor of Arts degree in Professional Studies and Leadership at Johnson State College and a Masters of Science degree in Organizational Leadership at Norwich University.

MEETING: Monday; 4:30-6:00p
1/13
LOCATION: Kenyon Lounge
INSTRUCTOR: Bill Edson PRICE: $3.00

**Fruitopian Baking**
By incorporating fruit into baking, you can have a dessert that is both sweet and nutritional. In Fruitopian Baking, we will be making a multitude of fruity confections. This workshop will allow you to create several fruit-filled desserts to impress friends and family back at home or on campus. These desserts will include delicacies such as strawberry shortcake, banana cream pie, and fruit tart. By the end of J-term, you will have some sweet new culinary skills to be proud of.

MEETING: Wednesdays; 8:00-10:00p
1/8; 1/15; 1/22; 1/28
LOCATION: FRE 013
INSTRUCTOR: Kevin Dong PRICE: $35.00

**Fun with Fiber**
In this workshop we will be taking a raw sheep's fleece and spinning it into a finished skein of wool. The process involves cleaning, skirting, carding, dyeing with natural and chemical dyes, and spinning with both a drop spindle and spinning wheel. You'll get to keep your own skein of spun wool and drop spindle.

MEETING: Wednesdays; 7:00-8:30p
1/8; 1/15; 1/22
LOCATION: ADK Coltrane
INSTRUCTOR: Jake Faber Linnea Burnham PRICE: $60.00
Get Heard: A Recording and Mixing Intensive

Have a song you want others to hear? Tired of Garage Band? Want to take your music to the next level? Then this is the workshop for you. In this class we'll cover the basics of how to track (record) and mix a song. You'll learn how to take a song from raw idea to finished product. This class will focus on the implementation of live instrumentation — and depending on those taking the class will cover everything from learning how to record guitar, bass, drums, piano, strings, and horns. We'll listen to some of the greatest recordings, and you'll be able to walk away with a great appreciation for what makes a song sound the way that it does. Additionally, by the end of the workshop, you should be able to be decently conversant in professional grade recording software, such as Pro Tools or Logic Studio.

MEETING: Thursdays; 5:00-7:00p
1/9; 1/16; 1/23; 1/30
LOCATION: FIC EMS
INSTRUCTOR: Bjorn Peterson
PRICE: $83.00

Get Yo' Photo On!

This is a fun photography class for all levels. We cover the basics of the digital camera, editing skills and shooting techniques. We will explore portraiture photography, black & white, landscape, as well other interests students may have. The class will feature excursions, one-on-one tutorials and critique sessions. We hope to see you there!

MEETING: Saturdays; 2:00-4:00p
1/11; 1/18; 1/25
LOCATION: AXN 229
INSTRUCTOR: Anthea Viragh
PRICE: $18.00

Gluten Free Baking

Tired of the pre-made cardboard gluten free bread? Tired of feeling jealous of your friends eating muffins? Want to impress that cute gluten free girl from your class? Sign up for this workshop! We'll be covering basic concepts in baking delicious gluten free treats from scratch. We'll be cooking a different gluten free item each week. Expect soda bread, chocolate cake, and muffins!

MEETING: Mondays; 8:00-10:00p
1/6; 1/13; 1/20
LOCATION: Carr Hall Lounge
INSTRUCTOR: Hannah Rae Murphy
PRICE: $32.00

Gluten-free Goodies

Celiac, gluten-intolerant, or just don't like gluten? Tired of frozen Udi's cookies? Dissatisfied with your frozen bagels? Join us weekly and treat your taste buds to scrumptious treats - 100% gluten-free. We will bake cupcakes, cookies, and crepes... get psyched! (Note: sorry, but this will not be dairy- or nut-free.)

MEETING: Mondays; 8:00-10:00p
1/13; 1/20; 1/27
LOCATION: Carr Hall Lounge
**Hands-on Henna!**

This workshop aims to provide participants with the tools and information necessary to learn about the art of applying henna tattoos. Henna has been used by many cultures as a form of artistic expression for centuries. Through pictures, video tutorials, and practice, we will learn different techniques and regional specific henna designs (African, South Asian, Arab). We will learn how to make casual henna designs and also more intricate "bridal" patterns. We will also integrate learning more about the ethnic and religious traditions associated with henna around the world. All are welcome to join us for what we hope to be an insightful and enjoyable event! In an effort to insure full cultural immersion, multicultural refreshments and music will be provided.

**MEETING:** Saturday; 3:00-6:30p 
**LOCATION:** HLD 103 
**INSTRUCTOR:** Mariam Khan 
**PRICE:** $10.00

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**Have Your Pie and Eat It, Too**

Bake your way into their hearts with pie! In this workshop we’ll make some delicious pies from scratch—recipes so good your grandma will be jealous. No culinary experience is necessary, just a desire to spend chilly winter nights in a warm kitchen with the smell of pie in the air. Pies will include: apple, cherry, pecan, and chocolate meringue. Please note that there may be potential allergens present in this class.

