January 11, 2016 – February 5, 2016
Winter Term Workshops 2016

Register: Online – go/boxoffice

11/29/15 – 12/13/15

Registration starts at midnight online through the Box Office
Winter Term Workshops: 2016

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, November 29th at midnight through Sunday, December 13th at online through the Box Office. First come, first serve.

• Workshop fees must be paid at the time of registration. Courses begin January 11 and end on February 5, 2016.
• 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 15, 2016
• 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.
**Body Knitting and Podcasts**
During this workshop, you will learn the technique of finger-knitting and the technique of arm-knitting, and take on one or two of your own projects, which you will both start and finish during the workshop. We will cozy up with our yarn and listen to great podcasts as we craft defenses against the bitter cold that we love so dearly here in Vermont. No knitting or podcast-listening experience is necessary, just a desire to be cozy and the quality of being a generally good person. **Bring your own mug and I will supply tea.**

**MEETING:** Tuesday; 6:00-8:00p  
**LOCATION:** MCC Mitchell Green Lounge  
**INSTRUCTOR:** Julia Desmarais  
**FEE:** $36

**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. **PE credit available**

**MEETING:** Mondays, Wednesdays; 4:30-5:30p  
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3  
**LOCATION:** MCC Wilson Hall  
**INSTRUCTOR:** Brook Escobedo  
**FEE:** $28

**Mugs not Drugs**  
At the end of this workshop students will have created their own personalized mug, perfect for tea or coffee (or even soup or cereal) and always relevant at Middlebury, where survival hinges on staying warm and staying caffeinated. Participants will learn how to throw clay on a pottery wheel, how to trim pieces, and how to pull handles and glaze. All levels welcome.

**MEETING:** Thursdays; 7:00-9:00p  
1/14, 1/21, 1/28, 2/4  
**LOCATION:** 75 Adirondack View, Ceramic Studio  
**INSTRUCTOR:** Paulina Choh  
**FEE:** $34

**Introduction to Kayak Rolling and Basic Skills** *  
In this workshop we will get you comfortable setting up, rolling, and maneuvering a kayak in a pool setting. We will transform these basic skills into full-fledged downriver competence when we hit the rivers in the spring. **PE credit available**

**MEETING:** Wednesdays, Thursdays, Sundays; Wednesdays & Thursdays 7:00-8:30p, Sundays 2:00-5:00p  
1/13, 1/14, 1/17, 1/20, 1/21, 1/24, 1/27, 1/28, 1/31  
**LOCATION:** Natatorium  
**INSTRUCTOR:** Joe Lovelace  
Mark Moore  
**FEE:** $36
**Jamaican Dance/ Pop Culture** *
A blend of Jamaican dancehall and reggae moves taught by a native. Participants will have the opportunity to learn both cultural dance and the aspects that bring the dance together such as dress, speech, etc. Get ready to move like an islander! **PE credit available**

**MEETING:** Tuesdays, Thursdays; 5:00-6:00p  
1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4  
**LOCATION:** Adirondack Coltrane  
**INSTRUCTOR:** Jillian-Jo Duncan-Taylor  
$13

**Knitting Class**
Have you ever wanted to learn to knit? Already know the basics but want to learn new skills like cabling or knitting in the round? This class will teach you everything you need to know to make fun and useful knitted creations like hats, scarves or almost anything else you can think of.

**MEETING:** Mondays, Thursdays; 5:00-6:30p  
1/11, 1/14, 1/18, 1/21, 1/25, 1/28, 2/1, 2/4  
**LOCATION:** MCC Crest Room  
**INSTRUCTOR:** Mercedes McMahon  
$39

**Hoopdancing for Beginners** *
When’s the last time you hula-hooped? Hoopdancing is a carefree form of dance that’s also a great cardio workout. Join us to learn a variety of fun tricks with friendly people. **PE credit available**

**MEETING:** Wednesdays, Fridays; 4:30-5:30p  
1/13, 1/15, 1/20, 1/22, 1/27, 1/29, 2/3, 2/5  
**LOCATION:** Field House, 3rd Floor  
**INSTRUCTOR:** Spencer Watson  
$26
**Leatherworking: Deerskin Moccasins**
Design and craft your own soft-sole moccasin shoes using natural materials. Moccasins are great shoes for the fall and serve as comfortable slippers in the winter. You will experience the satisfaction of working with your hands to create a durable, wearable product. In addition, you will learn how to design a shoe to fit your foot, create a model, and use simple and elegant leather sewing techniques. Leatherworking experience is not necessary. All materials and tools will be provided. You will leave this workshop with a pair of handmade moccasins.

- **MEETING:** Tuesday, Wednesday, Thursday; 7:00-9:00p  
  1/19, 1/20, 1/21
- **LOCATION:** Brooker Basement
- **INSTRUCTOR:** Alden Laev
- **Cost:** $52

**Leave No Trace Trainer Course** *
Get trained and certified to be a Leave No Trace Trainer. Learn about the program of ethical wilderness adventuring and how to teach it. It is a 16 hour class with 10 hours outside, hands on experience! A great certification for any outdoor profession. **PE credit available**

- **MEETING:** Saturday, Sunday; 10:00a-6:00p  
  1/16, 1/17
- **LOCATION:** FIC Hamlin
- **INSTRUCTOR:** Sophie Leiter  
  Margot Babington
- **Cost:** $54

**Introductory Hindi/Nepali Language Workshop**
The goal of the course is to learn basic Hindi/Nepali language skills with some exposure to South Asian culture and traditions. There will be simulations of greetings exchange between students, reading generic alphabets and speaking basic words/phrases. The exposure to the South Asian culture and traditions will be done through audio/visual materials.

