### February 2025

# Halifax News



#### AMBULANCE SERVICES IN HALIFAX

On January 25<sup>th</sup> at the Halifax Café in the Halifax Community Hall, Dennis Annear and colleagues from Whitingham Ambulance Service and Deerfield Valley Ambulance (DVA) spoke to us about ambulance services in the Town of Halifax. Halifax Fire, Whitingham Ambulance, and DVA provide the three levels of emergency response we have in Halifax.

Fire Chief Annear and DVA EMT Abby Arnold (also IT consultant at our Halifax School) talked about the DVA subscription letter you have probably received, File-Of-Life cards the emergency responders would use if called to your house, and where you get transported. Subscribing to the DVA benefits you greatly: when you sign up and then call for an ambulance, whatever your insurance company does not cover, your DVA subscription covers. The File-Of-Life cards (pictured; available in the Café) are brief medical histories for each person in your household. Complete cards for yourself and for everyone else in your house. Keep these completed cards on your fridge. If you call emergency services, hand the card to the emergency responder to bring them quickly up to speed on their patient's health status.



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People had questions for the emergency responders.

Question: Where do you get transported when the ambulance picks you up? <u>Answer</u>: Symptoms of heart attack can mean you go to Springfield, or Albany, or Troy. Other destinations are Bennington, Brattleboro Memorial Hospital, and Grace Cottage in Townshend.

Question: How do you decide if I'm having a heart attack? <u>Answer</u>: we have a series of symtpoms we look for, then the pattern of symptoms determines whether you have a heart attack. The same is true of a stroke: we look for certain symptoms and go from the picture that emerges.

Question: What if we think it's quicker to drive ourselves to the hospital? <u>Answer</u>: Call 911 and let the ambulance take you because the EMT's can work on you and monitor your condition and give the emergency department a heads-up as to what care team you will need.

Question: What if I don't want to call 911? <u>Answer</u>: many don't want to call 911 because of stubbornness, embarassment, and cost concerns. We would rather help you determine that you don't need us than risk you waiting too long to treat a heart attack or stroke.

Signs of Stroke include:

- sudden weakness or numbness in face, arm, or leg, especially on only one side of your body
- sudden vision problems such as dimness, double vision, or loss of vision in one or both eyes

- sudden difficulty speaking or understanding what someone else is saying
- sudden balance problems
- sudden headache with no known cause
- drowsiness, nausea, vomitng, fainting, or seizure might also signal a stroke

The FAST acronym can help you remember the signs of a stroke:

- **Face**: Can the person smile?
- **Arms**: Can the person raise both arms?
- **Speech**: Can the person speak clearly and understand what you say?
- **Time**: Call emergency services immediately if they cannot

Question: What barriers do you run into when responding? <u>Answer</u>: The #1 road barrier is driveways. If you have a steep, eroded, or otherwise treacherous driveway, describe it to the 911 operator. Tell us if you have dogs or aggressive cats.

Question: Should we call 911 if one of us falls? <u>Answer</u>: YES. Even if you can get yourself up, you might have something else going on that needs attention. You might have a cranial bleed or head injury. Let us assess you.



Emergency responders Eric, Aaron, Dennis, and Abby at the Community Hall

### DIRECTORY OF SENIOR SERVICES FOR HALIFAX, FEB. 15 @11:00 AM IN THE HALIFAX CAFÉ

Last March 9<sup>th</sup>, 2024, Julie Holland from Windham Aging came to West Halifax to ask seniors what services they needed. Most of all we wanted to have all the info together in one place. Lesley Pollitt volunteered to lead the work, and now the **Halifax Senior Services Directory** exists! **Saturday, February 15, at 11:00 AM**, Lesley and her collaborators will present the directory and answer questions. Be there! Lunch will be on offer at the Café featuring soup, sandwiches, and baked goods. The Directory is available in the Town Office, online at <a href="https://czresearch.com/directory">https://czresearch.com/directory</a>, and in the Café.

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**FOOD CUPBOARD IN TOWN OFFICE.** There is a new food cupboard in the foyer of the Town Office. Forget something at the store? In a pinch for something for tonight? Want to donate something shelf-stable? Drop in whenever the Town Office is open, 8am-3pm Mon-Tue-Wed-Fri.

**FIREMEN'S NEWS.** On January 7, six men and one truck responded to Readsboro to a mutual aid call for a structure fire.

On January 25 10 men and one truck responded to a motor vehicle crash on Route 112. One car over an embankment, no injuries, driver left scene on foot.

On January 27 seven men responded to a call of a woman with a head injury.

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#### **SORROW**

Catherine F. Harder, 97, a resident of Halifax, Vermont went to be with her Lord on December 31, 2024, in Brattleboro, Vermont. Cathy was born on June 4, 1927, in Malverne, New York. She loved socializing, politics, and her faith. She was the oldest member of the Halifax Bible Church and will be dearly missed by all who knew her. A church service will be held for Cathy at the Halifax Bible Church at 10:00 am on April 11, 2025.

