

Welcome to Winterim 2015!

The mission of Catlin Gabel's Winterim program is to immerse students in intensive experiential learning which furthers their education intellectually, interpersonally, and physically. Winterim endeavors to stretch students in new and profound ways, as offerings promote different perspectives through participation and experience. The program enhances relationships within the Catlin community as well as at the local, regional, national, and global levels. By collaborating closely with adult mentors, Winterim intentionally strives to develop and improve leadership skills amongst the student body. We are excited to present a wide variety of incredibly exciting opportunities to you this year! Winterims will run Monday, March 16 through Thursday, March 19, except where noted.

**Please print this page, indicating your top eight choices in the blanks.
Parents/Guardians must sign for ALL students.**

For those of you committed to Global Education trips to Cambodia and Guatemala please enter your trip's name in First Choice and leave the rest blank.

Financial aid is available: The form is available to download from the Upper School web page (Student Resources – Documents and Forms). You may also contact Mary Yacob: yacobm@catlin.edu, 503-297-1894, x468

ATTENTION ATHLETES: If you are on a Catlin Gabel varsity team, some of these Winterim programs may interfere with your game or practice schedule. Please check the dates and times carefully and communicate with your coach before you decide which ones to select.

~ Winterim 2015! ~

Student Name: _____ **Grade** _____

First Choice: _____

Second: _____

Third: _____

Fourth: _____

Fifth: _____

Sixth: _____

Seventh: _____

Eighth: _____

ATTENTION PARENTS! Winterim is intended to take students out of their comfort zones. Please discuss the choices with your son or daughter and encourage enrollment in Winterims which place him or her in new experiences with new challenges and new peers.

Parent Signature: _____ **Advisor Signature:** _____

(Signatures are required before students may enter their preferences electronically.)

All Costs are Estimates

In Alphabetical Order

Adrenaline Rush 2015

Cost: \$495 **Leaders:** Calissa Spooner, Tyler Riddle & Jordan D'Addio; David Reich

Participants of this Winterim will learn how to push their boundaries and overcome personal fears. Everyone involved will learn how to work as a team and put trust in the hands of others. We will have a blast while exploring the high ropes course at Catlin, bungee jumping in Washington, and ziplining and paragliding on the Oregon coast. As well as learning the basics of all these activities, students will learn how to be safe while doing them.

<https://sites.google.com/a/catlin.edu/adrenaline-rush-2015/>

Asian Fusion

Cost: \$120 **Leaders:** Mind Tienpasertkij, Rachel Ma, and Sarah Salvador; Beining Hu

Did you ever picture yourself wearing your own kimono while eating sushi? Or maybe even learning a religion by visiting a temple? Now you can! In this Winterim, you will get to taste various Asian dishes and also take a journey to learn and embrace the cultures. You will learn to make your very own kimono and get to wear on the last day while we lounge and eat sushi, drink bubble tea, and taste other treats.

<http://purplemist98.wix.com/asianfusion>

Backcountry Skiing

Cost: \$400 **Leaders:** Jacob Bendicksen, Jake Hansen; Bob Sauer, Kathy Sloan

We'll be cross-country skiing and alpine touring (downhill skiing with climbing skins) out of Scottish Lakes High Camp, a group of cabins in the forest near Stevens Pass, WA. We'll drive up on Sunday, March 15th, and park at a rest area near High Camp. High Camp representatives will meet us there and shuttle us to mid-mountain, where our gear will be snowmobiled in while we ski the rest of the way up. Monday, Tuesday, and Wednesday will be spent skiing around the high country, enjoying the views and (hopefully) the powder. We'll ski down on Thursday, March 19th, and return home the same day.

Students will become more comfortable on the skis of their choice (cross-country or alpine touring). We'll take different routes each day, providing an opportunity to try out various types of terrain and conditions on skis. Note that this is not your Mt. Hood Meadows-style lift-served skiing - with cross-country and alpine touring, you earn your turns! High Camp also receives quite a bit of snow each year, so students

will also become more comfortable in winter wilderness situations. All meals will be prepared by students on the trip, so students will learn self-sufficiency skills, primarily cooking (and the oh so loved cleanup that comes afterwards!). Of course, there will also be plenty of time in the lodge, playing board games around the fire, so students will also be able to strengthen their personal skills.