- **MEETING:** Thursdays; 4:30-5:30p  
  1/14, 1/21, 1/28, 2/4
- **LOCATION:** Axinn 220
- **INSTRUCTOR:** Ojaswi Pandey
- **Cost:** $11
**Designing Sound**

Ever wondered how sound works? What makes that pop song pleasing to the ears, or that vocal stick out at your favorite show? In this course we'll be teaching you about mixing for stage (with a little work in the studio) to give you an understanding of how to manipulate sound. Recommended for musicians who want a leg up on how audio actually works.

**MEETING:** Mondays; 5:00-7:00p  
1/11, 1/18, 1/25, 2/1  
LOCATION: FIC Bunker  
INSTRUCTOR: Bjorn Peterson, Ben Rose  

$64

**Be a Hong Kong Foodie!**

Craving dim sum? You don't need to hop on a plane to get to the other side of the world anymore because we're going to bring our tastes and memories of Hong Kong to you! Hong Kong isn't only about dim sum, it's also about changing food trends. So from bubble tea to Hong Kong egg tarts, you will learn how to make a variety of authentic Hong Kong dishes! Most importantly, Cantonese lessons are included so that you can order them next time!

**MEETING:** Thursdays; 4:30-6:00p  
1/14, 1/21, 1/28, 2/4  
LOCATION: Coffrin Annex Lounge  
INSTRUCTOR: Hiu-Tung Karen Lee  

$37

**Earthy Hands: Ceramic Sculpting**

Ever wanted to really get your hands dirty and create some hefty 3D art?! Come join my workshop to learn some basic hand-building techniques from pinching and twisting, to coiling and slabbing. After a number of projects and the initial round of firing, we'll get to glazing --or painting with glass that yields breathtaking and magical (or chemical) results! This workshop will culminate with ooh's and ahh's as everyone inspects their final works and takes them home.

**MEETING:** Wednesdays; 4:30-6:30p  
1/13, 1/20, 1/27, 2/3  
LOCATION: 75 Adirondack, Ceramic Studio  
INSTRUCTOR: Amir Firestone  

$34
**Latin Dance Immersion** * 
In this workshop students will be learning a little bit more about the huge cultural diversity of Latin America by being exposed to different types of dance from across this region. Students will start learning some of the basics for each rhythm while also learning about the context where each of these originated. The rhythms to explore in the workshop will range from the stereotypical salsa to the sensual bachata, including also merengue, cumbia, mambo, chachacha, tango, reguetón, etc. After getting a taste of the basics from each rhythm, the group then will select a couple of these in which they want to dive deeper and refine their dance skills. Depending on the applicants' skills the group might, or might not, be divided into beginners and intermediate. There is also a possibility of dividing the group by rhythms of interest but that is to be discussed later. Sign-Up! **PE credit available**

MEETING: Tuesday, Thursdays; 8:00-10:00p  
1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4  
LOCATION: Proctor Basement  
INSTRUCTOR: Jose (Alfredo) Torres  
$35

**Knit Happens: Learn to Knit!** 
Learn the basics of knitting while snacking on cookies and other yummy desserts! We will learn how to knit, how to purl, and how to read a pattern. Participants will come away from the workshop with their own hand-knit scarf! The cost of yarns and knitting needles are included in the workshop fee.

MEETING: Mondays; 7:30-8:30p  
1/11, 1/18, 1/25, 2/1  
LOCATION: AxinnAbernathy Room  
INSTRUCTOR: Jenny Price  
$29

**Fundamentals of Beer Tasting and Brewing** 
This class is designed for those who can't tell the difference between an IPA and a pilsner. We will discuss the basics of the diverse flavors and history that make up the craft beer world. Looking at different breweries and the brewing process, we will also discuss how to make our own homebrews. For beginners and seasoned beer lovers!

MEETING: Wednesdays; 6:00-8:00p  
1/13, 1/20, 1/27, 2/3  
LOCATION: Bi-Hall 104  
INSTRUCTOR: Rachael Morris  
$14
Family Style: Food, Love and Memory in the Italian Kitchen

What happens when Italians cook together? Cooking is not only about making food: it is a means through which we express affection and evoke family memories. While cooking Italian recipes - such as pasta and ragu' - with Giulia and other guests, we will come to understand why food is so important in Italy and the role Italian women play in the kitchen. No requirements needed.

MEETING: Wednesdays; 5:00-7:00p
1/13, 1/20, 1/27, 2/3
LOCATION: 275 Weybridge Street
INSTRUCTOR: Giulia Negretto

$89

“Healthy Individuals Contributing to Healthy Communities”

We live in a society where doing more is highly valued. This can lead to chronic stress, exhaustion and burnout. Individuals’ health matters and in the words of Eleanor Roosevelt, “Those who have must give.” Healthy communities begin with training leaders to focus on their own health and wellness, so that they in turn build resilience and are empowered to contribute to a culture of health. This session will focus on strategies for promoting personal health using an improvement model of change. Participants will have an opportunity to reflect and assess themselves and to strengthen their commitment to personal health and wellness within their roles as leaders. They will identify personal areas for improvement and apply the process of change to themselves. The process will begin with a personal needs assessment and end with an actionable personal improvement plan. At the conclusion of this presentation, the participant will be able to: Objectives: Discus wellness and personal improvement in the context of leading change; Demonstrate awareness thru observation, mindfulness and self assessment; Demonstrate authenticity by assessing vision, resilience, and choices; ad Construct a plan for an actionable personal health improvement project (PHIP).

