



COOKING UP A NEW STORY

- Laurel Copeland

Recently I was making a dish for a participatory dinner whose theme was the Mediterranean region. That is, we were going to a potluck where the recipes were all supposed to be from countries around the Mediterranean Sea (see map). But

halfway to making a mushroom dish, *duxelles*, solidly French therefore definitely Mediterranean, I got distracted by a spicy, gochujang-seasoned brussels sprouts recipe. By the way, the word “*duxelles*” is from d’Uxelles, meaning from Uxelles, a township in eastern France. But back to my distraction. Okay, cards on the table, my hubby suggested it. This is a dish we love. But...gochujang? from Korea? Not so Mediterranean. Or was it??



Right here you can see my train of thought going off the rails...and onto a ship. Here’s my rationale. Follow it if you can (*suivez la piste**)!



Brussels sprouts (pictured at left) are tiny cabbages that the Belgians loved; Belgium is not on the Mediterranean, being north of France (and south of the Netherlands). These little sprouts are native to the Mediterranean region but were first cultivated near Brussels in the 13th C. Connection!

Random fact: in French, “Brussels” is “Bruxelles”, kind of like “Uxelles.” Hmm.

In the 16th C the Dutch—the people of the Netherlands—made brussels sprouts famous. The 16th C Dutch were also famous for their maritime trade and a few other things like windmills and the stock exchange. In particular they expanded their ship-based trade routes beyond Europe into Asia. The Dutch East India Company dominated the Spice Trade Route that brought spices from the Far East to Europe.

Gochujang is made of gochugaru (red chile), rice powder, and fermented soybeans. It dates from 9th C Korea. It’s sweet and spicy. If we had a jangdok (urn) on a stone platform in our stone patio, we could ferment our own gochujang. Here is a picture of some jangdoks ➔

The Spice Trade brought the sprouts of Brussels (but with Dutch fame) together with the spicy east Asian seasoning even though Korea is on the southeast coast of Asia more than 5,000 miles away from the west coast of Europe. No matter: most of the Spice Trade Route was by sea, from the Korean peninsula around the Sea of Japan, through Indonesia,



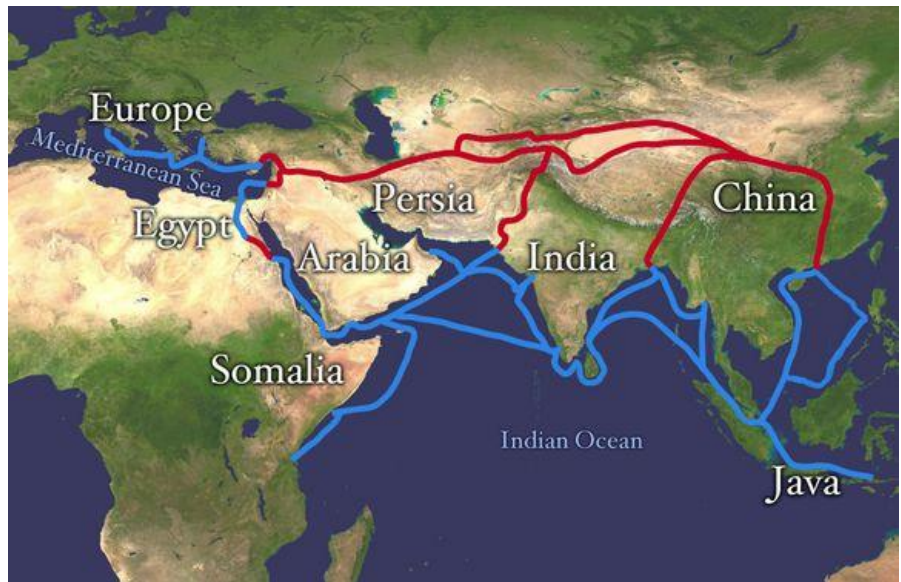
Traditional jars used for fermenting gochujang

along the coast of India, through the Red Sea, with a quick hop overland to the Nile and out into the Mediterranean. See second map.

This is better than jumping directly from Uxelles to Bruxelles, is it not?

* “Suivez La Piste” was a mystery series we studied in high school French class. It means, “follow the trail.”

On the map at right, blue lines show the Spice Trade Route while red lines show the Silk Road.



LOCAL HISTORY BUFFS: OLD GRAVESTONES AND EARLY HALIFAX INDUSTRY

Carol Otis sent a link to a 10-minute video of her visit to **Halifax Old Home Days 2025** during our Halifax 275-Year Celebration in September. Parts of the video are about their birthday celebration while most of it shows events from the Celebration. Stone carver David Gillespie demonstrates carving (around minute 1:45) and how to use the mirror technique to read and photograph gravestones (around 4:45). The Celebration parade begins around the 6:15 minute mark. The hike to the Otis cellar hole begins at about 8:35. The video shows scenes filmed in West Halifax, Whitneyville Cemetery, and the Otis Homestead off Perry Road where David Harris summarizes 19th C history. View the video at this link: https://youtu.be/tYxH_fvSu64

CONNECTION: HOW TO RESTORE OR CHANGE YOUR PHONE BOOK LISTING

- David Jones

If you switched your phone service to DVFiber from Consolidated Communications, your listing in the Mount Snow West River Valley Community Phone Book may be missing. This 6” x 9” printed directory is mailed to postal customers and can be found at the Visitors Center in Wilmington and possibly elsewhere. An online version can be found at <http://vtphonebook.com>.

