



## HOW TO FEED A HORSE

You **cannot** feed a horse straw. You should not feed any animal straw—straw is the hollow stem left over from a cereal or grain plant such as wheat. Straw has no nutritive value for vertebrates; it's useful for sucking milk from a glass (straws!) and for bedding in stalls and cages, but it is not their food. Because it is hollow, it absorbs pee pretty well.

What you want to feed a horse is hay and grains and supplements. Hay is not straw. Hay is grasses, like timothy, and legumes like alfalfa & clovers, not cereal or wheat stalks.

Horses are not ruminants (cows, sheep) but nonruminant “hindgut fermenters” – they have a gut section after their stomach (so, hind-gut a.k.a. cecum) that ferments the cellulose in hay. Because of this, they are more sensitive to mold and other toxins that might be in your hay, so they need high-quality hay.

Hay containing tall fescue (photos) is typically infected with an endophyte (a fungus within a plant) that is toxic to animals and causes pregnant mares to abort their fetus especially in the third trimester (days 227-340 [up to 370] or after 32 weeks). Even horses grazing in pasture can eat this contaminated mix of grasses, and the pregnant mares can then lose their foals.

To review: need bedding for your animal? Think straw. Need to feed your horse? Think hay (without tall fescue).

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## LIGHTNING SAFETY



Any time you hear thunder, it is time to reach a lightning-safe place.

The only lightning-safe locations are: (a) substantial buildings that have wiring and plumbing, not structures such as a beach shelter or bus stop shelter; and (b) inside a fully enclosed metal-topped vehicle—not dune buggies or motorcycles.

If lightning is within 10 km/6 miles of you, go to a lightning-safe building or vehicle. Lightning can arrive within seconds over a long distance, so be aware!

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## TURN OUT THE LIGHTS! OR, HOW TO HELP INSECTS

Do you know about the US Natural Sounds and Night Skies Division (NSNSD)? It's a little-known office that works to rein in noise and light pollution in national parks. Light pollution is increasing globally at about 10% annually. So NSNSD works to keep our national parks dark.

About 30% of vertebrates and more than 60% of invertebrates are nocturnal and rely on darkness to thrive. Light pollution is particularly hard on migratory birds that rely on the moon and stars to navigate and are drawn to bright light sources. Light can also disrupt plants' photosynthesis process. About one third of insects that are attracted to streetlights die; their hazards include exhaustion, overheating, and dehydration—as well as predation by bats. So, artificial lights at night are hard on life on planet earth.

Fruits, vegetables, flowers, and many animals and birds rely on insects to survive. For ideas on how to protect insects, try this article:

<https://www.theguardian.com/environment/2025/jun/17/insects-dying-25-easy-and-effective-ways-you-can-help-aoe>

In addition, nighttime light prevents us from seeing the stars. Installing night lighting so that it points downward helps keep skies dark. A truly dark sky lets us see the stars in marvelous detail, with the Milky Way looking prominent and complex. If you would like to visit a certified Dark Sky place, look at this website:

<https://darksky.org/what-we-do/international-dark-sky-places/>. It's worth staying up late for!

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\*\*\* TOWN NEWS \*\*\*

**\*\* TODDLER YOGA WITH HAILEY \*\*** **New!** In the Halifax Community Hall, 20 Brook Rd, West Halifax, at 10:00AM on **July 7, 2025**. Hailey Thomson will lead this new weekly class for kids age 2-5 years. There is no charge for this class. Contact: [haileykay.hardman@gmail.com](mailto:haileykay.hardman@gmail.com)

**SENIOR MEAL IN HALIFAX.** The next Senior Meal is Friday July 18 in the Halifax Community Hall, 20 Brook Road, West Halifax, at noon. **Menu: Picnic Time! Hotdogs & Hamburgers, Potato Salad, Cole Slaw, Tossed Salad,** and dessert. All seniors welcome. Suggested donation \$4, \$5 for <60 years. – *Bettye Roberts*

**CAFÉ CRAFTS.** Join us in crafting on first Saturdays at the Halifax Community Hall starting at 10:00 AM. I will teach you how – you pay the cost of the materials you use. If my featured craft is not your thing, bring any craft, mending, or knitting you are working on. – *Bettye Roberts*