****Baby don't you cry, gonna make a pie, gonna make a pie with a heart in the middle/Baby don't be blue, gonna make for you, gonna make a pie with a heart in the middle.****

**MEETING:** Sundays; 7:30-8:30p 
**LOCATION:** ADK Coltrane 
**INSTRUCTOR:** Vivian Cowan 
**PRICE:** $52.00

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**Heart and Soul of Baking**

If you never know what to do with all the apples you pick in the fall or want to celebrate your friend's birthday with something a little more personal (and less expensive!) than a cake from Otter Creek Bakery, this is the workshop for you! Whether you've perfected the flakiness of your pie crust or don't know the first thing about separating an egg, I guarantee this will be a fun workshop for all! All baking will be accompanied by killer Motown playlists, from familiar Jackson 5 hits to lesser known Marvin Gaye ballads. Requests for both baking and music are welcome!

**MEETING:** Wednesdays; 7:00-9:00p 
**LOCATION:** Coffrin Annex Lounge 
**INSTRUCTOR:** Katharine Reineman 
**PRICE:** $35.00
**Hoopin'**
Box Office # 37
In this workshop, participants will have the opportunity to design, make, and learn to use their own hula hoops.

**MEETING:** Tuesday; 7:00-9:30p
1/14
**LOCATION:** Ross Dining B11
**INSTRUCTOR:** Melanie Haas  **PRICE:** $25.00

**Hoopla**
Box Office # 40
Hoopla is a fitness experience in which you learn hula hoop basics and tricks, then use your skills to dance and be fit with a hoop. It's a super FUN way to tone your entire body! Hooping builds core strength and improves balance, coordination, and flexibility. It can also quiet the mind, make you laugh, and open up creative self expression. Hoops of all sizes provided. Students will have the option of making their own hoop(s) during the course of the workshop. This workshop has been approved for PE credit.

**MEETING:** Mondays & Wednesdays; 9:15-10:10p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29
**LOCATION:** MCC Flr & ADK Coltrane
**INSTRUCTOR:** Lindsey Hescock  **PRICE:** $60.00

**Hunter Education & Bow Hunter Education Certification**
Box Office # 5
Emphasis on hunter safety, responsibility, outdoor safety, and wildlife conservation are topics that will be covered in a two-part format. Participants will first complete an online course (link will be provided by email after sign-up). The second portion of the workshop is a hands-on field day event, including live fire. A written test will be administered as the final step toward earning a certification card that will enable successful participants to purchase a hunting license. The field day will take place on Saturday, January 18th at the Vermont Conservation Camp Kehoe shooting range. Participants should plan to meet Friday, 1/17 in Axinn 229 From 5:30-6:30p to complete the paperwork process. Please note there will be travel time to and from this workshop.

**MEETING:** Friday; 5:30-6:30p & Saturday; 8:00a-6:00p
**LOCATION:** Friday, 1/17 – AXN 229; Saturday, 1/18 – VT Conservation Camp Kehoe
**INSTRUCTOR:** Wendy Butler  **PRICE:** $0
Steve Oster

**Intermediate Ice Climbing**
Box Office # 19
Building on the skills introduced in Introduction to Ice Climbing, this workshop may involve steeper ice, and introduction to mixed climbing or perhaps multipitch ice ascents! Introduction to Ice Climbing or prior instructor approval is required.

**MEETING:** Sunday; All Day
1/26
**LOCATION:** TBA
**INSTRUCTOR:** Derek Doucet  **PRICE:** $75.00
**Intro to Blues Dance**

Originating in smoky juke joints and house parties in the Black community, Blues dance is an intimate partner dance that can be used almost anywhere, from your local social dance floor to a crowded Atwater party. Although it is strongly tied to its African roots and Blues music, it can be danced to almost any modern music. In this workshop we will cover the basics of the dance and then explore a variety of styles from Fusion Blues to Ballroom Blues. For an awesome example see “go/blues”! This workshop has been approved for PE credit.

**MEETING:** Tuesdays & Thursdays; 4:30-5:30p
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30

**LOCATION:** MCC Flr & Proctor Basement

**INSTRUCTOR:** Elisabeth Harmor

**PRICE:** $12.00

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**Intro to Synchronized Swimming**

Want to learn swimming, dancing and gymnastics at the same time? Want to perform ballet in the water, or learn a few cool tricks to show off in public pools? Join synchronized swimming, a sport that combines swimming, ballet and gymnastic in one, tons of workout and fun! Basic swimming background is recommended, non-swimmers are also welcomed. Everyone welcome! This workshop has been approved for PE credit.