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### HALIFAX HISTORICAL SOCIETY FIRST ANNUAL TOWN PHOTO CONTEST

To celebrate our town's rich history, the HHS is holding a photo contest. This first year's photo contest subject features buildings of any kind in Halifax.

### Rules for photo submission.

Each picture must be of a building in Halifax. Any building is eligible. This can include houses, community buildings, and working buildings like barns, shops and sheds. Even doghouses and chicken coops are ok. New photos rather than historic ones are preferred this time. Photos must be of the <u>outside of the building only</u> but can be of ANY part of the outside. Photos can show an entire building or a neighborhood or just a small part of a building detail. Be creative! Close-ups of doors and windows, steps, or even peeling paint can be very interesting. Recognition categories will be determined based on photos received and may include color or black & white, age groups, or whole buildings versus details.

You don't need to live in Halifax to participate. But the building must be in Halifax, and you must include the street name with the picture for it to be counted. You may want to seek permission to take the picture. <u>Send</u> photographs to: **hhs.photo2025@gmail.com** 

Along with each picture, please include:

- Your name and email address
- The name of the town street where the picture was taken
- Any notes you want to include about why you chose that building or particular picture, or a description of what's in the picture
- Maximum 3 pictures per photographer, and the deadline for entries is **February 15**

Photos will be printed and displayed at the Community Hall in the spring, along with winners in each category, and should be ready for the town meeting in March.

Thanks for participating and have fun!

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There will be a total lunar eclipse the night of March 13–14, 2025. The Penumbral Eclipse begins Mar 13 at 11:57:28 p.m. EDT, just before midnight. **The full eclipse portion of the lunar eclipse will start at 2:36 a.m. EDT on March 14.** The full eclipse portion of the lunar eclipse will end at 3:31 EDT, and the penumbral phase at 6:00:09 a.m. for an overall duration of 6 hours, 3 minutes. But the exciting part, the total eclipse when the moon appears reddish and distinctly darker than the unobstructed full moon, lasts one hour and five minutes. https://www.timeanddate.com/eclipse/lunar/2025-march-14

Pictured is the January full moon just before dawn on 1/13/2025. A moonbow casts rainbow colors in the clouds, and Mars can be seen as a point of light near the top of the lefthand apple tree.

### THE BATTLE OF THE CHEFS: A CULINARY SHOWDOWN IN BRATTLEBORO (FRI., FEB. 14, 5PM-7:30PM)

What defines whether a city is small or large, cosmopolitan or traditional? Some may argue it's due to geographical landscapes, while others might cite population size. Regardless of whether a city is considered small, big, traditional, or trendy, one thing is certain: every community thrives on food, beverages, and the hospitality industry. Brattleboro is no exception, with an array of dining options ranging from food trucks to upscale restaurants, alongside a vibrant selection of gourmet establishments.

Typically, restaurants and local media work together to share information about dining and drinking options available to the public, helping residents make informed choices about where to eat and which culinary experiences to explore. Despite its size, Brattleboro boasts an impressive array of options—ranging from classic American cuisine to Thai, Chinese, Italian, Indian, Japanese, Mexican, and even a Peruvian restaurant. This diverse selection rivals that found in larger cities.



In a collaborative effort, Amaru Gourmet and BCTV have taken steps to delve deeper into the local food scene. Their initiative aims to showcase not only the dishes prepared by local restaurants but also the cultural stories and concepts driving these culinary creations. Chef Luis often shares, "Every dish tells a story, and every ingredient holds a memory." This philosophy is central to their highly anticipated series: The Battle of the Chefs.

Register online—first 30 registrants get to taste the dishes at Bar 580 for free! Register Tuesday, February 4<sup>th</sup> starting at 5 PM at <a href="https://www.amarugourmet.com/event-details/battle-of-the-chefs">www.amarugourmet.com/event-details/battle-of-the-chefs</a>

So, what is this series all about? The concept emerged during a conversation between Chef Luis and Chef Lana of Halifax about expanding culinary narratives. Chef Lana suggested a "Clash of the Titans," which inspired the creation of The Battle of the Chefs—a friendly competition in which two chefs from distinct cultural backgrounds prepare unique dishes using the same ingredients in a shared kitchen. This series promises to illuminate the artistry and skill involved in the culinary process, offering viewers a glimpse into the often unseen world of chefs at work.

The inaugural episode will feature a showdown between Chef Luis and Chef Lana, serving as a pilot for the series. BCTV quickly recognized the value of this concept and its potential to engage the Brattleboro community. They have partnered with Amaru Gourmet to promote the series through various channels, including social media, television, and live streaming of the events.