<https://sites.google.com/a/catlin.edu/backcountry-skiing/?pli=1>

Beach, Fun and Service Galore

Cost: \$230 **Leaders:** Jack Malsin and Diego Fernández; Sue Phillips, Paul Dickinson

We'll set up our base in Cannon Beach, and will travel up and down the coast to see some of the hidden, glorious beaches only the locals know. We'll be outdoors doing beach cleanups to help the environment, and we'll take time to bird watch and learn about bird habitat. Depending on the weather, we hope to have a bonfire on the beach, go out for a spectacular breakfast, and maybe even go whale watching at Depoe Bay. If you want an active, fun, and relaxing Winterim full of learning and service, please consider joining us!

<https://sites.google.com/a/catlin.edu/beach/home>

Better Where It's Wetter

Cost: \$325-\$350 **Leaders:** Becca Dunn and Clarissa Speyer Stocks; Nichole Tassoni

Have you ever wanted to know what's below those rolling waves? Well now your time has come! During this Winterim we will explore the Oregon coast and multiple aquariums. We will even have an overnight in Newport. We will go whale watching explore the coast; learn about ocean conservation and marine biology. We will even have the opportunity to experience animals with hands on interactions at the zoo and aquarium.

<https://sites.google.com/a/catlin.edu/better-where-it-s-wetter/>

Catlin "Gods": Building a Fictional World

Cost: \$50 **Leaders:** Vince Forand, Jason Lyon, Colby Skeggs; Kenny Nyguen

As a student in this Winterim, you will explore the complexity of our world by creating a fictional one with other students. This self-driven Winterim lets you explore your creative side and apply your knowledge of the world to produce a detailed fictional world. As a final product, we will create a Wikipedia-like description of the planet and everything on it, including aspects such as Government, Technology, Art, and Language. You will design these components in groups to make a cohesive whole of the final world - teamwork and communication will be essential! This Winterim is for students with a good work ethic - it will be loads of fun, but you'll have to work for it!

<https://sites.google.com/a/catlin.edu/worldbuilding-winterim-2015/>

Cuisine and Gettin' Lean

Cost: \$170 **Leaders:** Johanna McCabe, Carly Rose Howard; Aline Garcia-Rubio

In this Winterim, we will focus on various forms of exercise, along with nutrition, by experimenting with different types of cuisine. One of our goals is to understand the importance of finding a happy medium between eating and exercising. Over the four days we plan to try out a healthy lifestyle by doing yoga, Pilates, Zumba, hiking, and other ways to stay active. Along with the physical aspect, we will also learn about eating well by cooking our own meals and speaking with those in the field.

<https://sites.google.com/a/catlin.edu/cuisine-and-gettin-lean/>

Dog Sledding in Central Oregon

Cost: \$200 **Leaders:** Michaela Bennink & Janelle Gowgiel; Wendy Wilkinson, Ginia King

If you love dogs and/or sledding then this is the Winterim for you! We will take a group of students to central Oregon for a couple nights and go on a dog sled run on Mt. Bachelor, as well as learn about the history of dog sledding, and the Iditarod, a dog sled race in Alaska. We will also have time for some snow activities, and some gorgeous hikes around Central Oregon, and have the opportunity to talk with a veterinarian from the Iditarod.

<https://sites.google.com/a/catlin.edu/dog-sledding-winterim/>

Drink Water: Human Pollution in the Water Cycle

Cost: \$100 **Leaders:** Luca Ostertag-Hill, Tristan Furnary; Patrick Walsh and Marion Edens

Students will take tours of buildings and systems that are essential to the purification and consumption of water, like watersheds and water treatment facilities. We will examine the impact humans have on the water cycle through dams, farming, and daily life. Finally, we will consider how drastic these impacts are and then brainstorm ways to minimize our own pollution in the water cycle.