**MEETING:** Tuesdays & Thursdays; 7:00-8:30p
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30

**LOCATION:** Natatorium

**INSTRUCTOR:** Yuexin Zeng

**PRICE:** $46.00

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**Introduction to Advanced Throwing on the Wheel**

The class is designed for students who already know how to center and throw and want to learn something more. Students will focus on one form like: bowls, cups, and plates and make variations of that form. Several altering techniques will be demonstrated. Appendages such as handles, feet, and spouts will be considered in relation to form and function. Classes will be held at 1 Mill St. lower level. Tuition includes 12.5 lbs. of clay and open studio hours.

**MEETING:** Wednesdays; 6:30-9:00p
1/8; 1/15; 1/22; 1/29

**LOCATION:** 1 Mill St.

**INSTRUCTOR:** Stacey Stanhope

**PRICE:** $131.00

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**Introduction to Chinese Culture**

Want to pick up bits and pieces of Chinese culture through weekly classes offered by native Chinese students? Introduction to Chinese Culture offers a series of workshops, including a dumpling making tutorial, oriental arts & crafts, tea art, calligraphy and mahjong games.

**MEETING:** Thursdays; 4:15-5:45p
1/9; 1/16; 1/23; 1/30

**LOCATION:** ADK Coltrane

**INSTRUCTOR:** Yuexin Zeng

**PRICE:** $17.00
**Introduction to Darkroom Photography**  
Box Office # 26  
A beginner's introduction to black and white film photography and darkroom techniques. This workshop will begin with a lesson on the manual camera: how a basic 35mm camera works and how to use the functions to take photographs. Then we will learn to develop our film in the darkroom, as well as use the enlargers to print from the film negatives. Other techniques, such as burning and dodging, will be discussed as well. Participants will need a working 35mm camera (borrow one from a friend or relative if you don't have one!). This workshop will be most fun and useful to those who have no experience with darkroom photography.  

**MEETING:** Thursdays; 7:00-9:00p  
1/9; 1/16; 1/23; 1/30  
**LOCATION:** Forest Darkroom  
**INSTRUCTOR:** Caroline Fernandes  
**PRICE:** $55.00

**Introduction to Dog Sledding**  
Box Office # 18  
Spend your weekend learning the fundamentals of dog sledding in western Maine! You'll depart campus Friday afternoon and spend the night in a fully heated hostel. Saturday you'll meet the dogs and spend the day out on the trails before returning to the hostel. Sunday you'll hit the trails again with the dogs before returning to campus in the evening. Course fee $250 (includes all instruction, transportation and lodging in hostel; participants responsible for meals). This workshop has been approved for PE credit.  

**MEETING:** TBA  
**LOCATION:** TBA  
**INSTRUCTOR:** Caroline Blair-Smith  
**PRICE:** $250.00

**Introduction to Fencing**  
Box Office # 28  
Do you want to learn how to sword fight? The Fencing Club offers beginning fencing classes in epee and sabre. Participants will learn basic fencing form, footwork, and blade work and have opportunities for bouting using electric equipment. All gear will be provided. Those who wish to continue fencing after the workshop will be welcome to join the Fencing Club. This workshop has been approved for PE credit.  

**MEETING:** Tuesdays & Thursdays; 7:00-8:00p  
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/31  
**LOCATION:** Proctor Basement  
**INSTRUCTOR:** Allison Forrest  
**PRICE:** $55.00  
**Josh Pedowitz**

**Introduction to Ice Climbing**  
Box Office # 20  
Explore the slippery art of ascending frozen waterfalls with Middlebury Outdoor Programs! Armed with ice axes and crampons, you'll learn the fundamentals of ice climbing. Expect a full day of strenuous exercise and mental challenge. This workshop has been approved for PE credit.  

**MEETING:** Wednesdays; 5:00-7:00p  
1/8; 1/15; 1/22  
**LOCATION:** MFH Climbing Wall  
**INSTRUCTOR:** Derek Doucet  
**PRICE:** $65.00
**Introduction to Ice Climbing**

Have you ever wondered what to do during a cold, bleak Vermont winter? Learn to go ice climbing! We'll meet on Wednesday, January 22nd in the warmth of the climbing wall to go over some basic belay and climbing techniques. Then, on Saturday we'll head out to a local ice climbing destination, armed with ice axes and crampons, ready to try the real thing! This workshop has been approved for PE credit.

MEETING: Wednesdays 7:00-9:00p & Saturdays 8:00a-5:00p
Wednesday 1/22; Saturday 1/25

LOCATION: MFH Climbing Wall

INSTRUCTOR: Zachary Perzan

PRICE: $107.00

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**It's About Time**

"We travel together, passengers on a little spaceship, depend on its vulnerable reserves of air & soil, all committed for our safety, and peace, preserved from its annihilation by the care, the work--and I will say--the love we give our fragile craft." Dr. Suess shares his tale of environmental disrespect thru the "Lorax" as well as his tale of social mayhem in the "Butter Battle Book." Shel Silverstein reminds us of earth's generosity in "The Giving Tree." Three simple children's stories with global messages and warnings. Wow! Fellow passengers, I invite you to join me, Suess, and Silverstein. Let's bring their epic tales to life! Let's put them on stage! Get the word out that our spaceship is troubled. It's time to help! We'll choose 1, 2, or all 3 of the tales and conjure up some great acting! Throw in great sound effects and ultimately perform for an audience. Come ready to make a difference! Nola's great homemade treats provided!