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**SORROW**

Patrick Bolton Gregory, 93, of West Halifax, Vermont, died on May 27, 2025. Patrick was born to Horace Gregory and Marya Zaturenska, both poets, and educated at the Lawrenceville School and the University of Virginia. He served in the Army then settled in Paris where he worked for the publishing firm Hachette and later as an editor in New York and Boston; he also translated fiction and non-fiction from French to English, and in 2004 he published a novel, *The Daguerreotype*. He married Justina Winston, and they lived in Northampton, Massachusetts for almost 50 years, moving in 2023 to the house in Halifax where Justina had grown up. Patrick is survived by his wife, two children, and two grandchildren. Donations in Patrick's memory may be made to the Northampton Survival Center ([www.northampton-survival.org](http://www.northampton-survival.org)), where he volunteered for many years.

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**JOAN'S SIGHTINGS.** No 'new' birds but plenty of 'old faithfuls' – Blue Jays, Sparrows, Cardinals, Red-Breasted Grosbeaks, Catbirds, Titmice, a Red-Winged Blackbird now and then, wild Turkey (not in my yard but close), Mourning Doves, a Red-Tailed Hawk, a few Hummingbirds (those males would get a lot more to eat without all the fighting!). I hear but don't see Pileated Woodpeckers, a Red-Headed Woodpecker, a Downy Woodpecker, Titmice, Blackbird, Purple Finch, Chickadees, Red-Breasted and White-breasted Nuthatches, Robins, Starlings, Brown-Headed Cowbird, two pairs of Baltimore Orioles, Goldfinches—enjoying them all! I am seeing that several different birds like their 'sweets' as they are eating the grape jelly I put out for the Orioles! Love my birds! – *Joan Courser*



**(Left) Linda Lyon sent this pic of a snapping turtle she saw in West Halifax behind the school!**



**Up on Hanson Road it's all about** black-throated blue warblers, winter wrens, robins, ovenbirds, blue jays, chestnut-sided warblers, common yellowthroats, veeries, phoebes, and butterflies! The yellow swallowtails (pic) are especially entertaining although fritillaries and mourning cloaks are around. We saw a monarch butterfly in Marion's pasture on Butterfield. I've seen grey foxes, porcupines, opossums, deer, raccoons, ruffed grouse, bluebirds, hummingbirds, black-and-white warblers, broad-winged hawks, and lots of insects. At night we hear the bobcat and barred owls. I dodge red efts on the driveway and we laugh at the turkeys strutting around. There are quite a few yellow-bellied sapsuckers, pileated woodpeckers, and flickers, and some of the bluebird houses have tree swallows. I also saw a doe with her tiny spotted fawn. – *Laurel Copeland*

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**FIREMEN'S NEWS.**

On 5/29 five men responded to a call of a woman not feeling well. She was elevated then turned over to ambulance personnel.

On 6/11 two men responded to a man not feeling well having been outside all night after a plastic sap tub fell on him. He was transported to hospital and was there three days.

On 6/23 six men responded to a motor vehicle crash on Green River Road, a rollover into the brook. Upon arrival, responders found a man sitting on the bank. He seemed fine, was seen by ambulance personnel, and signed off when the police arrived.

The Union Society has hosted Sunday evening services at its quiet hilltop location in Halifax since 1891. The Society has no creed and welcomes people of all denominations or no particular denomination to join together in prayer, hymns, lessons, and reflection. A social hour follows each service. We are open and welcoming to all.



Brattleboro.

Two other guest ministers will provide contrasting perspectives this year. Rev. Richard Morton will lead the service on July 27 and Rev. Jon Heydenreich will lead services on August 10 and 24.

Rev. Morton serves as Chaplain at Vernon Homes, a senior living community in Vernon, VT. He advises and comforts residents at all stages of care, their families, and the employees who support them. He began his ministry while working as a compliance officer for Brattleboro Savings and Loan, a position from which he retired in 2018. He is active in local politics, most recently running to be the state senator for Windham County.

Rev. Jon Heydenreich serves as pastor of Trinity Lutheran Church in Brattleboro and writes the Mindful Minute column in the Brattleboro Reformer. He is a graduate of Princeton University and Duke Divinity School. He and his wife Marsha, who is also a minister, led a thriving congregation in Andover, MA for 27 years until semi-retirement in 2020. In the services he led at the Union Society last year, he focused on developing appreciation for everyday blessings and achieving worthwhile goals within the limits of our ability.