MEETING: Thursday; 4:30-6:30p
1/14
LOCATION: Ross B11
INSTRUCTOR: Catherine Pipas, MD, MPH
Victoria Pipas

$6

How to Research Potential Employers and Jobs

Come to this session to learn how to use specific databases and Midd resources to identify and get background on industries and companies you want to target as you make plans for life after Midd. Facilitated by a CCI adviser and reference librarian.

MEETING: Wednesday; 4:30-6:00p
1/20
LOCATION: Library 220
INSTRUCTOR: Brenda Ellis
Tim Mosehauer

Free
Beating Starbucks at Its Own Game: Making Creative High Quality Espresso Drinks

Ever wondered how Starbucks makes your grande iced doubleshot extra-whip vanilla latte? In this workshop, we will learn the basics of espresso drinks and make our own delicious flavored beverages. Using high quality beans, syrups, chocolates and homemade whipped cream, we will craft drinks that put your typical Starbucks order to shame. Participants will have the chance to experiment with drinks ranging from cappuccinos to flavored lattes to salted caramel mocha frappuccinos. Extra drinks may be brought home to help fuel the rest of your J-Term.

MEETING: Tuesday; 4:15-6:15p
LOCATION: Coffrin Annex Lounge
INSTRUCTOR: Ry Storey-Fisher, Alex Browne

Crisis Investing: The Nomad Capitalist

This workshop is dedicated to giving you the tools to create opportunity from every crisis. International diversification allows you to safeguard your wealth against the highly cyclical nature of the world economy and eventually profit from the panic after the crash (anyone remember Bank of America stock selling for below $5 a few years ago?). Most importantly, it allows you to create an unrelenting money-making machine and bank freely without the arbitrary interference of world governments. This workshop is dedicated to giving you the tools to create opportunity from every crisis. International diversification allows you to safeguard your wealth against the highly cyclical nature of the world economy and eventually profit from the panic after the crash (anyone remember Bank of America stock selling for below $5 a few years ago?) Most importantly, it allows you to create an unrelenting money making machine and bank freely without the arbitrary interference of world governments.

MEETING: Thursdays; 8:15-9:15p
LOCATION: Hillcrest 103
INSTRUCTOR: Rishav Kapoor

EDM Production

Want to be the next Calvin Harris? Zedd? Major Lazer? Flume? Disclosure? In this intensive course, taught exclusively in Ableton Live 9, students will gain the tools and experience necessary to produce their very own polished electronic dance record. Students will select songs they admire, and learn how to create original music in a style of their choice. In class, we will focus on electronic sound design, arrangement and emulation theory within software synthesizers. We will also examine the nuances of sample warping, digital effects, mixing and mastering. Dedicated participants will leave this course having crafted an impressive audio file for their final project. Participants will need to have met the prerequisite of MUSC 0212 or MUSC 0160 or can participant by approval.

MEETING: Mondays, Wednesdays; 7:45-9:45p
LOCATION: Mahaney Center for the Arts 210
INSTRUCTOR: Jack Tipper
**Go With The Flow**
Come experience different styles of yoga in this fun and relaxing workshop. Good for all levels!

**MEETING:** Tuesdays, Thursdays; 7:00-8:30p  
1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4  

**LOCATION:** MCC Crest Room  

**INSTRUCTOR:** Chelsea Colby  

$6

**Hula and Tahitian Dance** *  
E Komo Mai! In this workshop, you will learn the dance basics of Hawaiian hula and Tahitian ‘Ote’a. You’ll learn the motions and meanings of these cultural dances. At least 1 hula and 1 tahitian piece will be taught. We’ll dance, have fun, and burn calories while we escape from cold, snowy Midd to explore the tropical paradise of Polynesia! **PE credit available**

**MEETING:** Tuesdays, Thursdays; 4:30-5:30p  
1/12, 1/14, 1/19, 1/21, 1/28, 2/2, 2/4  

**LOCATION:** Proctor Basement  

**INSTRUCTOR:** Hanna Nowicki  

$22

**Tabletop Role-Playing as Interactive Fiction**
Tabletop role-playing games offer a unique opportunity to build narratives together - stories emerge from everyone's choices as you play. In this workshop, we'll explore the history and principles of this unconventional art form by playing three different games (and yes, one of them will be in a galaxy far, far away.) No experience required, just your imaginations!

**MEETING:** Saturdays; 2:00-5:00p  
1/16, 1/23, 1/30  

**LOCATION:** Hillcrest 103  

**INSTRUCTOR:** Zach Schuetz  

$28
Introduction to Darkroom Photography
Beginner's course to black & white film photography and darkroom techniques. This is not explicitly a photography class--no experience is necessary, but may help--as most of our focus will be on developing your photos in the darkroom. The workshop will begin with a lesson on the basics of a manual film camera: how to utilize the functions of the 35mm camera in order to take pictures. We will then learn how to develop the film in the darkroom and how to enlarge the photos from the photo negatives. Other darkroom techniques will be discussed during the development process. Each participant will need a working 35mm manual film camera, but if you do not have your own, we have a limited supply to borrow. This workshop will be most enjoyable for those who do not have experience in a darkroom.

