



WARM UP THIS WINTER WITH THE HEALTH BENEFITS OF PARIHUELA: A NOURISHING PERUVIAN SOUP

– Luis Sanchez, Halifax

Having spent over 20 years in Switzerland, I once thought that 14°F was the coldest temperature I could handle. However, living in Vermont—especially in Halifax—has introduced me to a whole new realm of winter chill, with temperatures dipping down to 0°F. Surviving this icy era has had its challenges. As winter settles in, the biting cold drives us to seek comfort in hearty meals. A nourishing bowl of soup not only tantalizes our taste buds but also nurtures our health, revitalizing the spirit during the colder months. Today, I invite you to discover **Parihuela** (“par-ee-HWAY-la”), a traditional Peruvian seafood soup that promises to be the perfect culinary companion for these chilly days. Crafted simply, each spoonful tells a story, beautifully capturing the essence of Peru's coastal delights.

- **The Essence of Parihuela**

Parihuela is known for its rich, aromatic broth brimming with a delightful medley of the freshest seafood, including shrimp, fish, clams, or any seafood of your preference. Each ingredient is carefully seasoned with herbs and a hint of lime. This comforting winter meal not only warms you to the core but also serves as a wholesome addition to your diet and lifestyle that will become your new chicken soup—LOL!

- **Nutritional Benefits**

Rich in Omega-3 Fatty Acids: Parihuela is an excellent source of omega-3 fatty acids, which are essential for heart health. These beneficial fats help lower blood pressure, reduce triglycerides, and decrease the risk of heart disease—especially crucial during winter when such issues can become more pronounced.

High in Protein: Packed with protein, Parihuela aids in building and repairing tissues. It is vital for maintaining overall health and helps in muscle maintenance, which is particularly important during colder months when physical activity may wane.

Vitamins and Minerals Galore: The combination of seafood and fresh ingredients provides a wealth of essential vitamins and minerals. Ingredients like peppers and onions boost vitamin C, which is vital for a robust immune system, particularly during flu season. Additionally, the herbs in the broth offer antioxidants that combat oxidative stress.

Hydration: It's easy to overlook proper hydration in winter. Parihuela not only provides warmth but also helps keep you hydrated due to its wholesome liquid content. Enjoying this brothy soup can help keep your body functioning at its best.

For those in Halifax looking to recreate this delightful dish at home, the recipe is straightforward. Gather fresh seafood, aromatic spices like cumin and coriander, and a variety of vegetables, then visit us at www.amarugourmet.com/recipes to follow the steps. The beauty of Parihuela lies in its adaptability—you can modify the recipe with whatever fresh ingredients you have on hand. If you're missing any ingredients or need advice on preparation, feel free to stop by our restaurant; we'll be glad to help!

This winter, as temperatures drop and we seek warmth, consider treating yourself to a comforting bowl of Parihuela. Open your mind to new experiences and flavors; Parihuela is a perfect starting point for trying something different. Indulge in the vibrant flavors of Peru while nourishing your body with its health benefits. Gather your ingredients, invite friends and family, warm up your kitchen, and enjoy a dish that brings the warmth of the tropics to your table!




Peruvian seafood soup (parihuela) Credit: Alan Benson

HELP YOURSELF GET HELP

The Emergency Services presentation on January 25th included **Life Cards** you can complete and keep on your fridge to give to EMS if you should ever need them to come to your house. These cards and magnetic frame holders are available in the Café on Saturdays from 10 AM to 1 PM.

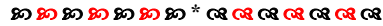
And **remember: keep your driveway clear.** Make sure it is plowed, sanded if necessary, and that your vehicles do not block access to your house. A fire truck or ambulance needs to be able to reach you in an emergency.

