

July 2021

HALIFAX NEWS

AN IMMUNE SYSTEM BOOSTER GROWING IN OUR BACKYARDS

Story and photos by Pam Baker, Halifax, Vermont

I'm talking about Elderberry bushes. And once you *see* them, you can't *un-see* them. Here is a picture of the flower, then one of the whole bush, and finally an image of the berries.



Elderberries usually bloom in our area in June. The flower has a sweet smell, but not overly sweet like honeysuckle. The flower has an umbrella shape, and indeed it is called an umbel. It can be used to make jelly, wine, or a simple syrup, amongst other things. Disclaimer—I am not a certified herbalist, nor am I attempting to provide medical advice. But you can learn a lot about elderberries by going to the UVM extension site, <https://www.uvm.edu/extension/sustainableagriculture/elderberry-production-vermont#> The information is out there, like the bushes, for you to glean as you see fit. Elderberries are purported to improve your immune system and are high in antioxidants. It is quite easy to make a tincture, jelly/jam, or candy/gummies with a few ingredients. Making elderberry goodies would be a fun activity with children.



The picture at left was taken in our town. You'll notice those flat white flower umbels on the bushes between the two trees. The picture gives you an idea of what you might see along the roadside.

Most flowers are high up on the bush, likely because the deer and bear get at the lower flowers. Can't say as I blame them! So I use a butterfly net and a long-handled pair of shears or pruners to gather the berries. It also helps to have a partner along. Then I take the berries home, and while sitting

on the porch or watching the boob tube, I pull them all off and give them a light rinse. I either use them right away or place them in a flat tray in the freezer.

IMPORTANT: do not trespass or take flowers or berries without first speaking directly with the property owners. And leave some flowers for the bees!

Pretty soon, everywhere you go, elderberry bushes in bloom will start jumping out at you. So consider planting some in your yard if you don't already have wild ones growing. The bees will thank you.

TOWN NEWS

REMEMBERING CARLETON BARNETT – JULY 17TH, 2021

A Celebration of Life memorial service for **Carleton S. Barnett** will be held at the Halifax Community Hall on **July 17th** with a light lunch being provided. Carleton was born October 21, 1933. He married Bernice Burnett in 1956. They lived in Halifax most of their married lives and were a vibrant part of our community. Donations in Carleton's memory may be made to: Vernon Green Nursing Home Activities Fund, 61 Greenway Drive, Vernon, VT 05354 or to the West Halifax Fire Dept., P.O. Box 96, West Halifax, VT 05358. Come on July 17th and share your memories of Carlton. All are welcome.



REMEMBERING NORM FAJANS – AUGUST 8TH, 2021

Next month a celebration of the life of **Norman Douglas Fajans** will be held on **Sunday, August 8, 2021, at 1:30 PM** at the Halifax Community Hall, 20 Brook Road, West Halifax, VT 05358. Norm was born September 28, 1951, and died on February 25, 2021, after a brief battle with cancer. He was born in Amityville, NY, graduated from Wilmington High School in 1969, and studied animal science at SUNY-Cobleskill and University of Vermont. Norm then studied equine massage therapy which became his vocation. Norman and his wife Deborah and daughter Erin moved back to Halifax in 1993. He loved working on his farm, walking his woods, riding a tractor, gardening, watching the seasons change, sharing a memory or story with a dear friend, cheering his daughter in school sports, watching football on TV, and helping others to care for their animals. Donations in his memory may be made to Forever Morgans Horse Rescue & Adoption at forevermorgans.org or in care of Covey Allen & Shea Funeral Home, P.O. Box 215, Wilmington, VT 05363. Please join us as we celebrate this extraordinary person. All are welcome.

FIRE CO. AUCTION ON SATURDAY, JULY 3

The firemen will hold their annual **Firemen's AUCTION** this year. The date is **Saturday, JULY 3rd at 10 AM** at the fire station in the village of West Halifax. Call Wayne Courser @ **802-368-7733** to donate items.

FIRE CO. CLAM BAKE, SATURDAY, AUGUST 7

The Halifax Fire Company will hold their annual **Firemen's Clam Bake** this year. The date is **Saturday, August 8 serving 1 PM to 3 PM** at the old Cody Farm. Seafood dinner: lobster, clams, half a BBQ chicken, corn on the cob, cole slaw, potato salad, watermelon (\$45). Chicken dinner: half a BBQ chicken, corn on the cob, cole slaw, potato salad, watermelon (\$20). Kids 6-12 years old (\$10). Call **802-368-7733** or **802-368-2824** or ask any Fire Co member to buy tickets.