MEETING: Sundays; 2:00-4:00p
1/12; 1/19; 1/26

LOCATION: McCullough Crest Room

INSTRUCTOR: Nola Kevra

PRICE: $19.00

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**J-Prov**

Celebrating its 6th J-term, the coolest workshop in Middlebury's history is back again, where members of Middlebrow and the Otter Nonsense Players come together to teach about the primary fundamentals of improvisation, making you more confident, trusting and graceful on stage (and, dare we say, in life!). The workshop meets twice a week during J-Term, culminating in a finale showcase where you can show off something way cooler than that handmade Adirondack chair.

MEETING: Mondays & Thursdays; 9:00-10:30p
1/6; 1/9; 1/13; 1/16; 1/20; 1/23; 1/27; 1/30

LOCATION: ADK Coltrane & Proctor

INSTRUCTOR: Melissa MacDonald

PRICE: $11.00

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**Jump!**

Want to have fun and get in shape this winter? Come learn individual jump rope tricks, long rope tricks, Chinese wheel, and double dutch skills. You will get a great workout and listen to awesome music! No experience is necessary and all ages are welcome. This workshop has been approved for PE credit.

MEETING: Mondays & Wednesdays; 5:30-6:30p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29
LOCATION: ADK Coltrane
INSTRUCTOR: Brook Escobedo       PRICE: $26.00

**Knotty by Nature**
Box Office # 59
Open invitation to those who want to learn how to knit! In this class, you will learn how to begin and end a beginners project (you can never go wrong with a scarf!), learn basic knitting techniques, and learn how to read basic knitting patterns. Moreover, this time has proven to be great for socializing and often relieving stress through communal venting!

MEETING: Tuesdays; 7:30-9:00p
1/7; 1/14; 1/21; 1/28

LOCATION: McCullough Crest Room
INSTRUCTOR: Edgar Mejia       PRICE: $36.00

**Kun Khmer (Cambodian kick-boxing)**
Box Office # 42
Kun Khmer is an unarmed martial art developed and practiced in Cambodia for a thousand years. Kun Khmer class was, throughout Cambodia's history, mandatory for every young person for military purpose in the old style warfare. This martial art shares 95% similarity with its neighboring martial art friend, Muay Thai (Thai kick-boxing). The core techniques of Kun Khmer include: punches, kicks, elbows and knee strikes. Kun Khmer is considered the most popular cultural sport in Cambodia. Many are inclined to misunderstand the essence and the purpose of Kun Khmer. This workshop will guide participants to see the humble and rich Khmer arts expressed in Kun Khmer. Kun Khmer is not all about violence. It is also about admiring the beauty and cultural creativity in martial art like the practices of other martial arts such as: Wing Chun and T'ai Chi of the Chinese culture. The participants will learn not only the basic techniques of Kun Khmer but also the history and cultural aspects incorporated in it.

MEETING: Tuesdays & Thursdays; 4:30-6:30p
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30

LOCATION: MFH 3rd
INSTRUCTOR: Kimhean Hok       PRICE: $21.00

**Learn to Play Water Polo**
Box Office # 6
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. This workshop has been approved for PE credit.

MEETING: Mondays & Wednesdays; 7:30-8:30p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29

LOCATION: Natatorium
INSTRUCTOR: Emily Caffry
PRICE: $23.00

**Log Rolling**
Box Office # 77
The sport of log rolling grew out of the logging industry from the early 1800’s. Using rivers like highways, loggers moved hundreds of thousands of logs during the spring melt when river water was high and fast. Log jams were common, and loggers were forced to run out over floating logs to release the jams – a dangerous job requiring bravery, strength, agility and balance. When the drives ended, loggers
celebrated in friendly competitions, pitting their consummate rolling skills in fun, safe log rolling contests. Today, log rolling students and competitors roll on milled logs in pools and lakes, and the sport still challenges and improves strength, balance, agility and mental toughness. A safe atmosphere that encourages fun and friendly competition. This workshop has been approved for PE credit.

