

## **HOMEMADE PASTAS**

**Instructors:** Trudi Brock & Colleen Olson

**When:** Sunday, March 8<sup>th</sup>, 3-6pm

**Where:** Barrett Hall, South Strafford

**Cost:** \$25

**Description:** We'll make a variety of handmade pastas of different shapes and flavors, from basic linguine to ravioli and gnocchi.

**What to Bring:** A pasta machine if you have one, a rolling pin, and containers to take your food home.

## **PLASTIC: ITS OVERWHELMING PRESENCE IN OUR LIVES, AND WHAT WE CAN DO ABOUT IT**

**Presenter:** Susan Hodges

**When:** Wednesday, March 11<sup>th</sup>, 7pm

**Where:** Newton School, Wolf Den

**Cost:** No cost

**Description:** Susan will provide an exposé of plastic's deleterious effect on our planet, followed by practical instructions for reducing plastic in everyday life. We'll discuss the alternatives, particularly for single-use plastics, which exist in your home and in every aspect of your life. Directions will be provided for DIY creations (beeswax wrap included!)

## **SOUTHERN INDIAN COOKING**

**Instructor:** Rachel Kurland

**When:** Sunday, March 15<sup>th</sup>, 3-6pm

**Where:** Barrett Hall, South Strafford

**Cost:** \$15

**Description:** Expect to chop, wrap, and stir as you prepare a vegetarian feast. Rachel, an inspired foodie, will provide culinary expertise, plenty of encouragement, and a variety of Indian spices. Plan to swoon as you cook up exotic delicacies.

**What to bring:** An apron and containers to take food home.

## **Cabin Fever U turns 25 this year!**

### **And we're celebrating with a CABIN F'eva DANCE PARTY**

Come Rock Out with

## **THE PARTY CRASHERS**

Saturday, March 21<sup>st</sup>, 7pm

Barrett Hall, South Strafford

Entrance: by Donation

A FUNdraiser For

Barrett Hall

and Cabin Fever University

## **POWERING A HOME WITH MODERN, GRID-TIED ELECTRIC BATTERIES**

**Presenter:** Tim Denny

**When:** Wednesday, March 18<sup>th</sup>, 7pm

**Where:** Newton School, Wolf Den

**Cost:** No cost

**Description:** Rechargeable batteries can provide backup power and, when paired with a solar array, allow independence from the grid. Tim will explore the intricacies of a power tie-in, exploring the benefits for both homeowner and community. He'll also describe his personal experience adding a Tesla Powerwall battery to an existing solar array.

## **CLASSIC FRENCH SAUCES**

**Instructors:** Trudi Brock & Colleen Olson

**When:** Sunday, March 22<sup>nd</sup>, 3-6 pm

**Where:** Barrett Hall, South Strafford

**Cost:** \$25

**Description:** We'll discuss and practice making classic sauces such as: cream sauces, stocks, Bechamel, brown sauce, emulsified egg sauces (hollandaise, mayonnaise), butter sauces, crème Anglaise, vinaigrettes.

**What to Bring:** An immersion blender if you have one, containers, and jars.

## **LEARN TO MAKE KOMBUCHA**

**Instructor:** Siobhan Lopez

**When:** Two classes: Monday, March 23<sup>rd</sup>, 7-8pm  
Monday, March 30<sup>th</sup>, 7-8pm

**Where:** Lopez Home

**Cost:** \$15

**Description:** Learn to make kombucha in 2 one-hour sessions. Participants will receive an active SCOBY, and all ingredients to get started.

**First session:** tasting kombucha, basic fermentation process, and starting a batch

**Second session:** bottling and flavoring for the second round of fermentation

## **WHAT'S LURKING UNDERGROUND: TREASURES DUG UP AND RECOVERED**

**Presenter:** Scott Moore

**When:** Tuesday, March 24<sup>th</sup>, 6-8pm

**Where:** The Newton School, Wolf Den

**Cost:** No cost

**Description:** Scott has unearthed some fascinating artifacts in Strafford and Thetford with his metal detector! Take a glimpse into the past and find out what's been lost and found in our local dirt. Scott will also explain how to use a meta detector so you can try to find treasures in your own backyard.

## **BASKETMAKING**

**Instructors:** Anita Onofrio & Dottie Dubey

**When:** Saturday, March 28<sup>th</sup>, 9am to 4pm,  
with a break mid-way for a potluck lunch

**Where:** Newton School, Cafeteria

**Cost:** \$40

**Description:** Return basket makers will revisit the traditional technique of weaving with reed, and go home with a completed tote basket with shaker tape handles! Beginners will work with a similar but simpler design. This will all take place in an enjoyable and relaxed atmosphere.

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

## UKRAINIAN EGGS

**Instructor:** Ingrid Webb

**Where:** Morrill Library, Strafford, VT

**When:** Thursday, April 2nd, 7-9 pm

**Cost:** \$10

**Description:** Make Pysanky (Ukrainian Easter Eggs) using a kistka.

**Bring:** two blown and washed white or green eggs, a short taper candle, a candle holder, and an egg carton so that you can carry your eggs home.

## AN INTRO TO STRAFFORD HISTORY

**Presenter:** John Freitag

**When:** Monday, April 6th, 7pm

**Where:** Strafford Historical Society, Brick Store, Strafford

**Cost:** No cost

**Description:** John will give a brief talk on the history of Strafford and acquaint us with resources available for those seeking to learn more. The evening will include a showing of *Cold Harvest*, the 20 minute video by Michael Murray on ice harvesting in Strafford.

### TRAVEL SLIDE SHOWS

All slide shows will be presented at the Newton School in South Strafford. Be transported to amazing places all over the world. You don't need to register – just show up. There's no charge to attend, and tea & cookies will be served!

### ADVENTURES IN MEXICO

**Presenters:** Wally & Barbara Smith

**When:** Thursday, March 26<sup>th</sup>, 7pm

### A MUSICAL EXPAT IN CHINA: SUMMERS IN HANGZHOU

**Presenter:** Emerson Gale, Music Camp Director

**When:** Tuesday, March 31<sup>st</sup>, 7pm

### VOLUNTEERING IN GUATEMALA

**Presenters:** Ingrid & David Webb

**When:** Thursday, April 9<sup>th</sup>, 7pm

## REGISTRATION

No pre-registration is necessary to attend the Travel Slide Shows, the Presentations, the Talks, or the Cabin F'eva Dance Party. **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 are discouraged. Thanks for considering us for your educational opportunities! Financial aid is available, so please ask if it is needed.

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 Events

**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 2021  
CABIN FEVER SEASON!**

# Cabin



# Fever

# University

## Strafford, VT

## Spring 2020

## Celebrating 25 Years!