DEERFIELD VALLEY RESCUE IN CASE OF EMERGENCY - DIAL 911			
NAME			
ADDRESS			
PHONE			
SEX	MALE	FEMALE	DOB
EMERGENCY CONTACT			
NAME			
PHONE			
HOSPICE/DNR/DNI	YES	NO	
PRIMARY CARE PROVIDER (DOCTOR)			
HOSPITAL PREFERENCE			
MEDICATION	DOSE	FREQ	

PAST MEDICAL HISTORY		
High Cholesterol	Cardiac Stents	
High Blood Pressure	Cardiac Bypass	
Atrial Fibrillation	Pacemaker/Defibrillator	
Cancer	Dementia/Alzheimer's	
Seizure Disorder	Heart Failure	
COPD	OTHER:	
Asthma		
Diabetes		
Stroke		
ALLERGIES		
NO KNOWN ALLERGIES	OTHER:	
LATEX		
PENICILLIN		
CURRENT VACCINES		
FLU	YES	NO
PNEUMONIA	YES	NO
COVID	YES	NO
NOTES/PERTINENT PATIENT INFORMATION		

HALIFAX HISTORICAL SOCIETY – ANNUAL MEETING & PERSONAL HISTORIES – 3/22/2025

On **March 22**, the Halifax Historical Society will hold its annual meeting beginning at 9:30 AM in the Halifax Café, Community Hall, 20 Brook Road, West Halifax. The brief formal meeting will be followed by a lively presentation of townspeople talking about growing up in Halifax and residents talking about moving here. Come for the stories, stay for lunch! Contact Wendy at wlgmusiak@gmail.com for more information and if you want to be a presenter.

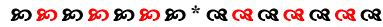


HISTORY BUFFS: HELP NEEDED

- John Cupak, Deltona FL

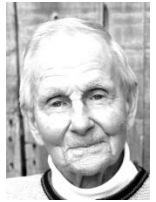


The glass paperweight in the attached photo was found on the desk of Lawrence Hill, formerly of Halifax. We wondered if someone could identify the minister of the Halifax church. If you know, contact Mr. Cupak at john.cupak@me.com.



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SORROW. I am very sad to report the death of a dear friend, Richard ‘Dick’ Hamilton, a resident of Marlboro, known as the owner and cook of the Skyline restaurant for many, many years (48). Dick passed on February 19 at the age of 102 years. Our condolences go out to his five daughters and many friends. RIP, Dick...you are missed.



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FIREMEN’S NEWS.

January 31 one truck and seven men responded to a mutual aid call; they were turned back en route.
February 2 seven men and one truck responded to a motor vehicle accident on Route 112.
February 7 one man responded to a man not well. He was dehydrated and was transported to the hospital by ambulance.
February 12 two men responded to a man unable to walk and feeling unwell. He was turned over to Deerfield Valley Ambulance and transported.
February 15 four men responded to a motor vehicle accident; one car went over the bank on Route 112.
February 23 there was a medical call.
February 24 six men and two trucks responded to a mutual aid call of a structure fire in Whitingham near the Wilmington town line. One truck went to the scene and the other covered the fire station

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SENIOR MEAL IN HALIFAX – Friday March 21 will see the next senior meal served in the Halifax Community Hall at noon. **Menu: New England Boiled Dinner** (corned beef, cabbage, carrots, potatoes & turnips, with onions on the side, cornbread, rolls, and a dessert. All seniors are welcome. A free-will donation is suggested. This will be the last dinner cooked by Joan. 25 years ago, she served the same meal on the third Friday of March in the year 2000. Joan is really looking forward to just going to Senior Meal and sitting down to enjoy the dinner...see you there!!

- Joan Courser

As Joan celebrates 25 years making Senior Meal, Bettye Roberts prepares to step in. Come on the 21st of March to wish Joan well and enjoy her famous Boiled Dinner!


- Bettye Roberts

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HALIFAX MUSIC JAM, Saturday, March 15 – 12:30-2:30 PM.

The first of what we hope will be many regular music jams at the Halifax Community Hall will be happening on Saturday, March 15, 2025, starting at 12:30 PM. Open to everyone, musicians, and listeners, in traditional style of jams sitting in a circle and making music together. These events provide opportunities for people of all ages and experience to learn from one another. Local musicians, **Bekka Eowind and Kurt Schellenberg**, will lead the first

gathering. Since we’re close to St. Patrick’s Day,  Irish music will be a focus, but bring us whatever chops you’ve got!