MEETING: Wednesdays, Thursdays, Sundays; 7:00-8:30p
1/8; 1/9; 1/12; 1/15; 1/16; 1/19; 1/22; 1/23; 1/26; 1/29; 1/30
LOCATION: Natatorium
INSTRUCTOR: Danielle Rougeau
PRICE: $44.00

Medical Interpretation Basics
This day-long workshop is designed to increase awareness and skills around language interpretation requirements, ethics, best practices, and resources in US healthcare and to contribute positively to participants’ medical interpretation and cross cultural competency skills. It will be presented in a language neutral environment from which those fluent in English and any other language(s) will be able to get a taste of medical interpretation best practices and practice basic skills required of medical interpreters while learning about the broader field of medical interpretation and the responsibilities of healthcare systems, patients, patient advocates, and medical interpreters to provide and/or access linguistically appropriate services. The workshop will include discussion of and training on the following topics: state and federal legal requirements for interpretation; modes of interpretation; ethical standards of medical interpretation; basic interpreter best practices around positioning and session management; interpretation and language resources; key cultural dynamics of US biomedical culture; and consideration and influence of cultural concerns in healthcare access. Workshops will be facilitated through an interactive format integrating opportunities to learn from participants’ experiences and interests and engage in role plays.

MEETING: Saturday; 9:00a-4:00p
1/11
LOCATION: Hillcrest 103
INSTRUCTOR: Kay Freedy
PRICE: $17.00

Mixed Level Silver Jewelry
This course provides the fundamental techniques for the design and creation of hand crafted silver jewelry. Students will learn to cut, forge, form, texture, and polish metal. 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. All other tools and materials provided. Classes will be held at 1 Mill St. lower level below Edgewater Gallery.

MEETING: Thursdays; 6:00-8:00p
1/9; 1/16; 1/23; 1/30
LOCATION: 1 Mill St.
INSTRUCTOR: Barbara Nelson
PRICE: $126.00

Monday Evening Wheel for Beginners
This class will focus on learning to center clay and throw on the potter’s wheel. Students will learn how to make simple bowls and mugs. Students will learn about trimming their pieces and glazing. Classes will be held at 1 Mill St. lower level. Tuition includes 12.5 lbs. of clay and open studio hours.
MEETING: Mondays; 6:30-9:30p
1/6; 1/13; 1/20; 1/27
LOCATION: 1 Mill St.
INSTRUCTOR: Stacey Stanhope  PRICE: $131.00

**Mug Me Maybe?**  Box Office # 81
Do you dream of curling up with a warm mug of tea on a cold winter's day? Are you frustrated with the size of our dining hall mugs? Are you still searching for the perfect gift for your family member or friend? Come explore the art of wheel-thrown ceramics! Learn the basics of working on a pottery wheel, and then apply these skills to the formation of your very own mug! In this four week course, each participant will follow at least one handmade mug through the entire ceramic process. Participants can expect to finish the workshop with mugs that fit into their hands and the skills to continue exploring this craft on their own. No prior ceramic experience necessary.

MEETING: Tuesdays; 7:00-9:00p
1/7; 1/14; 1/21; 1/28
LOCATION: 75 Adirondack View, Ceramics House
INSTRUCTOR: Sofia Silverglass  PRICE: $50.00

**Musical Whistling Workshop**  Box Office # 85
Enhance the musical potential of the instrument embedded on your lips. This workshop will focus on: wider range, higher volume, musical expression, virtuoso techniques and mic handling. No musical background needed, but preferably with some casual whistling experience (a wider range than 1 octave). Zealous beginners/non-whistlers are also welcome, but it will require daily personal practice.

MEETING: Thursdays; 4:30-5:30p
1/9; 1/16; 1/23; 1/30
LOCATION: MCA 209
INSTRUCTOR: Yuki Takeda  PRICE: $14.00

**Myth and Magic**  Box Office # 96
Are you interested in mythology and legend? Have you ever wondered why these stories have endured? Still waiting for your Hogwarts letter? In this course we will explore the Harry Potter series through a mythological lens, and discuss the relevance of the mythological motifs present in the novels and in our own lives. No prior knowledge of mythology is necessary, just a love for Harry Potter and adventure!

MEETING: Tuesdays & Thursdays; 5:00-6:00p
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30
LOCATION: McCullough Crest Room
INSTRUCTOR: Lisa Wooldridge  PRICE: $29.00

**Oil Painting**  Box Office # 56
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.

**Oriental Beauty**

Oriental Beauty workshop explores the concept of beauty in East Asian countries and its variance from history. We will look closely at Korean cosmetics, and learn how Korean girls do makeup; Japanese Kimono, and get familiar with the Kimono culture; Chinese calligraphy, and understand why "Chinese characters say something about one's characters".

**Meeting:** Tuesdays; 5:00-6:00p
1/14; 1/21; 1/28

**Location:** Chateau 108

**Instructor:** Jialong Wu

**Price:** $22.00

**Oval Shaker Nesting Box Construction**

Oval Shaker nesting boxes are one of the most recognized symbols of Shaker wood working and Shaker society. The beauty and functionality of the boxes has endured through the centuries. Instructed by box makers Clayton Perkins and Norm Cushman, students will construct three nesting boxes with matching lids from distinctive Black Cherry wood using traditional techniques and joinery methods. After completing your boxes, application of a urethane finish is optional or you can take them home to paint or decorate them to your personal preference. The class is intended for all levels of wood workers and beginners are especially encouraged. All required materials, tools, and equipment are included.