Participants will learn where their water comes from and how it gets to their faucet, how simple human actions such as running a dishwasher or using pesticides affect the water cycle, what methods are used to clean used/dirty water before re-entry into the natural water cycle, ways to minimize water pollution.

<https://sites.google.com/a/catlin.edu/water-winterim-human-pollution-in-the-water-cycle/home>

Exploring da Bay

Cost: \$200-400 **Leaders:** Parsa Farhang, David Kim, Conor Bulkeley-Krane; Nance Leonhardt

In Exploring the Bay, we will leave Oregon to go down to the San Francisco/Bay Area and explore the rich cultural diversity. We will spend different days exploring different topics by going to some of the many amazing museums in that area. We will be traveling for two days, and then we will have one day dedicated for art, one for science, and then one for service.

Through “Exploring the Bay”, students will experience the culture and diversity of the San Francisco area, and explore the city’s extensive contributions to the performing arts and sciences. In addition, by dedicating a portion of the Winterim towards service, “Exploring the Bay” will not only grant students an opportunity to connect with the people of San Francisco, but also demonstrate the importance of working for the community.

<https://sites.google.com/a/catlin.edu/exploring-the-bay/>

Fishing!

Cost: \$30 **Leaders:** Izzy Holmes, Vishal Vanka and Hannah Courtney; Casey Mills & Alfred Schultz

Buoys and Gils! On Fishing!, students will have two days access to a private lake in Beaver Creek. Not only will we become master fisherpeople, we will watch “Salmon Fishing in the Yemen”, while eating seafood (like goldfish and Swedish fish), and visit the Portland Aquarium. Students can expect to have fantastic time while learning about the significance of marine life.

<https://sites.google.com/a/catlin.edu/ofishal-site/>

The Gravity of our Situation

Cost: \$100 **Leaders:** Gregor Peach, Ben Balden, Anirudh Jain; Andrew Merrill, Dale Yocum

In this Winterim, we will construct and launch a sub-orbital weather balloon and payload. The payload will contain a camera and GPS, so students will be able to track the balloon and see spectacular and unique views of the world below from up to 23 miles in the atmosphere.

Students will split up into focus groups, with each group concentrated on building or preparing a certain component. There will be a wide variety of tasks such as programming the camera, constructing the payload and balloon, and determining launch and retrieval sites. Though this Winterim has a technical background, all students (regardless of expertise) are welcome to join and gain new skills and experiences.

Working collectively as a team to design and construct the balloon and its payload, and ultimately seeing the final product being launched into near space should be an extremely rewarding experience for all.

<https://balloonwinterim.wordpress.com/>

HorseBackPacking

Cost: \$310 **Leaders:** Iman Wahle, Anna Dodson, and Iris Ellenberg; Elizabeth Gibbs, Olivia Durif

Our Winterim would involve a trip out to Hyatt Lake, where we would hike the first day, camp that night, then hike the rest of the way to a cabin by the lake where we'd stay the rest of the week. While there, we would do art, ride horses, and do other fun activities. We also plan on looking into what sort of service opportunities are available in the area.

Students will get an opportunity to push their limits, take risks, learn more about themselves and others, attain new skills concerning outdoor adventure (horses and hiking in specific), and they will stretch themselves by being separated from technology and such for a week, allowing them to practice vital communication skills.

<https://sites.google.com/a/catlin.edu/horsebackpackingwinterim/>

Interior Design of Catlin Gabel's PLACE Center

Cost: \$35 **Leaders:** Sophie Peters and Soha Ahmed; George Zaninovich, Lauren Reggero-Toledano

Would you like to learn about interior design from experts in the field? Would you like to see your design come to life? The downtown-based PLACE Center Design Winterim will allow students to have the opportunity to create the interior design of the new PLACE building, while learning the art of interior design. Past PLACE or interior design experience is not necessary. The goal is to create three designs varying on cost, while learning about interior design in a fun way. We will go to SCRAP to gather materials to inspire the designs, meet with an interior designer and visit their studio in order to inspire a community oriented layout for the new PLACE building. The final designs, which could be put together as look books or dioramas, will be presented to a guest panel on the last day.