Halifax Community Café opens at 10:00 AM and will offer a lunch of Irish soup, Irish soda bread, and other Irish dishes. Come and enjoy a hot lunch, music, and community!

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CAFÉ CRAFTS

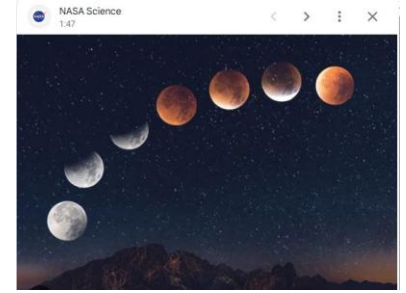
- Bettye Roberts

I have come across many talented people in this area. As we are planning a new series of Craft Days at the Community Hall, I want to encourage you to come and share your talents. Our idea is twofold: build community relationships and learn through sharing. The plan is to meet once a month on first Saturdays at the Halifax Community Hall starting **April 5th** at 10:00 AM. Bring a craft, mending, knitting, or participate in the craft we will offer each month. April’s craft will be Jewelry Making and Mending. Got some jewelry that needs repair? Bring it in. Want to make a piece of jewelry? Learn how for the cost of the materials. See you in April!

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NIGHT SKIES. Be sure to catch the total lunar eclipse the night of **March 13–14, 2025.** Shadows on the moon (penumbral eclipse) will begin on March 13 at 11:57:28 p.m. ET, just before midnight. The full eclipse portion of the lunar eclipse runs from 2:36 AM to 3:31 AM on March 14. The last shadows will slip away at 6:00:09 AM. The total eclipse when the moon appears reddish and distinctly darker than the unobstructed full moon lasts one hour and five minutes.

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CONNECTION!

Preparing for DVFiber Underground Connections in Halifax

- David Jones, Halifax

Are you hoping to get connected to DVFiber this year? Does your electrical or telephone service run underground at any point between the utility route and your home? If both answers are “Yes,” you may need an underground conduit (PVC plastic pipe) with a “pull string” inside to provide a path for DVFiber to run its fiber to your home.

Many people are not sure of what they have and what they will need. If conduit is needed, the cost to get it can be unaffordable. This is why we have a town program run by Broadband Committee members to assess homes, determine what is needed, and help to pay any necessary costs that the household can’t afford.

Last year, under the supervision of our Selectboard, we helped 50 homeowners and tenants by assessing their needs and helping to pay for conduit construction. We focused initially on homes with school children, first responders, and seniors. This year, the program is open to everyone. Assessments are free and a good portion of the construction funds remain available. To get started, complete the confidential survey found on the Halifax town website. Go to Committees – Broadband Committee – Halifax Connectivity Program Flyer and click on the link near the bottom: <https://forms.gle/J9BF79NLYfvtQhy99>. Or come to the Halifax Café at 20 Brook Road on Saturdays between 10AM and 1PM to complete the survey in good old-fashioned pencil and paper. All information provided in the survey is kept private.

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WINNER TAKES ALL: A CELEBRATION OF CULINARY EXCELLENCE

– Luis Sanchez, Halifax

After months of meticulous preparation, Chef Luis and Chef Lana from Amaru Gourmet, neighbors from Halifax, eagerly stepped into the spotlight for the highly anticipated Battle of the Chefs. Their journey was one of dedication, with countless hours spent crafting new menus, sourcing unique ingredients, and honing their culinary techniques. They physically and mentally prepared themselves, sharpening their knives to perfection, all to deliver a remarkable dining experience to the Brattleboro community—a state-of-the-art dinner for Valentine’s Day that blended love with the spirit of competition.

The event was nothing short of spectacular, according to the guests, marking the beginning of a new culinary era for the town. [*Let me tell you, it was beautiful & delicious!* -Laurel] It was a showcase of skills versus techniques, beauty versus mastery. However, as the age-old saying goes, there can only be one winner—*winner takes all*. On February 21st, the winner was announced at BCTV studios by Johnny Gifford, and it was none other than Chef Lana! Congratulations to her on this well-deserved accolade. We invite everyone to watch the crowning moment by visiting <https://www.youtube.com/watch?v=shiS9SQ7Ciw> to see the award presentation.