FIRE DEPARTMENT CALLS

On June 2, four men and one truck responded to a mutual aid call in Colrain, MA, but were turned back.



SUMMER COMPOSTING TIPS WORKSHOP IN HALIFAX, THURSDAY, JULY 29, 6-7:00 PM

The Halifax Conservation Commission and Windham Solid Waste Management District invite you to a **Summer Composting Tips Workshop** at the Halifax Community Hall, 20 Brook Road, Halifax, VT 05358, on Thursday evening, July 29th. The workshop starts at 6:00 pm and lasts about an hour. Topics covered include ☀️Successful composting in hot dry weather, ☀️Food scraps nutrients & moisture, ☀️Best ways to avoid attracting wildlife, ☀️Pros and cons of different tumblers and bins, ☀️Where to put your compost area, and ☀️How to tell when compost is ready. Bring your questions!



SENIOR MEAL

Friday July 16 is the next Senior Meal. It will be held at the Community Hall in West Halifax at 20 Brook Road, serving at noon. It will be take-out again. The menu: hot dogs, burgers, macaroni salad, homemade beans and dessert. Suggested donation \$3 for seniors, \$4 for younger companions.

THERE IS NO SENIOR MEAL IN AUGUST in Halifax. Joan will hopefully be sitting on the beach at the Jersey Shore!!! See you in September when we will begin dining in the hall.

Call Joan @ **802-368-7733** or email JWCinVt@gmail.com.

– Joan Courser

SENIOR SOLUTIONS HELPS VERMONTERS WITH FOOD & FUEL BENEFITS

While we may be seeing the light at the end of the pandemic tunnel, economic challenges that have faced us all are ongoing. For many older Vermonters, the challenges of paying for food, fuel, and medical bills are very real. *And yet, 60% of older Vermonters who are eligible for assistance such as 3SquaresVT do not participate!* Let us help you get help.

Fuel Assistance helps with winter home heating bills and may be used for fuel oil, propane, electricity, and even wood heating. **3SquaresVT** and **Fuel Assistance** can both be applied for in a single application. Simply call the **Senior Helpline at 802-885-2669** to start the process for either or both programs.

Senior Solutions can help you find other programs you may be eligible for, such as Medicare Savings Programs, Prescription Drug Assistance, and Meals on Wheels. We will help you through every step of the applications. **Senior Solutions** is a trusted non-profit agency and has operated as the area's Council on Aging since 1973. There is no charge for helping area residents. **More info:** <https://www.seniorsolutionsvt.org/>

A SUCCESSFUL FIRST ANNUAL EDIE FENTON MEMORIAL PLANT SWAP



On Saturday, May 29th, from 9am to noon, weeks of work came to fruition at the Halifax Community Hall. Members of the Halifax Community Club put on a plant swap in honor of our dear friend Edie Fenton, who had a fierce love of gardening. In spite of the event's name, the plants were free for the taking, or you could swap something you had in your yard for the plants at the swap. Donations to the Community Hall were generously given. Bonnie Brown provided hundreds of plants from her amazing garden, and many others donated treasures from theirs. Although the event was planned for 9-2, all the plants were gone by noon (as well as some homemade snacks on offer). After we had been out in the cold rain from 8 to noon, Bonnie and I (pictured in our soggy winter parkas) were only too glad to be able to close up early. We look forward to many returns of the day, perhaps with better weather.

HISTORY...BY EDIE FENTON...taken from a 1985 newsletter..... Aaron LEONARD, whose buildings stood near the bridge north of the Methodist chapel, Reid Hollow, was frozen to death April 6, 1815. His wife being away for a few days, he in company with some of the young men in the neighborhood, planned to have a good time on Fast day, which would occur on the 7th. Accordingly, he with his little boy started for Marlboro, where he procured a jug of rum. He started for home about dark in a snowstorm. The little boy becoming cold lagged behind, and his father, tipsy and stupefied, stumbled and fell. The boy passed him and on getting home, supposing that his father had gone to bed, retired also. His cronies arriving next day, search was made for him, and the body found about one-half mile from the house of David NILES, (which is now gone.) The body was brought to the house and a coroner's inquest held, eliciting the above facts. —*from the Vermont Historical Gazetteer, 1891, http://sites.rootsweb.com/~vtwindha/vhq5/vt_gazetteer-halifax.htm*

JOAN'S SIGHTINGS.

We are not seeing the turkeys as often as we were. Wayne did see a hen with some not-too-small chicks, so they are around. We were concerned that the early spring's quite cool weather and rain may have been hard on them. Joan saw some geese and babies at the old Knox farm pond. Joan is thrilled to have a Yellowbellied Sapsucker at her feeder each day. It likes the grape jelly that is put out for the Orioles. We now have four male Orioles coming each day and a few females; we're expecting babies at the feeders soon! Seeing a few blue jays, woodpeckers, red-breasted grosbeaks, blackbirds, mourning doves, a few chickadees, titmice...I sure enjoy my birds!

