

### **HOME BREWING: MAKE YOUR OWN BEER & ALE (FROM A KIT OR FROM SCRATCH)**

**Instructor:** David McWilliams

**When:** Sunday, March 10th, 1 to 3 pm

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

**Cost:** \$5

**Description:** Beginners can learn to brew a batch of beer for the first time. More experienced brewers can share their know-how and ideas. We'll cover the basics: equipment needed, procedures, brewing kits versus purchasing ingredients, "extract" versus "all grain" recipes, types of grains, hops, yeasts, and sources for brewing supplies (both local and mail order).

### **BASKET-MAKING**

**Instructors:** Anita Onofrio & Dottie Dubey

**When:** Saturday, March 16th, 9am to 4pm, with a break mid-way for a potluck lunch

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

**Cost:** \$40

**Description:** Learn the traditional techniques of weaving a basket with reed 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!

### **WILDLIFE PHOTOGRAPHY USING GAME CAMERAS**

**Presenter:** Mike Hebb

**When:** Wednesday, March 20<sup>th</sup>, 7pm

**Where:** Newton School

**Cost:** No cost

**Description:** Mike will show his own game camera footage of everything from moose to squirrels, including animals interacting with one another. Learn about game cameras and how they can be used to gather information, for security, and for enjoyment.

### **CABIN F' EVA DANCE PARTY**

A Mud & Ice Bash

Come Rock Out with

### **THE PARTY CRASHERS**

An All-Ages Show

Saturday, March 23<sup>rd</sup>, 7pm

Barrett Hall, South Strafford

Entrance: by Donation

A FUNDRAISER FOR

NEIGHBORS HELPING NEIGHBORS

And Cabin Fever University

### **LEARN TO MAKE HOMEMADE SAMOSAS**

**Instructor:** Susan James

**When:** Sunday, March 24<sup>th</sup>, 2 to 4pm

**Where:** Barrett Hall, South Strafford

**Cost:** \$10

**Description:** Enter the world of Indian Cuisine by learning how to make samosas. You'll also whip up some homemade tamarind and cilantro sauces as accompaniments.

**What Else:** Bring an apron, containers to take extra food home, and a rolling pin if you have one.

### **ENERGY EFFICIENT HOME TOUR**

**Tour Facilitator:** David Lutz

**When:** Saturday, March 30<sup>th</sup>, 9am to noon

**Where:** Group will meet at the Park n' Ride in South Strafford and carpool in electric vehicles.

**Cost:** None

**Description:** Please join the Strafford Energy Committee for a tour of energy efficient houses in our community. See how renewable energy is used for much of their heating and energy needs. The tour will showcase a variety of homes, featuring straw bale construction, solar energy with backup power via GMP Tesla Powerwall program, wood pellet boiler heating, and more.

**Note: Please pre-register!**

### **BELLY DANCE FOR FUN, AGES 5-95**

**Instructor:** Irit Librot

**When:** Tuesday, April 9<sup>th</sup>, 6:00 to 7:30pm

**Where:** Barrett Hall, South Strafford

**Cost:** \$5

**Description:** Come shimmy the cold away with beautiful and fun belly dance moves. All ages and sizes welcome. Easy instructions, beautiful music, and free playtime with various props like veils, swords, fan veils, wings.

**What to wear:** comfortable clothes that allow free movement, such as yoga pants, fitted or loose tops.

**What will be provided:** hip scarves, veils, some props, and of course, music.

### **EXPLORING BRYOPHYTES – A QUICK AND EASY INTRODUCTION TO MOSSES & LIVERWORTS**

**Presenter:** Micki Colbeck

**When:** Sunday, April 21st, 12:30 to 4:00pm or so

**Meeting Location:** Justin Morrill Homestead Education Center

**Cost:** \$10

**Description:** Micki will begin with an hour-long class in the Education Center showing how to tease apart bryophytes using some general characteristics. Afterwards, the group will hike up behind the Homestead to examine just a few, easy-to-find mosses and liverworts. (If snow persists, we will drive to the base of Taylor Valley and hike from there to look at tree trunk bryophytes). Be prepared to hike on rough ground for up to two hours. Please, no dogs.

**Bring:** It is good to have some sort of a hand lens or magnifier, a few small brown bags or envelopes for specimens (if you want to gather tiny amounts to bring home - no overharvesting please), a small notepad, and a pencil. Phone cameras and real cameras will prove useful as well.

**Additionally:** If you'd like to be extra-prepared, obtain *Mosses, Liverworts, and Hornworts: A Field Guide* by Ralph Pope from Amazon or another online book seller.

## EVERYDAY BICYCLING BASICS: FIX A FLAT & MORE

**Instructor:** Bethany Fleishman (Vital Communities)

**When:** Monday, April 22nd, 6:30 to 8:30 pm

**Where:** Newton School

**Cost:** This class is free, as funding comes through Local Motion and the State of Vermont. However, you **MUST pre-register!**

**Description:** This easy welcoming workshop for beginners gives you the skills to manage common problems encountered on a bike ride. While learning how to change a tire, you'll become familiar with brakes, chain/gears, and how to remove a wheel. Participants will leave with free tire levers, chain lube, and patch kit!

**Bring:** A bike to practice on, if you have one.

**Please Note:** Most entry-level bikes aren't designed for much adjustment and can be frustrating to work on. If you have questions about whether your bike is right for this workshop: (802) 291-9100 x111 or [UVTMA@VitalCommunities.org](mailto:UVTMA@VitalCommunities.org)

## 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 registration and no charge to attend. Tea and cookies will be served.

## TRAVELS IN TANZANIA

Presenters: Janet Cavanaugh & Todd Binzen

When: Thursday, March 7<sup>th</sup>, 7pm

## CAMEROON EXPERIENCE

Presenter: Kelsey McFadden

When: Thursday, March 14<sup>th</sup>, 7pm

## APPALACHIAN TRAIL ADVENTURE

Presenter: Frank Lamson

When: Thursday, March 28<sup>th</sup>, 7pm

## NEWFOUNDLAND & THE MARITIMES BY BICYCLE

Presenters: Wally & Barbara Smith

When: Thursday, April 11<sup>th</sup>, 7pm

## REGISTRATION

No pre-registration is necessary to attend the Travel Slide Shows, the Game Camera Talk, or the Cabin F'Eva Mud & Ice Bash. **You must sign up to attend all other classes and events!**

Cabin Fever University  
PO Box 24  
Strafford, VT 05072

[info@cabinfever.org](mailto:info@cabinfever.org) (802) 299-1583

Payment must accompany registration. Most classes have limited enrollments, so register early. Refunds discouraged. Thanks for considering us for your educational opportunities! Financial aid is available.

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

## BOARD MEMBERS

Leslie Berger - Campus Agitator

Therese Linehan - Dean of Extra-Curricular Affairs

Barb Masteller - Director of Leisure Studies

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 2020  
CABIN FEVER SEASON!

# Cabin



# Fever

## University Strafford, VT Spring 2019