

## TRAVEL SLIDE SHOWS

All slide shows are presented at the Newton School in South Strafford on Thursday nights. Be transported to amazing places all over the world. There is no pre-registration required and no charge to attend. Tea and cookies served.

### The Galapagos

Presenters: Stuart Johnson & Jim Wilson  
When: Thursday, March 9th, 7 pm

### Peru

Presenter: Anita Onofrio  
When: Thursday, March 16th, 7 pm

### Cross Country Skiing in Norway and Switzerland

Presenter: Jack Beecham  
When: Thursday, March 23rd, 7 pm

### Colombia

Presenters: Wally & Barbara Smith  
When: Thursday, March 30th, 7 pm

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**PRESENTATIONS:** Learn something new from your neighbors. Held at the Newton School, South Strafford, there is no pre-registration required and no charge to attend.

### Understanding Health Insurance

Presenter: Sperry Wilson  
When: Wednesday, March 14th, 7 pm  
Description: Basic insurance concepts explained (copay, coinsurance, deductible), explanation of benefits, VT Health Connect, and the Affordable Care Act. Wrap up with a Q & A.

### Adventures in Building a Straw Bale House

Presenters: Tim Denny & Susan Hodges  
When: Monday, April 10th, 7 pm  
Description: Find out what's involved in constructing an energy-efficient, timber-framed, straw bale house, including some technical details. Lots of photos, information, and time for questions. Get inspired!

## REGISTRATION:

Travel Slide Shows and Presentations do not require registration but for all other classes, you must sign up!

Call, Write, or Email:

Cabin Fever University  
PO Box 24  
Strafford, VT 05072

(802)333-4303  
[info@cabinfever.org](mailto:info@cabinfever.org)

Payment must accompany registration. Most classes have limited enrollments, so register early. Registration fee is included in class fee. Refunds discouraged. Thanks for considering us for your educational opportunities.

Financial aid is available.

Brochure is online at: [www.cabinfever.org](http://www.cabinfever.org)

## BOARD MEMBERS

Leslie Berger ~ Campus Agitator  
Therese Linehan ~ Dean of  
Extra-Curricular Affairs  
Ellen Bagnato ~ Think Tank Manager  
Aurora Berger ~ Webcat  
Eva Behrens ~ Founder Emerita

## ORIGIN

Eva Behrens dreamed up Cabin Fever University in 1995. She believed that many talented local people have much to offer. Eva's initiative has lived on, and we continue to offer affordable classes taught by community members.

**Let us know if you have a great idea for the 2018 Cabin Fever season!**

# Cabin



# Fever

# University Strafford, VT Spring 2017

## **Italic Handwriting**

**Instructor:** Carol Wilson

**When:** Wednesday, March 8th, 7-8:30 pm

**Where:** Newton School, South Strafford

**No cost to attend**

**Description:** Handwriting is said to be "everyone's craft."

Learn a basic italic script which can enhance your personal handwriting style, as well as be the foundation for elegant/whimsical calligraphy. Bring a pen or pens you're comfortable using for everyday writing.

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## **Custom Cakes**

**Instructor:** Susan Hodges

**When:** Monday, March 20th, 7-8:30 pm

**Where:** Newton School, South Strafford

**Cost:** \$5

**Maximum Participants:** 10

**Description:** Enjoy photos from Susan's 10 years of creating custom wedding & special occasion cakes. She'll include some how-to techniques, special tools, a chance to try your hand at piping frosting, and some cake to eat!

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## **Guided Meditation**

**Instructor:** Bob Bauer

**When:** Wednesday, March 22nd, 7-8:30 pm

**Where:** Morrill Memorial and Harris Library, Strafford

**Cost:** by donation to Cabin Fever University

**Maximum Participants:** 8

**Description:** An introduction to mindfulness meditation. The format is a few minutes of instruction, a quiet sitting period, then a talk/discussion/Q&A. Wear loose, comfortable clothing. Please arrive on time, and bring a favorite cushion or pillow if you have one. Chairs will be provided if you don't.

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## **Chair Caning: *Finally* Complete Yours**

**Instructor:** Dottie Dubey

**When:** Mondays, March 27th & April 3rd  
(two evenings), 7-9 pm

**Where:** Newton School, South Strafford

**No cost to attend**

**Description:** If you've taken a chair caning class with Dottie but never got around to finishing your chair, here's your opportunity. Get through the last few steps with fellow stragglers.

## **CPR Certification**

**Instructor:** Barrie North, Certified Instructor  
through the American Heart Association

**When:** Monday, March 13th, 6-9 pm

**Where:** Newton School, South Strafford

**Cost:** a suggested donation of \$50, made out to  
the Strafford Fire Department

**Maximum Participants:** 6

**Description:** Heartsaver® CPR AED is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. At the end of the class, participants will receive a course completion card valid for 2 years.

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## **Spice it Up With Indian Cooking**

**Instructor:** Rachel Kurland

**When:** Sunday, March 19th, 3-6 pm

**Where:** Rachel's home on Star Mountain Road,  
South Strafford, VT

**Cost:** \$15

**Maximum Participants:** 6

**Description:** We'll cook a variety of dishes from different parts of India, including pea kachori, channa masala (spicy chick peas), chicken in creamed coconut sauce, and royal eggplant (Shahi Baingan Bharta), accompanied by lemon and curry leaf rice. It will be yummy. If you've been to India, bring stories. If not, we'll visit though culinary creation.

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## **Intro to Fingerpicking on the Guitar**

**Instructor:** Jack Beecham

**When:** Monday, April 3rd, 7-9 pm

**Where:** Newton School, South Strafford

**Cost:** \$5

**Maximum Participants:** 6

**Description:** How to get started and continue growing your joy of plucking notes, chords, rhythms and melodies on the lovely sounding instrument that is the guitar. No experience is necessary.

**What to Bring:** your instrument and a capo if you have one.

## **Basketmaking**

**Instructors:** Anita Onofrio & Dottie Dubey

**When:** Saturday, March 25th, 10 am to 4 pm, with a  
break mid-way for a potluck lunch

**Where:** Newton School Cafeteria,  
South Strafford

**Cost:** \$30

**Maximum Participants:** 10

**Description:** Spend the day learning traditional techniques in a relaxed and enjoyable atmosphere. Go home with a completed basket! No experience is necessary. Repeat participants can try a new design this year.

**What to Bring:** A basin for soaking reed, a measuring tape, an old towel, sharp scissors, a pencil, a few clothespins or clamps if you have them, and a desire to have fun!

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## **Composting with Worms**

**Instructor:** Mike Hebb

**When:** Wednesday, March 29th, 7-8 pm

**Where:** Newton School, South Strafford

**No cost to attend**

**Description:** Vermiculture composting is the process of using red worms to break down yard and food waste into a concentrated natural fertilizer called worm castings. Learn the benefits of this process and how to get started at no cost. Unlike conventional composting, it works year-round, indoors, and is nearly labor free.

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## **Three Recent Plays**

**Instructor:** Martha Manheim

**When:** Three Sundays:  
March 12th, 19th, 26th ~ 3:30-5 pm

**Where:** Martha Manheim's home, Strafford

**Description:** We'll discuss three plays on three contemporary issues. Copies of plays are available to read before classes. Be in touch for more information.

3/12 -- *One Night in Miami*, by Kemp Powers

3/19 -- *Constellations*, by Nick Payne

3/26 -- *The Bird Has Flown*,  
by Abd al-Aziz al-Surayyi