

CERAMIC BUTTER DISHES

Instructors: Anita Onofrio & Tony Luckino

When: Saturday, March 7th, 1-4pm

Location: Newton School, South Strafford VT

Cost: \$40

Description: To make a covered butter dish, we'll start with a rolled slab of clay. After constructing the pieces at the workshop, they'll be fired and glazed by the instructors. The completed pieces will be picked up at a future date. No previous clay experience is necessary.

Bring: a hand towel, a creative mind-set, and interest in playing with clay.

CABLES AND LACE: Ramp up your Knitting with Fancy Stitches

Instructor: Trudi Brock

When: Monday, March 9th, 6pm

Location: private home; location will be provided upon registration

Cost: no cost

Description: This class is designed to make you comfortable with reading patterns for cables and lace, and incorporating them into your projects. If you can knit and purl, you can do fancy stitches! We'll start with one meeting and schedule more as needed/desired.

HIP HOP DANCE WITH KRISTIN

Instructor: Kristin Rainville

TWO dates, TWO classes on both dates:

Wednesday, March 11th

- 3:30-4:30 for students, grades 1-5
- 4:30-5:30 for grades 6 through adult

Wednesday, March 25th

- 3:30-4:30 for students, grades 1-5
- 4:30-5:30 for grades 6 through adult

Location: Rosa Tyson Gym, South Strafford, VT
Cost: \$10 per class

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

SLIDESHOW: Teamwork at Hospital #3: Ukraine Surgical team in 2022-2023

Presenter: Michael Curtis

When: Thursday, March 12th, 7pm

Location: Newton School, South Strafford

Cost: no cost

Description: Through photos and narrative, Michael will describe his experience as a team member providing humanitarian aid, ten miles from the Front in Ukraine, 2022.

Tea & cookies will be served.

TABLE TOP BOARD GAMES FOR BEGINNERS (18+)

Facilitator: Christa Wurm

When: Sunday, March 15th, 1-4pm

Location: Newton School Library, South Strafford

Cost: no cost

Description: Learn from experienced, patient, and wicked fun gamers. We'll explore limited-resource, deck-building, and collaborative games, among others. Bring your own and/or we'll provide enough for all. Seasoned players are welcome, with the understanding that the focus will be in supporting beginners. Games may include Wingspan, Catan, Dominion, Pandemic, Carcassonne, Agricola, & whatever you bring.

Bring: your glasses! The writing on those instruction booklets gets smaller every year!

THE BOTANY OF STRAFFORD

Presenter: Levi Smith

When: Wednesday, March 18th, 7pm

Location: Newton School, South Strafford

Cost: no cost

Description: In Strafford, we're lucky to have so many diverse habitats supporting a wide range of species. Come learn about some of the interesting and uncommon species that you can find here, and hear stories about Levi's botanical excursions.

Tea & cookies will be served!

COLOR EXPLOSION: Floral Arrangements

Instructor: Lori Mikusa

When: Sunday, March 22nd, 12:30-2:30pm

Location: Barrett Hall, South Strafford

Cost: \$20 (includes *most* materials)

Description: Bring a splash of color into your home while waiting for the first crocuses. Learn the skills needed to select, prune, and arrange fresh flowers, resulting in a stunning centerpiece. You'll take home your arrangement.

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

PYSANKY: The Art of Ukrainian Easter Eggs

Instructor: Ingrid Webb

When: Thursday, March 26th, 7pm

Location: Barrett Hall, South Strafford

Cost: \$10 (includes *some* materials)

Description: Pysanky uses a wax-resist (batik) method. Designs are drawn on eggshells with wax, then dyed. Get creative exploring an ancient art!

Bring: 2 blown & washed white or green eggs, a short taper candle, a candle holder, and a disposable rubber glove or two

PAINT n' CHAT

Instructor: Willow Moore

When: Saturday, March 28th, 1-3pm

Location: Newton School, South Strafford

Cost: \$25 (includes all materials)

Description: Start with a blank canvas and go home with your own unique work of art. Willow will guide you through steps to create a Spring-themed 12"x12" painting. Relax & play with acrylic! All skill levels are welcome; no prior experience is needed.

HOMEOPATHY AT HOME

Presenter: Hilary Linehan

When: Monday, March 30th, 7pm

Location: Newton School, South Strafford

Cost: no cost

Description: Learn how you can address non-emergency ailments and illnesses at home. Discover the foundational tenets of homeopathy and how they can be used to treat conditions such as stings, bites, colds & coughs, allergies, etc.

PLAY-DOUGH: The PASTAbilities are Endless

Instructors: Trudi Brock & Colleen Olson

When: Saturday, April 4th, 2-5pm

Location: Barrett Hall, South Strafford

Cost: \$20

Description: We'll make several types of pasta dough and explore some of the many ways to use it: twisted, filled, rolled, etc.

Bring: An appetite and containers to bring your dough home

BASKET-MAKING

Instructors: Anita Onofrio & Sherry Duveneck

When: Saturday, April 11th, 10am-4pm (with a break midway for a potluck lunch)

Location: Newton School, South Strafford

Cost: \$40

Description: Make a handled market basket out of reed. Learn what's involved in weaving a basket and never take the process for granted again. No previous basketmaking experience is necessary.

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

NATURAL INK MAKING WITH ACORNS & BLACK WALNUTS

Instructor: Katie Spencer

When: Thursday, April 16th, 6:30-8:00pm

Location: Newton School, South Strafford

Cost: \$10

Description: Make and experiment with ink derived from acorns & black walnuts. You'll also learn how to make lasting inks from other local plants. Take home a sample!

Bring: a small container that can safely transport warm ink

REGISTRATION INFORMATION

Cabin Fever University

info@cabinfever.org

(802) 299-1583

www.cabinfever.org

You **MUST** register and pre-pay for classes which have a fee!

Several presentations listed on this brochure are free and on a drop-in basis. For those - 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 ~ Bursar

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

University

Strafford, VT

Spring 2026