Scheduled to coincide beautifully with Valentine's Day, known for its themes of love and affection, this first episode will air live on February 14, 2025, from 5 PM to 7:30 PM at the Amaru Gourmet kitchen, located at 580 Canal Street, inside The Tavern. The day harmoniously blends love and culinary competition, setting the stage for this exciting event. Plans are in place to host four to five similar events throughout the year, featuring local chefs and potentially even international culinary talents. Viewers can tune in to the live broadcast on BCTV via the following link: <a href="https://www.brattleborotv.org/live/community-channel/">https://www.brattleborotv.org/live/community-channel/</a> or on Comcast TV channel 1078. After the event, the recorded episode will be available at this link: <a href="https://www.brattleborotv.org/videos/community/">https://www.brattleborotv.org/videos/community/</a> and will regularly air on channel 1078. On the day of the event Feb. 14<sup>th</sup>, everyone will have the opportunity to judge and vote online for the best chef. To cast your vote, visit this link: <a href="https://www.amarugourmet.com/battle">www.amarugourmet.com/battle</a>. "This series is not just about competition," We want to share the cultural narratives and creativity that shape each chef's journey." Join us for a Valentine's Day event

that beautifully blends love and culinary competition. It's an opportunity to celebrate Brattleboro's rich food culture, connect with local culinary talents, and engage in an unforgettable experience.

#### NOMINATIONS SOUGHT FOR 2025 SOUTHERN VERMONT EMERGING LEADERS

The Southern Vermont Young Professionals and Shires Young Professionals are seeking nominations for this year's Southern Vermont Emerging Leaders awards, which honor community and professional leaders in all fields who are between the ages of 21 and 40.

Each year since 2018, the Southern Vermont Young Professionals (a program of Brattleboro Development Credit Corporation) and the Shires Young Professionals have sought to highlight and honor young adults in their roles as leaders and change-makers in the Southern Vermont economy and community through the Emerging Leaders awards. Over 170 local leaders have been given an Emerging Leaders award since the beginning of the program, and 38 of those have subsequently been recognized statewide through Vermont Business Magazine's Rising Stars awards as well.

Nominations are due March 14 and can be submitted using a brief online form at www.sovermontzone.com/emerging-leaders. For more information, visit www.sovermontzone.com/emergingleaders or email Rachel Shields Ebersole at rsebersole@brattleborodevelopment.com.

### **About Southern Vermont Young Professionals**

The Southern Vermont Young Professionals is a workforce initiative of Southeastern Vermont Economic Development Strategies (SeVEDS) and the Brattleboro Development Credit Corporation (BDCC). Our mission is to attract, retain and support Young Professionals in Southern Vermont by providing engaging



opportunities and networking through social and educational events, and volunteer opportunities. The YP initiative is increasingly important to Southern Vermont's businesses and communities as a strategic approach to growing the size of the region's workforce and increasing the number of younger households in the region. For more information please visit: https://brattleborodevelopment.com/sovtyps.

**SENIOR MEAL IN HALIFAX** – Friday February 21 at the Halifax Community Hall serving at noon. **Menu**: Shepherd's pie (hamburger, peas or corn), mashed potato on top, some sort of salad, rolls and a dessert. All seniors are welcome. A free-will of \$3.00 donation is asked for those age 60 and over, \$4.00 for under 60 years. Serving at noon. - Joan Courser

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JOAN'S SIGHTINGS....enjoying lots of birds...many Blue Jays, four Cardinals males and females, Chickadees, Juncos, Mourning Doves (counted 18 one morning), Woodpeckers, Titmice, Nuthatches, Sparrows, and not too long ago I saw an Evening Grosbeak and a Red-Winged Blackbird. There was lots of snow on the ground. I thought to myself, you need to go south...must be they agreed as I have not seen them again! - Joan Courser 

Up on Hanson Road a bear visited Karen and Gina on the last day of 2024—look at the size of those paws! Go to bed, Bear! Meanwhile, we've been visited by a coyote and a fisher. In mid-January pre-dawn, I heard a bobcat calling as it moved through the edge of the woods. Rowf! Rowf! it screamed. When I looked, I saw a grey fox trotting along the edge of the yard. As the bobcat's calls came closer and closer, the fox first hurried up then reversed direction. It did not want to meet that bobcat.



## Halifax News

FEBRUARY 2025

#### **CALENDAR**

The Halifax Café\* is open on Saturdays only for the winter.

We are offering an expanded lunch menu every Saturday—soup, sandwiches, casseroles!

February 1, 2025 (Saturday): Halifax Café open 10:00am-1:30pm

**February 4, 2025** (Tuesday): Registration for Battle of the Chefs opens 5pm

February 8, 2025 (Saturday): Halifax Café open 10:00am-1:30pm

**February 14, 2025** (Friday): "Two Chefs, Two Cultures, One Kitchen!" on Brattleboro Community

Television (on https://www.brattleborotv.org/) & at Bar 580

February 15, 2025 (Saturday): Halifax Café open 10:00am-1:30pm

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Halifax Senior Services Directory talk at 11:00 AM

February 22, 2025 (Saturday): Halifax Café open 10:00am-1:30pm March 1, 2025 (Saturday): Halifax Café open 10:00am-1:30pm

\* Contacts: Laurel <u>LaurelACopeland@gmail.com</u> or 210-488-1701 (text/call), Andrea at UnderwoodJones154@gmail.com



Connie Englert captured this shot of the Pennel Hill Cemetery expansion Coyote and fisher were seen near Hanson Road – L Copeland

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