The **Union Society** is located at **44 Stowe Mountain Road**, two miles south of the Halifax town office. All services begin at 5PM. Info: write to [HalifaxUnionSociety@gmail.com](mailto:HalifaxUnionSociety@gmail.com) or go to Facebook or Google Maps.

# YOUNG MUSICIANS TOUR SOUTHERN VERMONT



show their appreciation. After their visit in West Halifax, which lasted from about 10:00 am to 1:30 pm, they headed to Wilmington for a repeat performance. It was a terrific day!



## BIOBLITZ IN MARLBORO AT THE POOL EDUCATION CENTER, ALL DAY JUNE 28<sup>TH</sup>

When I'm not busy in Halifax, sometimes I go to Marlboro where I'm on the board of the Hogback Mountain Conservation Area and on a task force for the Vermont Museum of Natural History. These organizations are both on the mountain (Hogback/Olga). A mile east of the famous Hogback overlook, you can find the tricky little road named Adams Crossroad. And at the east end of it, just off Route 9, is the Pool Nature Center, an offshoot of Vermont Museum of Natural History. They are having a BioBlitz on Saturday, June 28, from about dawn to well after sunset, counting every plant and animal in the area. You can help! Or just watch and ask questions and learn. For more info, send an email to: [programs@vermontmuseum.org](mailto:programs@vermontmuseum.org) ...And be there!



**Photo:** David Brewster sent this picture of the trencher working in Halifax Center. It is laying DV Fiber cable.

## ATTENTION RISING JUNIORS, SENIORS, AND RECENT GRADS – SUMMER CAREER BOOTCAMP JULY 14-18

Brattleboro Development Credit Corporation is holding a Youth Career Bootcamp in July at the Boys and Girls Club in Brattleboro. Apply online using the QR code shown. The bootcamp will be held July 14-18 from 9:00am to 2:00 pm each day with lunch provided. You will explore career opportunities and options to earn & learn as well as learning how to present yourself with confidence to prospective employers. If you have any questions, please contact Jack Spanierman at [jspanierman@brattleborodevelopment.com](mailto:jspanierman@brattleborodevelopment.com)



**Apply online now**



## Summer Career Bootcamp



**July 14-18, 2025, 9am-2pm**  
at the Boys & Girls Club of Brattleboro

Open to Rising Juniors, Seniors, & Recent Graduates

**Not sure what's next for you?**

- Explore career opportunities in your own backyard
- Discover options to earn and learn
- Learn to present yourself with confidence

Stipends available upon completion

Lunch provided



Apply online now

For questions or more information, please email Jack Spanierman at [jspanierman@brattleborodevelopment.com](mailto:jspanierman@brattleborodevelopment.com)

The Summer Career Bootcamp is offered by the Workforce Center of Excellence (WFCOE), a workforce and career training and education initiative of the Brattleboro Development Credit Corporation. It supports youth, adults, New Americans, and women in taking their next step in a career pathway with one-to-one assistance, supportive services and career readiness training. The Bootcamp uses curriculum and teaching strategies developed through BDCC's high school career education program available to all Windham County Schools, the Pipelines and Pathways Program (P3). The WFCOE is funded by a Workforce Opportunity for Rural Communities (WORC) grant from the Northern Border Regional Commission and US Department of Labor's Employment and Training Administration (ETA).

## INTERNET SAFETY – HOW TO FREEZE YOUR CREDIT REPORTS (SEE NEXT PAGE)

As a follow-up on Alan Baker's talk (May 17<sup>th</sup>) that was described in the June newsletter, we present this hand-out from AARP, "6 Steps to Freeze Criminals Out of Your Credit Report (and it's free!)".

## 6 Steps to Freeze Criminals out of Your Credit Report (*and it's free!*)

### Step 1

Gather your Social Security number, birth date and past addresses. Be familiar with recent borrowing. You may be asked, for instance, about your mortgage balance.



### Step 4

To verify your identity, you will need to furnish your past and present addresses (and maybe other personal info).



### Step 2

Label a physical file folder, "Credit Freeze." You will need to store important information in this folder in the event you want to unfreeze and refreeze your credit.



### Step 5

You'll receive or create a PIN. Make sure to write this down and add it to your folder.