MEETING: Wednesdays, Thursdays; 7:00-8:30p
1/13, 1/14, 1/20, 1/21, 1/27, 1/28, 2/3, 2/4
LOCATION: Forest Darkroom
INSTRUCTOR: Michael O'Hara
Sebastian Zavoico

$54

River dance of' Reals (An Introduction to Irish Dance)
Ever wanted to learn how to River dance? Come get your jig on and learn the basics of Irish Dancing at our workshop! Caiti and Ceiled, two former championship Irish Dancers, will teach you how to Irish skip, perform a simple jig, and participate in group ceiled dances. We'll also listen to some fabulous traditional Irish music to boot! At the the end of our class, we'll have a lovely little celtic celebration at which you can show off your shiny new Irish Dancing skills. Can't wait to dance with y'all!

MEETING: Wednesdays; 8:30-9:30p
1/13, 1/20, 1/27, 2/3
LOCATION: Proctor Basement
INSTRUCTOR: Caley Henderson
Kate McCluskey

$19

RIDDIM Winter Workshop *
Come dance with RIDDIM at the RIDDIM Winter Workshop! Come jam out with RIDDIM, learn some new dance moves, break a sweat, and have a good time. No experience necessary. The classes taught will primarily be hip-hop, but other styles may be featured. Classes are open to all levels! PE credit available

MEETING: Tuesdays, Thursdays; 6:00-7:30p
1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4
LOCATION: Proctor Basement
INSTRUCTOR: Elise Cabral
Lauren Black

$22
Learn to Ice Skate (for beginners and novices) *
Having trouble walking to class? Need a PE credit? Come skate with us! From learning how to tie your skates and gliding across the ice to basic jumps and spins, we can help you learn or improve your skating abilities in just four weeks! All levels are welcome for this small group workshop setting! **PE credit available**

**MEETING:** Tuesdays, Thursdays; 1:00-2:00p  
1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4

**LOCATION:** Kenyon Arena  
**INSTRUCTOR:** Eleanor Patterson  
Lydia Waldo

$29

Zotero for Everyone: Organize Your Research
Are you drowning in journal articles and books, but not sure how to keep track of it all? Are you working on a senior project or need help managing your resources? Let us help you on the next stage of your journey as a power researcher. After this workshop, you’ll be an expert in Zotero, the citation management tool that can help you save, organize, and cite your sources, and you’ll be able to create bibliographies with the click of a button. This workshop will be taught by Middlebury research librarian Stacy Reardon.

**MEETING:** Wednesday; 4:30-5:30p  
1/13

**LOCATION:** Library 201

**INSTRUCTOR:** Stacy Reardon

Free

Intro to Adobe Illustrator
Bring your ideas to life with Adobe Illustrator! Learn the fundamentals of the industry-standard vector graphic software used by designers and illustrators to create digital graphics, logos and illustrations. Adobe Illustrator skills can be widely applied on campus through the design of posters, logos, sketches, shirts, business cards, resumes and more for both personal use and student organizations. No experience is expected; come with a project in mind or simply a willingness to learn a new skill.

**MEETING:** Wednesdays; 7:00-9:00p  
1/13, 1/20, 1/27, 2/3

**LOCATION:** Bi-Hall 505

**INSTRUCTOR:** Lindsay Grigg  
Ellen Sartorelli

$19
**Climbing is Fun! (for beginners)** *
This workshop is geared towards beginners with little to no climbing experience. Participants will learn the four tenants of rock climbing: Look Good. Climb Good. Look Good. Be Safe. But in all seriousness, This workshop teaches basic skills such as belaying, tying knots, bouldering, and training in an environment that builds trust and good friendships and also provides enough style points to rocket you into the flashy and hip world of climbing. **PE credit available**

**MEETING:** Tuesdays; 7:00-9:00p  
1/12, 1/19, 1/26, 2/2  
**LOCATION:** Field House, Climbing Wall  
**INSTRUCTOR:** Mara Gans  

**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 also integrate learning more about the cultural and religious traditions associated with henna around the world. All are welcome to join (no prior experience necessary)!

**MEETING:** Saturdays; 12:00-1:30p  
1/16, 1/23, 1/30  
**LOCATION:** Hillcrest 103  
**INSTRUCTOR:** Mariam Khan  

**Beer 101**  
Have you ever wondered what the difference is between a stout or a porter? Or what makes an American pale ale different from an Indian pale ale? Do you find yourself wondering what a "porter" even is? If you answered yes to any of these questions, or you'd just like to learn more about beer, then this workshop is for you. In this workshop, we will spend the month of January discussing what makes a beer a beer. There are so many breweries in our backyard and such a strong craft beer culture in Vermont that it's about time we learn something about it. Come join us once a week to get to know a little more about an important aspect of our home.