In this Winterim participants will learn about interior design. Students will also learn how to read the community and its needs. Students will do this when receiving a report on the neighborhood and understanding the demographics. They will also experience real life problem solving instances by designing a classroom that can be used by many ages and has minimal storage space. Throughout the Winterim, students will also gain researching and public speaking experience. The participants will put together a final presentation to show their designs to the guest panel. Lastly, the students who join us in this Winterim will learn how to work in a team. The designs that we will have in the end will be work that everyone contributed to.

<https://sites.google.com/a/catlin.edu/place-interior-design-winterim/>

It's All Happening: Exploring Rock Review

Cost: \$225 **Leaders:** Julien Leitner, Owen Hoke, and Dashiell Shulman; Tony Stocks, Enrique Escalona

In “It’s All Happening: Exploring Rock Review,” we will learn about and immerse ourselves in the world of rock n roll music review. We will begin our Winterim by watching rock comedy classic “Almost Famous” and introducing the fundamentals of rock journalism and rock history by talking to a professional music critic. The next two nights, will be spent attending rock concerts in the Portland area and writing reviews of the bands and performances. We will also map out the subgenres that each band occupies in order to explore the myriad distinct genres and styles of rock today and throughout history. Each night, we will get dinner as a group and research that night’s band before heading out to enjoy an ear-splitting rock n roll show. We hope to teach you about one of the most influential music genres in all of history, take you to some unforgettable concerts, and transport you through the most iconic musical decades of the 20th century.

<https://sites.google.com/a/catlin.edu/its-all-happening/home>

James Bond Winterim

Cost: \$100 **Leaders:** Dakota King and Kerridwyn Schanck; Cindy Murray

In this Winterim, students will be able to experience a classic part of cinematic history, while learning about the historical and contemporary significance of film’s most famous undercover agent. We also will make gadgets, learn some parkour, and volunteer at a local Veteran’s center. Popcorn and pizza will be included. It will be a great opportunity for participants to relax, but also to learn more about the recent history of the Western world.

Participants will learn about the relevance of James Bond in the 21st century, in terms of the war on terrorism, as well as espionage in today’s world and the lack of transparency in modern governments, and why it was relevant when it was first created.

<https://sites.google.com/a/catlin.edu/007-winterim/>

Kayaking in the San Juans

Cost: \$500 **Leaders:** Ellie Nakamoto-White and Giselle Cohen; Veronica Ledoux, Nicholas Bellos

A relaxing and easy four day trip to the beautiful San Juan Islands. We will spend our days kayaking around interesting harbors, inlets, and tributaries, and our nights in a cozy rented home. By paddling to water features and other islands, the group will explore the San Juans wildlife and marine ecosystem. Students from all skill levels are welcomed, as we will learn the basics of paddling and navigating a two-person kayak in a fun and supportive environment. When not kayaking, students will have the option to play board games, explore the town, and go tide-pooling.

<http://ellienw98.wix.com/kayaking-winterim>

Mindfulness and Design Thinking

Cost: \$260 **Leaders:** Alexandra Crew and Ben Kitoko; Meredith Goddard

Students will refresh their minds and be mindful while learning design thinking. The group will begin by rebalancing their minds in meditation, sensory deprivation tanks, and mindfulness exercises. Following this day of learning to be mindful, students will apply their rebalanced mind to design thinking. A design thinking specialist with experience with the Stanford d.school will lead a workshop with the students. This workshop will go from Tuesday to Wednesday, and Thursday will be spent doing a design challenge. Once the students have learned to be mindful and use this mind set in the design thinking process, they will be asked to design for others. Using their skills, they will give back to the community by designing an invention to address the need of a customer.

Students will learn how to be mindful and center themselves through stressful times. They will also learn how to use this refreshed mind set in other situations to their advantage. Students will actually have the chance to practice their mindfulness in a design thinking workshop and challenge. In this workshop students will learn about how to follow the design thinking process from the Stanford d.school. The design thinking process goes from empathizing to defining, ideating, prototyping and testing. These steps and innovative way of thinking can be applied to many different fields including graphic design, inventing, and starting a business. Students will even have the chance to use what they learn to give back to the community through a design challenge.