**Meeting:** Tuesdays; 4:30-7:30p
1/7; 1/14; 1/21

**Location:** FS Carpentry Shop

**Instructor:** Clayton Perkins

**Price:** $40.00

**Rock Climbing Training and Technique**

Climbing at the rock wall is the perfect activity for those cold, dry winter days when you don't feel like going outside, but still want to get exercise and have fun doing it! In this workshop, we'll go over basic rock climbing skills and techniques that will allow you to climb fluidly and efficiently, relying on finesse rather than strength to succeed. All abilities welcome. This workshop has been approved for PE credit.

**Meeting:** Mondays & Wednesdays; 7:00-9:00p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29

**Location:** MFH Climbing Wall

**Instructor:** Zachary Perzan

**Price:** $43.00

**Student Support Network**

Have you felt helpless when a friend is in distress? Needed to step in and offer support, but didn’t know how? Wanted to take part in strengthening your community but lacked the tools to get started? The
Student Support Network will offer information, resources, and opportunities to practice supporting our friends and community on important topics that affect us all including alcohol, relationships, depression and anxiety, and more. Participants will leave with a better understanding of these challenges, how to recognize and talk to someone in distress, and important tools every caring campus leader should know. Participants will be awarded a certificate of completion at the end of the workshop (great resume builder!) as well as Student Support Network swag.

**Meeting:** Tuesdays & Thursdays; 6:00-7:15p  
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30  
**Location:** ATA 100  
**Instructor:** Barbara McCall  
**Price:** $0

**Sushi Making**  
Box Office # 15  
It’s already a staple in your diet, but odds are you’ve never even considered making your own sushi. This four-part course will teach you how to create (and consume) masterful pieces of edible sushi art. From rice cooking, to veggie preparation, to saucing, to rolling, we will cover everything you need to know to get started. Imagine being able to make any type of sushi roll, anytime, without paying Grille prices!

**Meeting:** Tuesdays; 8:30-10:00p  
1/14; 1/21; 1/28  
**Location:** Coffrin Annex Lounge  
**Instructor:** David Dolifka  
**Price:** $47.00

**Swing Dance for Beginners**  
Box Office # 45  
Turns! Dips! Kicks! Swivels! Come learn the basics of swing dance! We’ll be teaching the six and eight-count patterns of Lindy Hop, an upbeat dance form originating in the swing era of the 1920s that is making a resurgence on college campuses and in cities around the world. No experience (and no dance partner) necessary!

**Meeting:** Mondays & Wednesdays; 8:00-9:00p  
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29  
**Location:** Chateau 108  
**Instructor:** Lindsey Hunt  
**Price:** $20.00

**Tantra Workshop**  
Box Office # 61  
“Tantra is the science of transforming ordinary lovers into soul mates. And that is the grandeur of Tantra. It can transform the whole earth; it can transform each couple into soul mates.” Osho, Philosophia Perennis, Vol. 1, Talk #8  
Tantra is the practice of consciously creating connectedness. It is an ancient technique that comes to remind us that our bodies and what we do with them is sacred. The tantra workshop aims to bring together open-minded students who are interested in learning about the practice of tantra and discuss sexuality and the act of love making from different perspectives, both from a philosophical and physical standpoint. In addition to discussing tantric techniques and values, we will engage in some exercises and activities to awaken our senses and spread loving kindness through meditation, visualization, breathing. The workshop will not include nudity nor sexuality; rather, participants should be ready to appreciate the philosophical and cultural significance of tantra through an introduction to basic, non-sexual practices. Participants should be willing to go out of their comfort zones, and contribute for the creation of a positive and safe environment for conversation.
MEETING: Thursdays & Sundays; 7:00-9:00p  
1/9; 1/12; 1/16; 1/19; 1/23  
LOCATION: MCA 125  
INSTRUCTOR: Maggie Nazer  
PRICE: $48.00

*Tap Workshop*  
Join the members of On Tap for a twice-weekly workshop! We will dance to your level, so this class can include you even if you have never put on a pair of tap shoes. We will review basic steps, work on technique, and teach a beginner combination so you have something to show your friends at the end of the month. Tap shoes are provided. This workshop has been approved for PE credit.

**MEETINGS:** Mondays & Wednesdays; 8:30-9:30p  
1/6; 1/8; 1/13; 1/15; 1/22; 1/27; 1/29  
**LOCATION:** Proctor Basement  
**INSTRUCTOR:** Lauren Black  
**PRICE:** $24.00

**The Art of Sushi Making**  
Have you ever wanted to learn how to make sushi? Here's your chance! In this workshop you will learn the essentials including the proper way to making sushi rice, rolling sushi, fish slicing technique and more. Going from basic California rolls to both tuna & salmon rolls, each lesson will include making your own sushi!

