

TRAVEL SLIDESHOWS

All slide shows are presented at the Newton School in South Strafford, Vermont. 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 and cookies will be served!

A MUSICAL EXPAT IN CHINA: SUMMERS IN HANGZHOU

Presenter: Emerson Gale

When: Thursday, March 14th, 7:30 pm

GHOST PIRATE; OR 4 MONTHS ON THE WORLD'S LARGEST PASSENGER SHIP

Presenter: Jason Schumacher

When: Thursday, April 4th, 7pm

GRAVEHUNTING IN SLOVAKIA (VAMPIRES IN HUNGARY)

Presenter: Colin Breen

When: Thursday, April 18th, 7pm

YOUR LOCAL COMMUNITY

Spring Maple Open House Weekend March 23-24th

Celebrate the first crop of the season! Many Strafford sugar-makers open their sugarhouses on this weekend, inviting visitors to experience the joys and traditions of pure maple syrup.

Strafford Community Movie Night at Barrett Hall – March 15th

Come out with your PJs & blanket to enjoy a movie with family & friends. Free popcorn! Pizza and baked good available. Doors at 5pm, movies at 6pm.

Registration

Cabin Fever University
info@cabinfever.org (802) 299-1583
www.cabinfever.org

You **MUST** register and pre-pay for Crafting and Cooking classes. These include: **Clay, Basket-Making, Felting, Scrumptious Breakfasts, and Small Plates.**

Also, please register for the **Advance Directive** talk. There's no fee but we do need a sense of attendees.

All other classes & presentations are free and on a drop-in basis. Just show up!

IN THE EVENT OF INCLEMENT WEATHER:

Not sure if an event will run? Call or text (802) 299-1583 and we'll get back to you.

PAYMENT OPTIONS

Checks: may be made out to "Cabin Fever University", then mailed to: Cabin Fever University, PO Box 24, Strafford, VT 05072

Venmo (we've adapted!): @CabinFeverU

Cash: must be handed to a board member (or the Bored Member)

FINANCIAL AID IS AVAILABLE ~

If you need this, please ask!

BOARD MEMBERS

Leslie Berger ~~ Campus Agitator
Therese Linehan ~~ Dean of Curricular
and Extra-Curricular Affairs
Barb Masteller ~~ Bored Member
Eva Behrens ~~ Spiritual Advisor

Cabin



Fever

University Strafford, VT Spring 2024

Jump Start Your Day With SCRUMPTIOUS BREAKFASTS

Instructors: Colleen Olson & Trudi Brock

When: Saturday, March 9th, 10am-1pm

Location: Barrett Hall, South Strafford

Cost: \$25, Registration Required

Description: We'll explore breakfast delights from the sweet (granola, sticky buns, crepes, turnovers) to savory egg dishes. We'll include batching and make-ahead options.

Bring: An appetite and Tupperware

EXPLORATIONS IN POTTERY TILES

Instructors: Anita Onofrio & Tony Luckino

When: Sunday, March 17th, 1-4pm

Location: Barrett Hall, South Strafford

Cost: \$40, Registration Required

Description: In this hands-on workshop, participants will decorate three pre-rolled clay tiles using various methods - impressions, carvings, and attaching clay pieces to tiles. No previous clay experience is required. The object is to have fun, be creative, and develop a basic relationship with clay.

CAKE ARTISTRY

Presenter: Susan Hodges

When: Tuesday, March 19th, 7pm

Location: Newton School, South Strafford

Cost: No cost

Description: See photos of beautiful cakes, and learn ways you can make a wonderfully decorated cake without having to be experienced at piping. Learn some useful "how-to's" and tricks of the trade. Check out Susan's petting zoo of tools and equipment. Informative handouts provided.

BASKET MAKING

Instructors: Anita Onofrio & Sherry Duveneck

When: Saturday, March 23rd, 10am-4pm
(with a break midway for a potluck lunch)

Location: Barrett Hall, South Strafford

Cost: \$40, Registration Required

Description: Return basket makers will revisit the traditional technique of weaving with reed, and go home with a market basket with a wooden handle. Beginners will work with a similar but simpler design. Enjoy a stress-free environment.

SMALL PLATES

Instructors: Trudi Brock & Colleen Olson

When: Sunday, March 24th, 2-5pm

Location: Barrett Hall, South Strafford

Cost: \$25, Registration Required

Description: We'll create an array of small plates, from Spanish Tapas to Asian spring rolls, empanadas, dumplings, etc. - suitable for cocktail party nibbles or an exotic meal.

Bring: An appetite and Tupperware

YOUR HOUSE, YOUR ENERGY

Presenter: Matt Christie

When: Wednesday, March 27th, 6:30pm

Location: Newton School, South Strafford

Cost: No cost

Description: The energy we use within our homes has a deep impact on our bank accounts, our comfort, our health, and our planet's climate. Matt will go over the basics of building science, energy conservation, energy efficiency, and home-electrification. This seminar will help you prioritize the choices you make to lower your home's carbon footprint, reduce energy costs, and improve comfort & health outcomes.

NEEDLE FELTING

Instructor: Erin Yunger

When: Saturday, March 30th, 1pm

Location: Rosa Tyson Gym, South Strafford

Cost: \$30, Registration Required

Description: Needle felting is fun & easy to learn. Each student will be given a starter kit of needles and wool. We'll work together to create simple 3D felted objects and/or flat felted scenes. Those with felting experience are welcome to join. We can all learn new techniques from one another!

CREATING HEALTHY HABITS

Presenter: Hilary Linehan

When: Monday, April 1st, 7pm

Location: Newton School, South Strafford

Cost: No cost

Description: Trying to eat better, exercise more, or start a new routine? Explore what it takes to actually create a new habit. Hilary will provide tips, tricks, and ways to get started to make your new plan sustainable.

FINALLY - WRITE YOUR ADVANCE DIRECTIVE!

Presenter: Lisa Delegato LPN,
from Gifford Health Care

When: Wednesday, April 10th, 7pm

Location: Newton School, South Strafford

Cost: No cost, but you must

Pre-REGISTER!!! This workshop will run only if there's sufficient interest!

Description: Advance Directives are legal documents that allow people to plan and make their own end-of-life wishes known in the event they're unable to communicate. Lisa will explain the process of completing this paperwork, as well as make the forms available so attendees can get it done.

DIGGIN' IT IN STRAFFORD

Presenter: Scott Moore

When: Tuesday, April 16th, 7pm

Location: Newton School, South Strafford

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 metal detector so you can try to find treasures in your own backyard.

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 free and affordable classes taught by community members.

LET US KNOW IF YOU HAVE A GREAT IDEA FOR THE 2025 CABIN FEVER SEASON!