

TRAVEL SLIDE SHOWS

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 is no charge to attend, and tea & cookies will be served!

Living and Volunteering in Panajachel, Guatemala

Presenters: David & Ingrid Webb

When: Thursday, March 9th, 7:00 pm

Long Trail Expedition

Presenters: Shannon Varley & Luke Miller

When: Thursday, March 16th, 7:00 pm

Morocco Adventure

Presenters: Emma (Behrens) Elder &
Jim Elder

When: Thursday, April 13th, 7:00 PM

YOUR LOCAL COMMUNITY

[Spring Maple Open House Weekends](#)

Two weekends this Spring:
March 25th & 26th and April 1st & 2nd

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

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.

REGISTRATION

You MUST register and pre-pay for Crafting and Cooking classes: Culinary Adventures, Felting, and Basket-Making. These classes have limited enrollments, so register early. Refunds are discouraged.

All other CFU offerings are on a drop-in basis. Please just show up! Thanks for considering us for your educational opportunities.

PAYMENT OPTIONS

- Checks: may be made out to Cabin Fever University, then mailed to:
Cabin Fever University
P.O. Box 24
Strafford, VT 05072
- Cash: must be handed to a board member (or the Bored Member)
- Venmo (we're adapting!): @CabinFeverU

**FINANCIAL AID IS AVAILABLE ~
If you need this, please ask!**

BOARD MEMBERS

Leslie Berger ~ Campus Agitator
Therese Linehan ~ Dean of Extra-Extra
Curricular Affairs
Barb Masteller ~ Bored Member
Eva Behrens ~ Founder Emerita

Contact us at: info@cabinfever.org
or (802) 299-1583
website: www.cabinfever.org

LET US KNOW IF YOU HAVE A
GREAT IDEA FOR THE 2024
CABIN FEVER SEASON!

Cabin



Fever

University

Strafford, VT

Spring 2023

PRESENTATIONS

All You Ever Wanted to Know About Strafford Town Meeting

Presenters: John Freitag & David Grant

When: Tuesday, February 21, 7pm

Where: Barrett Memorial Hall, South Strafford

Description: This class will review the rich history of Strafford Town Meetings. It will also be a primer on how Town Meeting is run and how to prepare for and participate in this unique form of direct democracy. There will be an opportunity to share stories of memorable Town and School meetings.

Please note that this class is an informational meeting only, not a debate on the merits of either traditional Town Meeting or Australian Ballot.

Your House, Your Energy

Presenter: Matt Christie

When: Tuesday, March 21st, 6pm

Where: Newton School

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.

What's Lurking Underground: Treasures Dug Up and Recovered

Presenter: Scott Moore

When: Wednesday, March 29th, 6:30pm

Where: The Newton School

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.

CRAFTING WORKSHOPS:

Basket Making

Instructors: Anita Onofrio & Dottie Dubey

When: Saturday, March 18th, 10am-4pm

(with a break midway for a potluck lunch)

Where: Newton School Cafeteria, South Strafford

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.

Needle Felting Workshop

Instructor: Erin Yunger

When: Saturday, April 1st, 1:00pm

Where: The Rosa B. Tyson Gym, South Strafford

Cost: \$30, materials included in cost

Description: This beginner class will teach you the basics of needle felting. Learn the science behind felting and how to work with wool to create a decorative felted ball, felted scene, and/or 3D felted objects.

Wet Felting Workshop

Instructor: Erin Yunger

When: Sunday, April 2nd, 1:00 pm

Where: The Rosa B. Tyson Gym, South Strafford

Cost: \$30, materials included in cost

Description: Learn how to turn wool into beautiful felted objects with just a little warm water, soap, and some elbow grease. We'll make a felted pod and, if time allows, explore other projects such as felted geodes and/or felted flowers.

REMEMBER . . .

You **MUST** register for **Cooking, Felting, and Basket-Making** classes!
Instructions are on the reverse page.

COOKING CLASSES:

Culinary Adventures

Learn to make delicious food with your neighbors in these very hands-on classes.

For all three classes below:

Instructors: Trudi Brock & Colleen Olson

Location: Barrett Hall, South Strafford

Cost: \$30.00 per class

Bring: an apron (if you want to - no one will be forced) along with Tupperware for take-homes.

Session One: Diving Deep into Middle Eastern Cuisine

When: Sunday, March 12th, 2-5pm

Description: We'll venture into recipes from two of our favorite chefs, Yotam Ottolenghi & Ana Sortum, to create a buffet of Middle Eastern delights. We'll have enough of a buffet spread for samplings.

Bonus: We'll discuss Michael Ruhlman's book *Ratio* – and learn how to scale up/down with ingredients while keeping the important ratios constant.

Session Two: Homemade Pastas

When: Sunday, March 26th, 2-5pm

Description: We'll revisit our homemade pasta class and make various shapes of plain and herb-flavored pastas, gnocchi, and filled pastas such as ravioli. We'll also make a variety of simple sauces.

Bonus: We'll discuss some important elements of Harold McGee's food science writings.

Session Three: Everything Maple

When: Sunday, April 9th, 2-5pm

Description: With sugaring season in full swing, we'll explore sweet and savory uses of maple syrup: maple sticky buns, salad dressings, marinades, and various sugar substitutions.

Bonus: We'll discuss key takeaways from Samin Nosrat's *Salt Fat Acid Heat*.