**MEETING:** Wednesdays; 5:00-6:45p  
1/8; 1/15; 1/22; 1/29  
**LOCATION:** Forest Basement  
**INSTRUCTOR:** Linda Tran  
**PRICE:** $44.00

**The Basics of "Classical" Music**  
Do you call a classical piece "a song"? Do you know the difference between a concerto and a symphony? A mass or an opera? Can you name the instrument sections of the orchestra? Can you name just 10 "great composers" from the baroque, classical, romantic and twentieth century periods? This workshop seeks to offer anyone who is completely unfamiliar (for one reason or the other) with "classical" music an opportunity to learn those basics so that attending a concert becomes more enjoyable. The workshop will be, ideally, structured, but I will be flexible to accommodate the group's interests. We'll listen to famous masterpieces by composers from the different periods, with a brief historical context. We'll learn to use proper names for form, genre...etc. This is not in any way a "professional music course".

**MEETING:** Mondays & Thursdays; 4:30-6:00p  
1/6; 1/9; 1/13; 1/16; 1/20; 1/23; 1/27; 1/30  
**LOCATION:** MCA 125  
**INSTRUCTOR:** Mthobisi Sibandze  
**PRICE:** $30.00

**The Game of Bridge**  
In this workshop, you will learn the basic skills and strategies of the card game Bridge. Every class will be divided into two sections: a lesson on a particular facet of the game (bidding strategy, play of the hand, conventions for contracts), and then a chance to use what you have learned in an actual game against
other students. No prior knowledge of Bridge is required, but both beginner and intermediate players are welcome. The workshop will culminate in a duplicate Bridge tournament among the students. Snacks will be provided at every class.

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<tr>
<th>MEETING:</th>
<th>Tuesdays &amp; Thursdays; 7:00-9:00p</th>
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<tbody>
<tr>
<td>LOCATION:</td>
<td>Axinn 220</td>
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<tr>
<td>INSTRUCTOR:</td>
<td>Tom Dobrow</td>
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<td>PRICE:</td>
<td>$44.00</td>
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**The Game of Go Introduction**  
For thousands of years, the game of go has fascinated players across the globe. It is a strategy game somewhat like chess, but its rules are simple and elegant—though taking a lifetime to master. In this workshop we will introduce the game assuming no prior experience as well as provide a basic introduction to the cultural influence of the game in Japan, China, and Korea. Approximately half of the class time will be spent playing the game and the half will be lecture based instruction and group discussion.

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<thead>
<tr>
<th>MEETING:</th>
<th>Tuesdays &amp; Saturdays; 7:30-8:30p</th>
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<tbody>
<tr>
<td>LOCATION:</td>
<td>WNS 507</td>
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<tr>
<td>INSTRUCTOR:</td>
<td>Stuart Greenway</td>
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<td>PRICE:</td>
<td>$13.00</td>
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**The Man Box, Unpacking Cultural Messages About What It Means To Be A Man**  
Emergent research in the fields of men’s studies, psychology, sociology, and higher education illuminate the many troublesome aspects of men’s socialization. This four part workshop seeks to assist male students to begin the process of seeing themselves as gendered beings whose thoughts, emotions, and behaviors are informed by cultural expectations of what it means to be a man. Through group dialogue, literature review, media exploring, and journaling, we will explore myths and stereotypes about men in order to broaden our understanding of hegemonic masculinity, and to provide a foundation on which this initial exploration of gender identity can continue.

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<thead>
<tr>
<th>MEETING:</th>
<th>Thursdays; 4:30-6:00p</th>
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<tr>
<td>LOCATION:</td>
<td>Axinn 219</td>
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<tr>
<td>INSTRUCTOR:</td>
<td>Keith E. Smith</td>
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<td>PRICE:</td>
<td>$0</td>
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**The New Feminine Mystique: Unpacking cultural messages to women about gender, sexuality, and sexual identity**  
In this workshop we will examine the ways in which the feminist movement impacts the lives of women today. Through the examination of popular media, we will consider the ways in which women have access to power, overt as well as covert rape culture and the social structure of gender. We will call upon the global feminist movement in order to create a vision of the truly empowered woman.

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<th>MEETING:</th>
<th>Thursdays; 4:30-6:00p</th>
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<tr>
<td>LOCATION:</td>
<td>Chateau 107</td>
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<tr>
<td>INSTRUCTOR:</td>
<td>Maria Teixeira</td>
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<td>PRICE:</td>
<td>$0</td>
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**TwerkShop**

"Twerking" has been around for longer than most people realize, and it certainly did not originate in the United States. We see it happening at parties and dances on the weekends, and you've probably found yourself wondering, "How do you do that?" We also see it in music videos and in the media, but where did twerking come from? Well, I'm offering to teach you not only the origin and culture of twerking, but also how to twerk. In this workshop, we will cover everything you've ever wanted to know about the infamous twerk. We will talk about the history, the parts of the body used in twerking, and of course you will learn how to perform this dance yourself. We will start class with a warm up to prime the body for exercise, as twerking is quite a workout for the core as well as the legs. This workshop will teach you how to move to different beats, as well as how to twerk alone, or with a partner, giving you the confidence necessary to make everyone jealous with this dance at the next party. Most importantly, this will be a fun, empowering, and informative experience! Come give it a shot!