**MEETING:** Wednesdays; 7:00-8:00p  
1/13, 1/20, 1/27, 2/3  
**LOCATION:** Bi-Hall 338  
**INSTRUCTOR:** Liza Wright-Fairbanks  
Jack Delano  

**$40**

**$11**

**$20**
**Handstands, Backflips, and Tumbling!** *
Join our gymnastics workshop for a challenging and athletic experience! You will learn fundamental skills such as handstands, round-offs, and even backflips! Every class includes stretching and conditioning. This workshop is aimed at total beginners but we welcome gymnasts of all levels. Eight-pack guaranteed. **PE credit available**

**MEETING:** Tuesdays, Thursdays; 4:30-5:30p  
1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4  
**LOCATION:** Nelson Multi Use Area  
**INSTRUCTORS:** Yvonne Chan, Anja Kuipers, Joel Wilner, Tess Weitzner  
$22

**Calligraphy with Celia**
Calligraphy, or "the art of beautiful writing," has adorned the covers and pages of manuscripts for centuries. This workshop will introduce you to the European practice of ornate lettering. We will begin by mastering the basic, modern Italic script and then introduce other styles such as Uncial (Celtic) and Gothic (Medieval). By the end of the workshop you'll be able to write with an elegant style and flourish - perfect for decorating cards, letters, and more. Come relax and write with us! **Writing materials will be included.** No prior visual art experience necessary!

**MEETING:** Mondays, Wednesdays; 5:00-6:00p  
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3  
**LOCATION:** Ross B11  
**INSTRUCTOR:** Celia Watson  
$18

**I LOVE LAMP (advanced ceramics)**
Ready to take your ceramics skills to the next level? Come hang out in the studio this J-term, and learn how to turn a ceramic vase into a lamp you'll love. All participants should feel comfortable centering clay and throwing small bowls, cups, or vases. During the workshop, we will build on our previous skills to throw large and creatively-shaped works of functional art. We will then alter our pottery to accommodate the necessary lamp hardware. Once glazed and fired, we will be able to wire our work and plug it in! The night is dark and full of terrors. Let's add some light. **Prerequisite:** Beginner’s ceramics workshop, prior pottery experience, obsessive open hours attendance, etc.

**MEETING:** Tuesdays; 7:00-10:00p  
1/12, 1/19, 1/26, 2/2  
**LOCATION:** 75 Adirondack, Ceramic Studio  
**INSTRUCTOR:** Sofia Silverglass  
$71
Pottery 101
Join Mara to explore the wonderful world of ceramics! We will get familiar working with clay and learn the basics of hand building, coiling and sculpting. We will build our ceramic skills and eventually graduate to throwing on the wheel. This is a great opportunity to get down and dirty with your creative side and by the end of January you will have a bunch of cool pottery pieces, and skills that you can continue to build on. This workshop is designed for beginner potters and ceramic artists, no experience is encouraged!

MEETING: Mondays; 7:00-9:00p  
1/11, 1/18, 1/25, 2/1  
LOCATION: 75 Adirondack, Ceramic Studio  
INSTRUCTOR: Mara Gans  
$47

Coloring for Meditation
If you thought coloring books were just for kids, you're totally wrong. Bring some color into your J-term with this weekly, hour long coloring for meditation workshop! Using adult coloring books, we'll practice meditation and stress relief through the art of coloring. Coloring materials, music, and snacks will be provided!

MEETING: Tuesdays; 8:00-9:00p  
1/12, 1/19, 1/26, 2/2  
LOCATION: Hillcrest 103  
INSTRUCTOR: Emma Erwin  
$9

Learn Fencing *
Do you want to learn how to sword fight? The Fencing Club offers beginning fencing classes in foil, sabre, and epee. Participants will learn basic fencing form, footwork, and blade work and have opportunities for boutting 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. PE credit available

MEETING: Mondays, Wednesdays; 5:00-6:00p  
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3  
LOCATION: Proctor Basement  
INSTRUCTOR: Joshua Pedowitz  
Maddy Dickinson  
$30
Introduction to Gua-Sha Massage

Also known to chiropractors as the Graston-Technique, Gua-Sha Massage is a form of Traditional Chinese Medicine technique used for relieving tight muscle pain. One of the deepest and most effective modalities in massage, Gua-Sha massage involves rubbing the skin by following the Chinese Acupressure Meridians. Experience receiving Gua-Sha massage is a necessary part of the learning process as well. Students will be educated on human anatomy in the musculoskeletal system through both theory and experience, become familiar with gua-sha techniques through giving gua-sha to their peers, explore compassion and loving-kindness within the context of massage, and discover basic principles of massage including the differences between inappropriate and professional touch. All massage will be done in a group setting as a community of healers. Various forms of mindfulness meditation will be explored at the beginning of each class. No prior experience is necessary. Fee pays for oil and a gua-sha tool that participants can keep after the workshop. Note: Gua-Sha intentionally creates transitory therapeutic petechiae called ‘sha’ representing extravasation of blood in the subcutis, which looks like bruising but is actually very healthy and necessary in order for the fascia to rebuild itself, similar to tearing muscle fibers when building muscle and working out. Participants should bring their own yoga mat, towel and pillow for this workshop.

MEETING: Thursdays; 7:00 -9:00p
1/14, 1/21, 1/28, 2/4
LOCATION: Virtue Fields House Goldsmith Lounge Room 296
INSTRUCTOR: Eli Susman

$44

Tap Dance Workshop *

Join the members of On Tap, Middlebury’s tap dance troupe, for a twice-weekly workshop! We will dance to your level, so no experience whatsoever is required. We will review basic steps, work on technique, and learn a combination that you will be able to show off by the end of the month. Tap shoes are provided. Come join us for a month of buffalos, paradiddles, flap-shuffle-hop-steps and more! PE credit available

MEETING: Mondays, Wednesdays; 7:00-8:00p
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3
LOCATION: Proctor Basement
INSTRUCTOR: Julie Merchant
Lauren Black

$26
**Writer's Workshop**
Do you love to write? Do you love discussing literature? Writer's Workshop is an opportunity to combine those passions, through workshopping writing pieces within a small group. Each student will have the chance to workshop at least one piece. Stories will be emailed to the group in advance and students will meet to read out loud and discuss the work. No experience in creative writing is expected, all types of writing are welcome! At the end of the workshop, pieces will be displayed online through a go-link to celebrate each student's work.