Our team wholeheartedly congratulates **Chef Lana** for her remarkable achievement, and we are proud to have her in Halifax. She is eager to visit the Halifax Cafe to greet the community and share in this joyous achievement at a date to be announced later. On the other hand, we want to express our gratitude to **Chef Luis** for his continuous efforts to elevate the culinary landscape in our town. His passion and commitment to improvement have not gone unnoticed, and we look forward to seeing both chefs continue to inspire and innovate in their craft.



Join us in celebrating Chef Lana's triumph and the beginning of an exciting culinary journey for Halifax and Brattleboro!

Photos: At right, Chef Lana with the Battle of the Chefs trophy; at left, Chef Lana's Tuna Muchame Tataki on a bed of Aji Amarillo & Passion Fruit Sauce, with creamy Avocado and freshly baked Foccacia. [It was stellar! -Laurel]



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NOMINATIONS DUE MARCH 14TH FOR 2025 SOUTHERN VERMONT EMERGING LEADERS

Southern Vermont Young Professionals and Shires Young Professionals are seeking nominations for this year's Southern Vermont Emerging Leaders awards. These awards honor community and professional leaders in all fields who are between the ages of 21 and 40. Help celebrate young adults in their roles as leaders and change-makers in the Southern Vermont economy and community through the Emerging Leaders awards.

Nominations are due **Friday March 14** and can be submitted using a brief online form at

www.sovermontzone.com/emerging-leaders. For more information, visit

<https://brattleborodevelopment.com/sovtyps> or email Rachel Shields Ebersole at

rsebersole@brattleborodevelopment.com.

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JOAN'S SIGHTINGS. We have lots of (way too much) snow on the ground, heavy wet snow frozen like cement now...an old-fashioned Vermont winter. Nearly two feet of snow! Lots of birds – many of the same I have had all along BUT the newest and strangest at this time of year is a ROBIN....I suggested to it that it needed to go south...I haven't seen it for a few days; I sure hope it took my advice! Lots of Blue Jays, Chickadees, four Cardinals, Sparrows, Juncos, Mourning Doves, a tough winter for wild animals! We see a flock of wild turkey headed across the road to a neighbor who must be feeding them...we are trying to get them to stop at our place. I would love to feed them...have for years!

- Joan Courser

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Up on Hanson Road the wind blew, and it sned and sned...the foxes hid, no raven flew...the snowdrifts reached beyond our backs bent to shovel it from our tracks...at last the moon shone and sun did, too...the storms are gone, phew.

I think I've been inside too much; all my photos this month are of the cats.



Hanson Road snowbound. Cats say it's snooze time

Halifax News

MARCH 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!

March 1, 2025 (Saturday):	Halifax Café open 10:00am-1:00pm
March 8, 2025 (Saturday):	Halifax Café open 10:00am-1:00pm
March 15, 2025 (Saturday):	Halifax Café open 10:00am-2:00pm: Irish Foods! Bekka Eowind Jammin' ~ 12:30 pm 3/15
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March 22, 2025 (Saturday):	Halifax Café open 10:00am-1:00pm HHS Annual Meeting starts at 1:00 PM 3/22
"	
March 29, 2025 (Saturday):	Halifax Café open 10:00am-1:00pm
April 5, 2025 (Saturday):	Halifax Café open 10:00am-1:00pm Jewelry Crafting begins at 10:00 AM 4/5
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* Contacts: Laurel LaurelACopeland@gmail.com or 210-488-1701 (text/call), Andrea at UnderwoodJones154@gmail.com



Winter companions – begonia with large hairy leaves and tiny white flowers, Edie Fenton's lemon-scented geranium, poinsettia still bravely red, kitchen herbs in a pot, dragon fruit cactus with a pup in a second pot, soon-to-be ginger root, more lemon-scented geranium. The walking iris, red geraniums, African violets, kalanchoe, and Christmas cactus are also in bloom, and the amaryllis is sending up two tall shoots!

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