### Step 3

Call or go to one of the three main credit bureaus' websites (below). If you're asked to create an account, write down your username and password. Add it to your folder.



### Step 6

Repeat this process with the other two credit bureaus. When done, put your folder in a secure place.



### Keep in Mind

You can also freeze the credit reports of your family members (children under age 16). Children's credit reports are a hot commodity among thieves, so it's worth considering.

### Contact Info to Freeze Your Credit Report

- Equifax: [equifax.com](http://equifax.com) • 800-685-1111 • (if in NY) 800-349-9960
- Experian: [experian.com](http://experian.com) • 888-397-3742
- TransUnion: [transunion.com](http://transunion.com) • 888-909-8872

When it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams. And if you have been targeted by a scam, call the **AARP Fraud Watch Network Helpline** at **1-877-908-3360** for guidance and support.



# Halifax News

JULY 2025

## CALENDAR

The Halifax Café\* is open Saturdays serving a delicious lunch menu—soup, sandwiches, casseroles, dessert!

**June 28, 2025 (Saturday):**  
" at 11:00 am

**July 5, 2025 (Saturday):**  
" from 10:00-1:00 pm

**July 7, 2025 (Monday):**

**July 12, 2025 (Saturday):**

**July 19, 2025 (Saturday):**

**July 26, 2025 (Saturday):**

**Aug. 2, 2025 (Saturday):**

Halifax Café open 10:00am-1:00pm – Ice Cream Wagon open

**Poems for a Summer Day with Gregg Orifici**

Halifax Café open 10:00am-1:00pm

**Crafting with Bettye**

**\*\* NEW! \*\* Toddler Yoga with Hailey \*\*** In the Hall, free, 10:00AM

Halifax Café open 10:00am-1:00pm

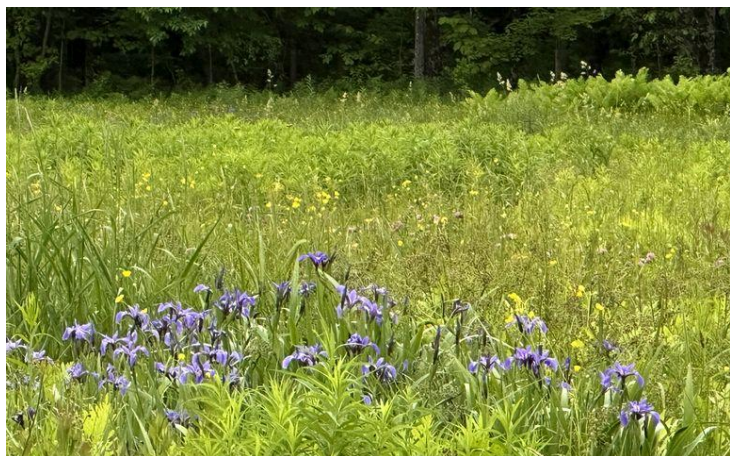
Halifax Café open 10:00am-1:00pm

Halifax Café open 10:00am-1:00pm

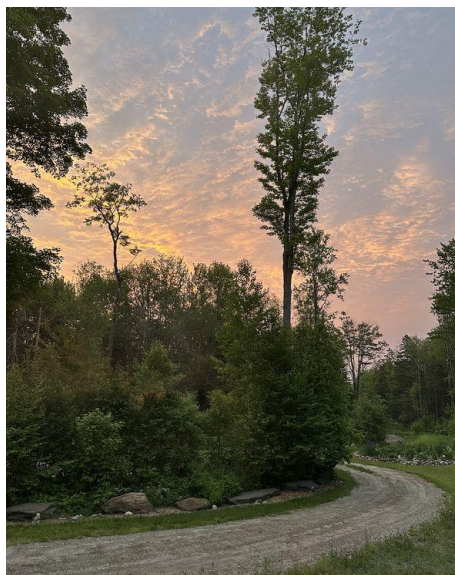
Café closed for **Firemen's Clam Bake**. See you at the Ice Cream Wagon!

**Sep. 17-21, 2025 (Wed.-Sun):** **Halifax 275-Year Celebration!**

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



**Irises Have Been Spectacular This June...Dawn Breaks...A Broad-Winged Hawk Shows Its Distinctive Tail Bands**



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