**Meeting:**
Wednesdays; 4:15-5:15p
1/13, 1/20, 1/27, 2/3

**Location:**
Munroe 401

**Instructor:**
Anna Parker

$8

**Student Support Network**
Student Support Network is a workshop series offering 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!)

**Meeting:**
Tuesdays, Thursdays; 4:15-5:30p
1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4

**Location:**
MCC Mitchell Green Lounge

**Instructor:**
Barbara McCall

Free

**Hunter Education & Certification**
Emphasis on hunter safety, responsibility, outdoor safety, and wildlife conservation are topics that will be covered in a day-long field day of hands-on activities including orienteering and live-fire. Field day participants are required to complete an online course pre-requisite prior to attending. A written test will be administered as the final step toward earning certification that will enable successful participants to purchase a hunting license. The field day will take place on Saturday, January 16th at Vermont Conservation Camp Kehoe shooting range. Transportation will be provided, leaving campus at 8:00 a.m. and returning by 6:00 p.m. **Much of the day will be spent outdoors – please dress accordingly and bring your lunch!**

**Meeting:**
Saturday; 8:00a-6:00p
1/16

**Location:**
Kehoe Conservation Camp

**Instructor:**
Wendy Butler

Free
**Frozen Lake Excursions with Middlebury Outdoor Programs**

Be part of a series of adventures to Vermont and New York's frozen lakes! This three-part workshop will take you out into the winter wonderland to three beautiful spots in our area of the Champlain Valley, one each day. We will hike into and onto all three lakes as conditions permit, with our adventures culminating in a visit to the Adirondack Mountains of upstate New York. All you need are warm clothes and a sense of adventure! Middlebury Outdoor Programs will provide cross country skis, snowshoes, and/or boot traction as trail conditions require. **PE credit available**

**MEETING:** Saturdays; 9:00a-5:00p  
1/16, 1/23, 1/30  
**LOCATION:** FIC Gear Room  
**INSTRUCTOR:** Tess Sneeringer  

$10

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**Intro to Programming with Java**

Interested in programming, but feeling intimidated? Fear not, this is the workshop for you. We'll explore the basics of programming and Java syntax in a chill manner, focusing on practical applications, simple graphics, and game design. Not recommended for people with a ton of previous exposure to coding. No PE credit, unfortunately, but fun guaranteed.

**MEETING:** Mondays, Wednesdays; 7:00-8:30p  
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3  
**LOCATION:** Ross B11  
**INSTRUCTOR:** Joy Wood  

$29

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**Latin Dances**

Latin America has a wide variety of dances which include, among the most popular, Salsa, Merengue, and Bachata. This workshop will explore all three styles, starting with the basics and finishing on full choreography. This is designed for people with all levels of previous knowledge, and its aim is to make people comfortable when approaching Latin Dance. **PE credit available**

**MEETING:** Mondays, Wednesdays; 8:00-9:00p  
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3  
**LOCATION:** Forest Basement  
**INSTRUCTOR:** Sebastian Fica-Contreras  
Grecia de la O Abarca  

$15
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 fox trot, waltz, tango, salsa, cha cha, bachata, lindy and west coast swing and variations, depending on input from the class and guest instructors. We'll even throw in our own stylistic tricks and help you preempt disastrous outcomes on the dance floor. 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. This workshop has sold out the last two years, and absolutely no experience is required! **PE credit available**

MEETING:    Mondays, Wednesdays; 7:00-8:30p  
            1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3  
LOCATION:   MCC Wilson Hall  
INSTRUCTOR: Brennan Delattre  
            $14

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

MEETING:    Wednesday, 1/13 from 5:00-6:30p & Saturday, 1/16 from 8:15a-5:30p  
LOCATION:   Nelson Climbing Wall (Wednesday) & an off campus climbing site to be announced based on conditions of Saturday.  
INSTRUCTOR: Derek Doucet  
            Eli Mauksch  
            $50

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

MEETING:    Wednesday 1/20 from 5:00-6:30p & Saturday 1/23 from 8:15a-5:30p  
LOCATION:   Nelson Climbing Wall (Wednesday) & an off campus climbing site to be announced based on conditions of Saturday.  
INSTRUCTOR: Derek Doucet  
            Eli Mauksch  
            $50
**Introduction to Ice Climbing-Section 3**

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

**MEETING:** Wednesday 1/27 from 5:00-6:30p & Saturday 1/30 from 8:15a-5:30p

**LOCATION:** Nelson Climbing Wall (Wednesday) & an off campus climbing site to be announced based on conditions of Saturday.

