

TRAVEL SLIDESHOW SERIES

All slideshows 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 & cookies will be served!

The Last Shangri-La: Adventures in the Himalayan Kingdom of Bhutan

Presenters: Hadley Clark & Matt Gingo

When: Thursday, March 13th, 7:00 pm

Description: Enjoy photos and stories of Hadley & Matt & Skylee's life exploring mountains and culture in the Land of the Thunder Dragon.

3000 Clicks in Oz:

Exploring Coastal Western Australia

Presenter: Jason Schumacher

When: Thursday, March 20th, 7pm

Description: "Join us for ridgely didge road trippin' stories of a seppo in The Lucky Country."

Ketchikan to Kodiak;

Boating the Alaskan Coast

Presenters: Kent & Annie Penfield

When: Thursday, March 27th, 7pm

Description: "Seeking solitude and adventure, we embarked on a 27 year old dream to visit the largest state for the first time, by boat, simply assuming we'd enjoy the journey."

REGISTRATION INFORMATION

Cabin Fever University

info@cabinfever.org (802) 299-1583

www.cabinfever.org

You **MUST** register and pre-pay for crafting & dance classes.

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

PAYMENT OPTIONS

-Checks: may be made out to

"Cabin Fever University", then mailed to:

Cabin Fever University

PO Box 24

Strafford, VT 05072

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

(Sorry, we no longer have Venmo!)

FINANCIAL AID IS AVAILABLE ~

If you need this, please ask!

BOARD MEMBERS

Leslie Berger ~ Campus Agitator

Therese Linehan ~ Dean of Curricular & Extra-Curricular Affairs

Barb Masteller ~ Bored Member

Eva Behrens ~ Spiritual Advisor

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.

Cabin



Fever

Strafford, VT

Spring 2025

HIP HOP DANCE WITH KRISTIN

Instructor: Kristin Rainville

2 dates; 2 classes on both dates:

- **Monday, March 10th**
 - 3:30-4:30 for students, grades 4-8
 - 4:30-5:30 for teens & adults
- **Monday, March 17th**
 - 3:30-4:30 for students, grades 4-8
 - 4:30-5:30 for teens & adults

Where: Barrett Hall, South Strafford

Cost: \$5 per class

Description: Check out hip hop dance in a low-risk, easy-going environment. Kristin will introduce some basic hip hop moves. Get in the groove! The first class will be an introduction and the second will build on the first. Come to one or both.

MOTH MANIA

Presenter: Levi Smith

When: Tuesday, March 25th, 7pm

Location: Newton School, South Strafford

Cost: no cost

Description: Come discover the magical world of moths that emerge after dark. Learn about common species of moths that can be found in Vermont, ways you can observe these species on your own, and how you can use the iNaturalist app to help identify species.

Strafford Community Movie Night **Barrett Hall - Saturday, March 15th**

Come out with your PJs & blanket to enjoy a movie with family & friends.

Free popcorn!

Pizza and baked goods available.

Doors at 5pm, movies at 6pm.

MAPLE OPEN HOUSE WEEKEND

Immerse yourself in your community over the weekend of March 22nd-23rd.

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

FRESH FLORAL ARRANGEMENTS

Instructor: Lori Mikusa

When: Saturday, March 29th, 12:00-2:00 pm

Location: Barrett Hall, South Strafford

Cost: \$20 (includes the cost of materials).

Description: Spark your passion for flowers! Lori will touch on the skills needed to select, prune, process, and arrange fresh flowers, resulting in a stunning centerpiece. You'll get to take your arrangement home.

Bring to class:

- pruners or sharp scissors
- a vase/container to hold your masterpiece

Note: You **MUST** pre-register for this class. Lori will need to preorder crafting supplies!

SUPER COMPOST!

Presenter: Cat Buxton

When: Wednesday, April 2nd, 7pm

Location: Newton School, South Strafford

Cost: no cost

Description: Learn about how local school kids are transforming over 100,000 pounds of food waste each year into rich compost for school and community gardens. They're making heaps of compost! Get your specific backyard compost questions answered so you can make your own compost super!

PROBATE PARTY

Presenters: Tori Lloyd & Kemba Russell

When: Tuesday, April 8th, 7pm

Location: Newton School, South Strafford

Cost: no cost

Description: Get prepared for the inevitable! We will discuss and review the Vermont Ethics Network Advance Directive forms and go through the exercise of completing them.

FOUR PART HARMONY

- BARBERSHOP BASICS

Presenters: Robyn Jacobs

& the Valley Chords Barbershop Chorus

When: Wednesday, April 9th, 7:00pm

Where: Newton School

Cost: no cost

Description: Come out for a participatory introduction to the American a cappella art form of Barbershop harmony. No prior singing experience required.

DEFINITION of A CAPPELLA: singing performed without instruments

Thanks to our many volunteers! CFU courses are brought to you by local community members. They prepare, research, bake, organize, and work late into the night to produce quality events. We appreciate our presenters, instructors, and everyone behind the scenes that make each season a fantastic success!

Let us know if you have a great idea for the 2026 CFU season!