Telephone service providers are the main source of listings in the white pages section of the directory.

Customers who switch to DVFiber now can indicate whether they want DVFiber to coordinate a directory listing, but this option was not offered to early subscribers. Those subscribers may find their listings have disappeared in the 2026 edition, which is noticeably thinner than in previous years.

We find the directory useful for reaching people in the community who are not personal friends. Not everyone wants to be listed, but, if you want to be listed or to change your listing, it is easy to do so.

First, check the 2026 edition to see if you are listed. If you tossed the printed copy, check the online version.

Second, decide what information you want to be included. The minimum information is last name, first name(s) or initial(s), town, and ten-digit number. You can provide a street name and a street number, but these are not required.

Example 1: Smith, D and W, Halifax, 802-368-xxxx. Example 2: Smith, Donna and William, 987 Grove St, Halifax, 802-368-xxxx. Example 3: Smith, D and W, Grove St, Halifax, 802-368-xxxx.

Third, add or change your listing. To add a listing, provide the information in one of three ways: 1) fill out the form on community page 23 of this year’s directory and mail the completed form to Freedom Publications, PO Box 2367, Great Falls, MT 59403; 2) call (800) 761-5234 to report the listing information; or 3) email the listing information to staff@ndpub.com. To change a listing, use the form on community page 23 of this year’s directory and mail it to the PO Box above.

SENIOR MEAL IN HALIFAX

– Bettye Roberts

To help with the absence of Senior Meals in Jacksonville for the month of October, Halifax will serve a second meal on **Hallowe'en**. The **October 31st** menu will be: **Pumpkin Soup** (Butternut Squash), **Bat Wings** (Fried Chicken), **Shrunken Heads** (Potatoes), **Pickled Organs** (Pickled Beets), **Witches' Fingers** (Green Beans), **Candy Corn** (Roasted Corn) and Dessert. Wear your costume and Trick or Treat for **Creepy Dollheads** (Apple Crisp with Ice Cream)!

All Seniors welcome! \$4 asked. Come to the Halifax Community Hall, 20 Brook Road, West Halifax, between 11:30 and noon to socialize while we enjoy an appetizer together followed by lunch at 12 noon.

Also on Halloween, Friday October 31st, the Halifax School will have a parade followed by free ice cream for all the kids and their families.

That evening, the Firehouse will host Trunk or Treat, and the display of Jack-O-Lanterns will be illuminated at about 5:30 pm.



Want to carve a pumpkin for the **Jack-O-Lantern display**? Last year's display is pictured. This year once more the Community Club is teamed up with the Deerfield Valley Lions to offer **free pumpkins to carve**. Contact LaurelACopeland@gmail.com or HalifaxCCclub@gmail.com or drop by the Café.

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CAFÉ CRAFTS & REPAIRS – Bettye Roberts

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. Let's fix things!

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JOAN'S SIGHTINGS. More birds than usual lately...but still not as many as I'd like. Still lots of Blue Jays, Chickadees, a Red-headed Woodpecker, a couple of Nuthatches, Sparrows, Cardinals; I have not seen Purple Finches, Goldfinches, or Grosbeaks. The highlight was a large Hawk high in a tree. A beautiful bird but I was concerned for my chickens. I locked them in the coop until the Hawk left.

The leaves were somewhat pretty this fall, but the very dry summer made a big difference. I am thinking we may get our moisture this winter.....with that 'white stuff' or ice!!! But the showers we are getting recently have helped.

– Joan Courser



Up on Hanson Road nights are populated with Grey Foxes, a Coyote, and these two rascals pictured at right: Mig and Pisi. Kittens! They have much energy. Daytime we've seen Red Squirrels, Chipmunks, Crows, Ravens, Blue Jays, Flickers, Common Yellowthroats, Goldfinches, Slate-Colored Juncos, Brown Creepers, the Barred Owl, moths, ticks, and in the basement millipedes.

– Laurel Copeland

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FIREMEN'S NEWS.

On October 5, five men responded to Pennell Hill for a call of an 11-year-old who had a dirt bike accident. He collided with an ATV. He was found lying in a ditch with a lower right leg injury. He was attended to then taken to Springfield, MA by ambulance.

On October 5, six men, a tanker, and a brush truck responded to a brush fire on Route 9 in Marlboro; they provided water and manpower. Marlboro had seven brush fires along one section of Route 9.

On October 6 five men responded in their own vehicles to a woman with difficulty breathing. She was taken to hospital by a family member.

On October 8, three men responded in their vehicles to a call on Hatch School Road for a call of difficulty breathing. Rescue Inc. transported to Brattleboro hospital.

On October 9 two men responded to a call on Hatch School Road and helped a person with their oxygen.

On October 12 two men responded to help a person with oxygen.

On October 12 men responded to an oxygen problem.