Send your sightings to Joan at jwcinvt@gmail.com

- Joan Courser

BIRDS ARE BETTER THAN PESTICIDES. Cornell's *Living Birds* e-magazine, Summer 2021 edition, reports that farmers are using wild birds in lieu of pesticides to control pests in agricultural crops, vineyards, and orchards. "Birds are environmentally benign, while poisons are not. And pest-controlling birds stay on the job, while pesticides must be reapplied, and the effect of bird-scaring balloons, hawk silhouettes, and propane cannons quickly wears off." —<https://www.allaboutbirds.org/news/at-orchards-and-vineyards-birds-are-outperforming-pesticides>



On Hanson Road we have chestnut-sided warblers, red-eyed vireos, song sparrows, winter wrens, pewees, robins, hermit thrushes, ruby-throated hummingbirds, sapsuckers, hairy woodpeckers, a barred owl, a broad-wing hawk, turkeys with chicks, groundhogs, porcupines, red foxes, deer with fawns, short-tail shrews, a rabbit, red efts, bumblebees, many butterflies and dragonflies, and a moose in the yard. My brother-in-law Tom saw a bear cub run across Hanson Road in front of him. He pulled out his camera too late to catch the cub, then noticed mama bear. He got that photo!

-Laurel Copeland





Annual Clam Bake

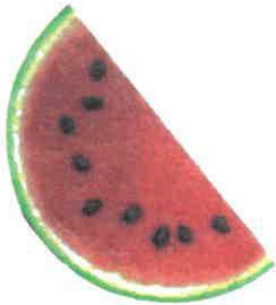
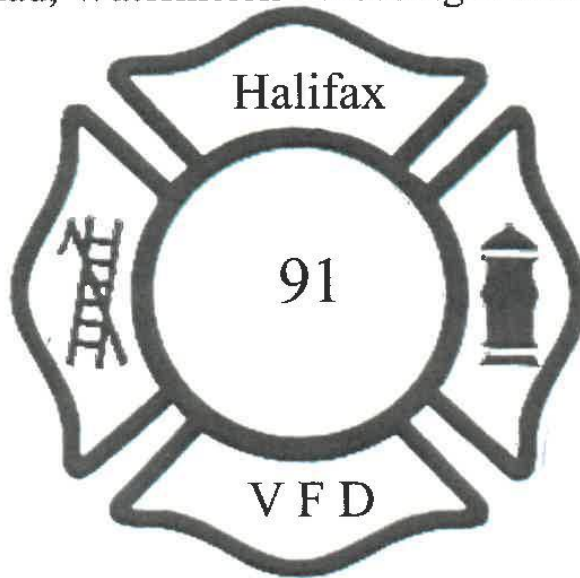
Saturday, August 7, 2021

1:00 PM till 3:00 PM

At the "Cody" Farm



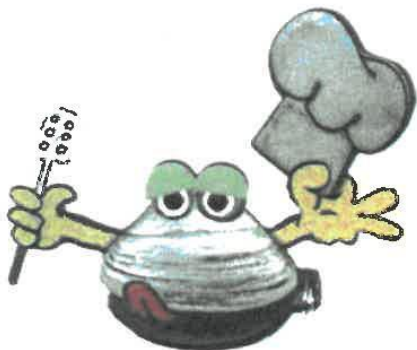
Lobster, ½ BBQ Chicken, Clams, Corn on the Cob, Cole Slaw, Potato Salad, Watermelon – Beverages available



DINNER WITH SEAFOOD - \$ 45.00
DINNER WITHOUT SEAFOOD - \$ 20.00
DINNER FOR CHILDREN 6-12 YRS. - \$ 10.00

FOR INFORMATION OR TICKETS CALL:
368-2824 OR 368-7733 or ask any HFD Member

No Steak here, I'm only
Here for the cow flop
Contest !!



DOOR PRIZES !!!



Newsletter
P O Box 27
West Halifax VT 05358



Red efts



Zeber's Irises on Hanson Road

Halifax News

JULY 2021

Subscriptions for Paper Newsletter delivered by US Mail: \$7 per year to cover postage. Send check made out to "Newsletter" to P O Box 27, West Halifax VT 05358.

Thank you!!!

NEWSLETTER STORIES - Send your Halifax story to
Laurel LaurelACopeland@gmail.com or Joan
JWCinVt@gmail.com (PO Box 27 05358).