**INSTRUCTOR:** Derek Doucet
Eli Mauksch

$50

**Art of Tea: An Epic Tea Tasting**

Set in our Teahouse in the middle of the Marble Works, join us for an informal and fun tea tasting event...We’ll set up 10-20 teas in professional tasting sets in multiple sessions. Including:

1. **Wide world of tea:** exploring the wide range of teas from the same magical plant
2. **Intricacies of tea:** exploring seasonal, varietal, and locational nuances of high quality leaf. A great opportunity to spend after-hours in the Teahouse, learn a bit of the famous Camellia, and taste a LOT of tea!

**MEETING:** Tuesday; 7:30-9:00p
1/19

**LOCATION:** Stoneleaf Tea (Marbleworks) 111 Maple St. Middlebury

**INSTRUCTOR:** John Wetzel

$11

**Book Club**

Don’t have time to read what you want during the regular semester, but are intrigued by novels that might not be covered in the standard cannon? In this workshop, you will have the opportunity to read and informally discuss two novels that will explore personal perspectives that are often ignored or marginalized. This workshop will particularly look at novels that reach beyond stereotypical narratives of race, class, and gender. Instead of replicating the dominant story, these novels offer opportunities to explore the complexity that lives beyond confining labels. We will be reading The Bluest Eye by Toni Morrison and The Absolutely True Diary of a Part Time Indian by Sherman Alexie.

**MEETING:** Thursdays; 4:15p-5:45p
1/14, 1/21, 1/28, 2/4

**LOCATION:** Axinn 104

**INSTRUCTOR:** Elle Bacon

$11
Hula Hooping for Fun & Fitness *
Play like a kid and get a great workout by using hula hoops of all sizes to learn basic hooping movements and tricks. Challenge your body and mind as you build new skills at every class. We will explore how to dance with the hoop, enhance movements to maximize fitness benefits, and flow from one movement to the next. Warm up your J-Term with this unique, high-energy class! **PE credit available**

**MEETING:** Wednesdays; 7:00-9:00p  
1/13, 1/20, 1/27, 2/3  
**LOCATION:** FIC Hamlin-Bunker  
**INSTRUCTOR:** Lindsey Hesco  
$39

**FIZZ ED - Workshop Session #1**
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:** Tuesday; 4:15-5:35p  
1/19, 1/26, 2/2  
**LOCATION:** Sparkling Champagne and Wine Bar, 56 College Street, Middlebury  
**INSTRUCTOR:** Nancy Weber-Curth  
$53

**FIZZ ED - Workshop Session #2**
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:** Tuesday; 6:15-7:35p  
1/19, 1/26, 2/2  
**LOCATION:** Sparkling Champagne and Wine Bar, 56 College Street, Middlebury  
**INSTRUCTOR:** Nancy Weber-Curth  
$53
**Fizz Ed - Workshop Session #3**
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:** Thursday; 8:15-9:35p  
1/19, 1/26, 2/2  
**LOCATION:** Sparkling Champagne and Wine Bar, 56 College Street, Middlebury  
**INSTRUCTOR:** Nancy Weber-Curth  
**$53**

**Using Herbs, Meditation and Life-style Choices to Maintain Balance in the Midst of Stress**

This series of classes will look briefly at the physiology of stress to increase our understanding of the effects of stress on our minds and bodies. Most of the class will be devoted to exploring ways we can maintain balance in the midst of stress, focusing especially on life-style choices, nutrition, meditation and other mindfulness practices, and the wise and safe use of herbs.

**MEETING:** Mondays, Thursdays; 4:15-5:45p  
1/11, 1/14, 1/18, 1/21, 1/25, 1/28, 2/1, 2/4  
**LOCATION:** Axinn Abernathy Room  
**INSTRUCTOR:** Marguerite Gregory  
**$40**

**Pottery Workshop for beginners and advanced beginners.**

This course will cover the fundamental skills needed to use the potter's wheel as well as various glazing techniques. Students will learn how the clay is prepared, centered on the wheel and then formed into a vessel. This workshop is for both beginners and advanced students. Advanced throwing includes: the making of larger pieces by the method of coil and throw and for smaller pieces, the Japanese method of "throwing off of the hump." We will be experimenting with different types of brushes to make beautiful designs on your finished pots. **Transportation provided**

**MEETING:** Mondays, Wednesdays; 5:00-7:00p  
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3  
**LOCATION:** Twitchell Pottery Studio, 1337 Twitchell Hill Rd, New Haven, VT  
**INSTRUCTOR:** Shelly Doyle  
**$112**
**Stress Management 101**
Relax and explore in this workshop created to reduce stress for the Middlebury College student. Wellness tools will be taught and practiced including mindful relaxation, a'chromatherapy™, visualization, personal energy management, and figuring out how to balance work/school/sports/ & fun. Sara Daly, Physical Therapist and owner of Waterfalls Day Spa, will lead this relaxing spa-based workshop for students wanting to learn how to de-stress. This workshop will take place over 3 days.

**MEETING:** Tuesdays; 4:15p-6:30p
1/12, 1/19, 1/26

**LOCATION:** Axinn Abernathy Room

**INSTRUCTOR:** Sara Daly

$63

**Blacksmithing Basics - Workshop #1**
Students attending this course will learn the basics of blacksmithing. They will take home an item they've forged that is either a candlestick holder, a letter opener, a shoe horn or a spoon.

**Transportation provided**

**MEETING:** Saturday; 8:00a-6:00p
1/16

**LOCATION:** Lake Champlain Maritime Museum, 4472 Basin Harbor Rd, Vergennes, VT

**INSTRUCTOR:** Warren Reinhart

$131

**Blacksmithing Basics - Workshop #2**
Students attending this course will learn the basics of blacksmithing. They will take home an item they've forged that is either a candlestick holder, a letter opener, a shoe horn or a spoon.