**MEETING:** Tuesdays & Thursdays; 10:30-11:00p
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30

**LOCATION:** Proctor Basement

**INSTRUCTOR:** Steven Kasperek

**PRICE:** $8.00

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**Unishop**

Have you ever dreamed of living a life of simplicity, doing much with little, riding around campus on one wheel? In this workshop we will take you through the steps necessary for you to embark on a one-wheeled journey of a lifetime. Starting with the basics -- i.e. mounting, riding forward, idling (balancing in place), and hopping -- this workshop will conclude with a chance to try out your new skills in the beautiful Vermont outdoors. This workshop has been approved for PE credit.

**MEETING:** Mondays & Thursdays; 4:30-6:00p
1/6; 1/9; 1/13; 1/16; 1/20; 1/23; 1/27; 1/30

**LOCATION:** Forest Basement

**INSTRUCTOR:** Amir Firestone

**PRICE:** $61.00

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**Watercolors**

This class will focus on helping students improve their watercolor skills whether they are at a beginner or intermediate level. We will explore painting techniques as well as color mixing and composition. If students are interested, we can discuss perspective and light effects. Each session will be a combination of floral, still life, landscape and portraiture depending on the student's interest. Classes will be held at 1 Mill St. lower level. Materials list available upon registration.

**MEETING:** Wednesdays; 6:00-8:00p
1/8; 1/15; 1/22; 1/29

**LOCATION:** 1 Mill St.

**INSTRUCTOR:** Retha Boles

**PRICE:** $123.00
**Winter Jogging**

Come learn the ins and outs of winter jogging technique, safety, and apparel. The majority of the workshop will be spent in hands on, or "feet on," if you will, active winter jogging practice sessions. Come jog in the winter wonderland and experience the hidden trails that the Middlebury area has to offer. Optional polar bear will be included. Instructors to communicate with participants where to meet.

**MEETING:** Saturdays; 2:00-3:00p  
1/11; 1/18; 1/25  
**LOCATION:** TBA  
**INSTRUCTOR:** James Waters  
Isaac Baker  
**PRICE:** $29.00

**Yay Make-Up!**

Lipsticks, eye shadows, and twinkles of pretty colors! I will be teaching make-up such as 5 minute rush morning, water-proof sports, and for a magical night. Depending on the interest, I will also teach make-up for stage, self-therapy, interviews, age-transformation, film/TV, body illusions or reconstruction. I am certified by the British Association of Beauty Therapy and Cosmetology as a make-up artist and hairstylist upon graduating from a beauty academy in London. Please bring your own make-up, we'll work with what you have!

**MEETING:** Tuesdays; 5:00-7:00p  
1/7; 1/14; 1/21; 1/28  
**LOCATION:** Proctor Basement  
**INSTRUCTOR:** Haruka Fukukawa  
**PRICE:** $31.00

**Yoga for Athletes**

Do you need/want/think you should get into yoga, but you can't even touch your toes? That's okay! Yoga is still for you, and this workshop will introduce you to the basic postures, sequences and concepts of flow yoga, teaching you how to tailor them to your level of ability. Whether you are an athlete who needs to work on flexibility, a new yoga student who feels intimidated by advanced classes, or just someone who wants to practice yoga in a safe and informative environment, this class is for you.

**MEETING:** Tuesdays; 6:00-7:00p  
1/7; 1/14; 1/21; 1/28  
**LOCATION:** MCA 109  
**INSTRUCTOR:** Toby Israel  
**PRICE:** $12.00

**Yoga For Body Awareness**

This workshop will provide the opportunity to develop a more loving, nurturing and supportive relationship with the body and self. We will explore postures that nourish the body with energy, strength and flexibility, and also offer greater surrender and acceptance of wherever your limits lie. This workshop has been approved for PE credit.

**MEETING:** Tuesdays & Thursdays; 7:00-8:15p  
1/7; 1/9; 1/14; 1/16; 1/21; 1/23; 1/28; 1/30  
**LOCATION:** Forest Basement  
**INSTRUCTOR:** Emily Cavanagh  
**PRICE:** $27.00
Zumba® has quickly become the most popular group fitness format in the world. Founded in 2001, Zumba® Fitness fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation. Classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. The hour will fly by and leave you with a huge smile on your face! This workshop has been approved for PE credit.

MEETING: Mondays & Wednesdays; 8:00-9:00p
1/6; 1/8; 1/13; 1/15; 1/20; 1/22; 1/27; 1/29
LOCATION: MCC Flr & ADK Coltrane
INSTRUCTOR: Lindsey Hescock
PRICE: $19.00