<https://sites.google.com/a/catlin.edu/mindfulness-and-design-thinking/home>

Molecular Gastronomy

Cost: \$150 **Leaders:** Evë Maquelin and Claire Natter; Blythe Butler and Shannon Rush

Molecular Gastronomy is the art of cooking with science, and we want to share that with you! In this Winterim, we will be playing with the molecular structure of foods to turn liquids into foams, powders, spheres, and noodles. We might also explore the concepts of turning solids into liquids using advanced machinery like a blender. Our goal is to create and plate food that tastes good and looks even better by using the power of science, and will even explain what changes we are making by introducing various safe and edible chemicals. We hope to see you there!

<http://cs.catlin.edu/~maqueline/mcg.html>

No Hassle Sports

Cost: \$200 **Leaders:** David Vollum, Sam Schrott, Ethan Hanson, and Luke Selliken; Jim Wysocki

No Hassle Sports is an all-inclusive Winterim with an emphasis on eccentric sports that most students wouldn't normally try. We will explore awesome activities such as Curling, Go-Karting, and Paintball! This Winterim will be a great learning and team-building experience and is sure to be full of excitement. Join as we seek to explore less hassle, but certainly not less fun- sports.

Students will be pushed out of their comfort zones and try new activities that they normally wouldn't do, but without the pressure of an athletic competition. It is an opportunity for participants to build relationships and work together as teammates, through low commitment sports.

<https://sites.google.com/site/nohasslesportswinterim/>

Not Your Grandma's Sewing

Cost: \$100 **Leaders:** Jack Cavanaugh; Chris Mateer

This Winterim is about the creation of a unique piece, from the ground up, by you! We will use the art of sewing and screen-printing as tools to create usable items. Every person will create a piece (or pieces) all their own. From wallets to button down shirts to backpacks to dresses, whatever the individuals feels inspired to create, they can. This Winterim is open to all skill levels.

<https://sites.google.com/a/catlin.edu/fabrics/home>

Photography, Nature and Rick

Cost: \$150 **Leaders:** Nora Finley and Nico Hamacher; Rick White

Want to explore the Oregon Coast and Redwoods? Take photos? Have fun camping and making new friends? Then join the "Photography, Nature and Rick" Winterim! We will travel along the Oregon Coast taking photos, hiking, and camping along the way. We will stop in coffee shops to edit our photos and learn how to use Photoshop. Our goal will be to reach the California Redwoods and shoot photos there. We will select some of our group's best photos to frame and donate to the Catlin Gabel auction. Students will use digital cameras from Catlin Gabel's art department.

<https://sites.google.com/a/catlin.edu/photography-camping-rick/>

Practical Living in a Practical World

Cost: \$125-150 **Leaders:** Austin Hed; Robert Medley

In this Winterim students will learn how to live practically in our society. You can't always hire a handyman to come fix a table if it's broken (or 3 in the morning), the internet won't be able to teach you everything you know, so why not expose yourself to it early? The Winterim will be broken into 2 categories: financial matters and personal/social matters. Students will learn individually but are encouraged to work together to understand confusing topics.

Overall this Winterim will focus on promoting students understanding of our world. It might not be the most exotic Winterim, or the most fun, but it sure will be useful. I believe that with a student group committed to learning and exploring how to live in an urban setting everyone will have a great time.

<https://sites.google.com/a/catlin.edu/the-real-winterim-life/>

Road Trip Oregon

Cost: \$250 **Leaders:** Lauren Thompson, Shantih Kleen; Kathryn Babin

We will be taking a classic road trip around Oregon in two vans. We will spend time on the coast, in a national forest, and in the High Desert Bend area. As we explore, we will have a focus on self-reflection. We will be journaling, reading Oregon authors' travel journals, cooking our own meals outdoors, and taking part in traditional campfire festivities as well as exploring our three scenic destinations. We would love to have a mixture of people who have camped and backpacked previously, and people who may be interested in enjoying nature and living simply but haven't yet had the opportunity.