**Transportation provided**

**MEETING:** Saturday; 8:00a-6:00p
1/23

**LOCATION:** Lake Champlain Maritime Museum, 4472 Basin Harbor Rd, Vergennes, VT

**INSTRUCTOR:** Warren Reinhart

$131
**Blacksmithing Basics - Workshop #2**
Students attending this course will learn the basics of blacksmithing. They will take home an item they've forged that is either a candlestick holder, a letter opener, a shoe horn or a spoon.

*Transportation provided*

**MEETING:** Saturday; 8:00a-6:00p  
1/23

**LOCATION:** Lake Champlain Maritime Museum, 4472 Basin Harbor Rd, Vergennes, VT

**INSTRUCTOR:** Warren Reinhart  
$131

**Blacksmithing Basics - Workshop #3**
Students attending this course will learn the basics of blacksmithing. They will take home an item they've forged that is either a candlestick holder, a letter opener, a shoe horn or a spoon.

*Transportation provided*

**MEETING:** Saturday; 8:00a-6:00p  
1/30

**LOCATION:** Lake Champlain Maritime Museum, 4472 Basin Harbor Rd, Vergennes, VT

**INSTRUCTOR:** Warren Reinhart  
$131

**Lifehacking for Students: A brief introduction to Getting Things Done**
Do you have too much to do and not enough time to do it? Do you skip meals, exercise, and sleep to try to get it all done? How might you use the time-tested methodology of ‘Getting Things Done’ (aka GTD) to reduce stress and gain control over all the various things that make claims on your time? We’ll meet four times during winter term to learn about the Getting Things Done methodology, and to apply these techniques to our own work and lives. You’ll want to (1) read the book “Getting Things Done” by David Allen ahead of time and (2) be prepared to do some work in between sessions trying out the methods described in Allen’s book. (You can learn more about GTD at http://gettingthingsdone.com/). The workshop will be run by Michael Roy, Dean of the Library and long-time GTD fanatic.

**MEETING:** Tuesdays; 4:30-5:30p  
1/12, 1/19, 1/26, 2/2

**LOCATION:** Library 201

**INSTRUCTOR:** Michael Roy  
$12
Let’s Talk about Sex: a workshop series for every body
Some know a little, some know a lot, and some of us don’t know what we don’t know! This workshop series will offer students tips, tricks, tools, and information about a topic that is often overlooked, ignored, or shamed from conversation. Students of all identities are invited to talk about issues related to sexual health that are important to college students: decision-making, sexual healthcare, understanding the risks associated with STI’s, pregnancy, relationships, safer sex methods, communication skills, how to start and end a relationship, and tools for navigating a complex world that sends mixed messages to people of all ages about their bodies, pleasure, and relationships.

MEETING: Mondays, Wednesdays; 4:30-6:00p
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3
LOCATION: Axinn 220
INSTRUCTOR: Barbara McCall

Free

Dance Fitness *
Do you love Zumba® Fitness classes? "Dance Fitness" incorporates the easy-to-learn cardio dance format and kicks it up a notch with targeted toning exercises to an energizing playlist. Complete your workout with a nice stretch to relax the body and center the mind. The hour will go by in the blink of an eye as we build strength, balance, stamina, and flexibility. No matter how cold it gets this J-Term, Lindsey's class will warm you up and get you smiling! Lindsey is a well-known instructor who has been teaching Zumba®, dance, hooping, gymnastics, and custom-designed movement classes to students of all ages since 2008. PE credit available

MEETING: Wednesdays, Fridays; 6:00-7:00p
1/13, 1/15, 1/20, 1/22, 1/27, 1/29, 2/3, 2/5
LOCATION: FIC Hamlin-Bunker
INSTRUCTOR: Lindsey Hescock

$25

Learn to Play Water Polo *
Want to learn a new sport, get a great workout, and earn a PE credit? Come play water polo! The women’s water polo team will teach you the basics of this awesome and exciting sport. Everyone is welcome - no prior experience necessary. PE credit available

MEETING: Mondays, Wednesdays; 7:00-8:00p
1/11, 1/13, 1/18, 1/20, 1/25, 1/27, 2/1, 2/3
LOCATION: Natatorium
INSTRUCTOR: Hannah Grotzinger

$7
Intermediate Ice Climbing - Section 1 *
Interested in learning to climb steeper ice, or taking your ice climbing skills into multipitch terrain? This is the workshop for you! Interested participants should have some ice climbing experience and be proficient belayers. If unsure of your qualifications, contact MOP@middlebury.edu. Meeting location: MOP Gear Room, FIC PE credit available

MEETING: Sunday; 8:00a-5:00p
1/24
LOCATION: FIC Gear Room
INSTRUCTOR: Derek Doucet

$75

Intermediate Ice Climbing - Section 2 *
Interested in learning to climb steeper ice, or taking your ice climbing skills into multipitch terrain? This is the workshop for you! Interested participants should have some ice climbing experience and be proficient belayers. If unsure of your qualifications, contact MOP@middlebury.edu. Meeting location: MOP Gear Room, FIC PE credit available

MEETING: Sunday; 8:00a-5:00p
1/31
LOCATION: FIC Gear Room
INSTRUCTOR: Derek Doucet

$75