We hope that participants will gain a better appreciation for Oregon's beautiful natural spaces, learn how to cook and live simply outdoors, and have an opportunity to reflect and learn about themselves through journaling and being away from the comforts of home. We will be hiking, biking, driving, and participating in different service projects in three vastly different spaces in Oregon, and hope that students on the trip will learn about Oregon's geography. We will also be asking participants to think about what it's like to be away from media, with new people, and in nature.

<https://sites.google.com/a/catlin.edu/roadtriporegon/home>

Rockstar Recording

Cost: \$150 **Leaders:** Nadya Okamoto, Holden Densen, and Alex Richardson; Charles Walsh

In this Winterim, we will spend the week writing, producing, recording, and performing songs. Our hope is to provide students with an opportunity to explore the fields of music and the joy of performing, and for the more experienced individuals, experience the recording and producing aspects of creating an

album. During this Winterim, we will be working at Cloud City Sound with the engineer Patrick Rene Champagne.

In this Winterim, there will be opportunities for participants to learn songwriting skills, learn how to construct tracks and beats together, learn about recording equipment and the process of mastering tracks, and experience the magic of creating music and sharing our finished projects with the community.

<https://sites.google.com/site/rockstarrecordingwinterim/>

Sailing in the San Juans

Cost: \$385 **Leaders:** Max Fogelstrøm; Peter Green

Spend four days sailing through the magnificent San Juan Islands of Washington. We will charter two fifty foot sailboats and travel from Anacortes through the islands, staying at various state parks along the way. Students will be the crew for each of the boats, learning how to raise sails, navigate, anchor, and live aboard the boats. We will cook as a group and sleep on the boats at night. Each afternoon we will stop at a different island and explore its hidden treasures. On Wednesday we will visit Orcas Island where we will hike to the top of Turtlehead Mountain and take in the 360 views that extend from the Olympic Mountains into Canada. We will watch for killer whales and harbor porpoises as we cruise the glorious waters. We will venture up into Canadian waters for a small portion of the day as well. The focus of the trip will be on learning to work as a team on a big sail boat. Students will come home with sailing experience, a better understanding of marine ecology, and some great stories to tell.

Statesmanship: A Citizen's Guide to Democracy and Politics

Cost: \$0 **Leaders:** Samson Salzinger, Nic Bergen, Soren Anderson; Joan Piper (M and T) Brett Mathes, Dan Griffiths

This Winterim is a four day conference for students to participate in discussions, debates, lectures, research, petitions, lobbying, and workshops to work on various skills involved.

We will have many debates about current day issues, group discussions, and "TED" Talks from local intellectual faces, possibly politicians, and teachers.

The students will also plan their own debate topics and research those chosen in order to hold professional debates arguing these current issues affecting the people in our community and around the world.

Students will develop their skills with public speaking, arguing/debating. The entire week will be filled with information about current day social, economic, and political issues through research, lectures/talks, discussions, and debates.

There will be a segment on our trip to the Capitol Building that will explain the Democratic Process. The students will also learn about lobbying by trying to achieve a goal themselves in writing to or meeting with Oregon's Politicians.

Participants will need to provide or purchase their own lunches.

<http://statesmanship.strikingly.com/>

Transcendenta-Whaaat? (Individualism, nature, and social reform)

Cost: \$60-100 **Leaders:** Maria Slade & Lucas Stiff Arm; Amanda Lighthiser, Dennis Christman

Four days immersed in the transcendentalist world of famous writers and philosophers such as Emerson and Thoreau. And even authors like ***John Steinbeck***! We will spend our Winterim experiencing what it's like to abandon societal norms and become one with ourselves and with nature. We will open our minds to social justice, improve our creative and narrative writing skills, and drink some really good coffee!

Self-knowledge Transcendentalist movement Poetry, expression through writing

<http://sladeandstiffarm.wix.com/transcendenta-whaaa>