On October 16 two men responded to Route 112 for a car on the wrong side of the road with a man asleep in the driver's seat. The car was moved off the road by a fireman, and the police were called.

On October 16 one man responded to Hatch School Road for a detached oxygen tube. Tube was reattached.

On October 18 a helicopter landed at the school ball field for a transport to Springfield, MA for a woman who fell 12 feet from a ladder.

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FIRE DANGER NOW.

Fire Danger is rated "MODERATE" in Halifax and throughout Vermont following the recent rains. Fire hazard map from Vermont Agency of Natural Resources, Forests Parks & Recreation, is online at:

<https://fpr.vermont.gov/forest/wildland-fire/monitoring-fire-danger>

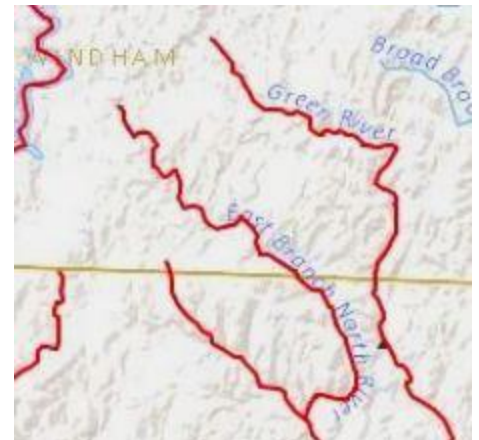
Call for a Burn Permit before you burn.

Dennis (802) 368-7809 or Malcolm (802) 368-2484

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VERMONT RIVER CONSERVANCY AND THE GREEN RIVER WATERSHED

Vermont River Conservancy focuses on conserving Vermont's rivers, protecting public access and wildlife access to clean river waters. They are working in Halifax and Guilford to establish conservation easements along the Green River. The Green River watershed is one of two watersheds in Halifax, the other, on the west side of the town, focuses on the East Branch North River system. These two rivers are shown in red in the picture, Green River above and to the east, Branch River west and south; the gold line is the Massachusetts border. More details about Halifax watersheds are in the May 2022 Newsletter online at <https://czresearch.com/newsletter/HalifaxNewsletter2022-May.pdf>.



Forested headwaters and tributaries are key to protecting a watershed.

Forested headwaters absorb significantly more precipitation and reduce runoff into streams compared to cleared or developed headwaters; this reduces flood intensity downstream. As forests age and grow more structurally complex, their ecological benefits magnify through better-developed roots, spongier organic soils, and accumulations of wood on the forest floor. Overhanging trees shade streams, keeping them cool to protect cold-water habitats for fish and other aquatic creatures. Forests and rivers support the web of life.

Vermont River Conservancy easements on streams, wetlands, and forests:

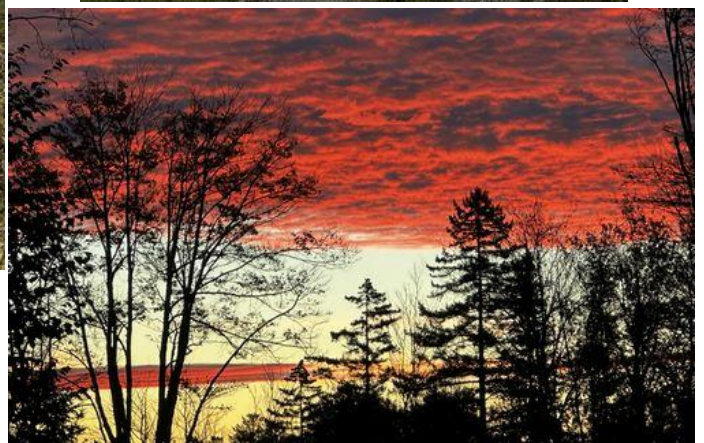
- provide flood resilience and reduce erosion
- improve water quality with clean sediment and healthful nutrient storage
- conserve and enhance aquatic and riparian wildlife habitat

- enhance ecological processes that depend on rivers

You can find out more about the work of the Vermont River Conservancy on their website at

<https://vermontriverconservancy.org/>

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One of the principle pleasures of October is the low-angle light and its effects on the changeable sky. Mist rising on Amidon Road, late afternoon and early morning on Hanson, rain on Green River, and the crescent moon are shown.



Happenings Around Town

NOVEMBER 2025

The Halifax Café* is open Saturdays serving a delicious lunch menu and desserts! Different every week.

Oct. 25, 2025 (Saturday):

Halifax Café open 10:00am-1:00pm – treats & lunch

Oct. 31, 2025 (Friday):

Hallowe'en Senior Meal! School Parade! Trunk or Treat at the Firehouse!

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Jack-O-Lantern display, 5:30pm

Nov. 1, 2025 (Saturday):

Halifax Café open 10:00am-1:00pm – bakery, hot lunch, snacks

Nov. 8, 2025 (Saturday):

Halifax Café open 10:00am-1:00pm – coffee, tea, lunch

Nov. 15, 2025 (Saturday):

Halifax Café open 10:00am-1:00pm – come on in and chat!

Nov. 22, 2025 (Saturday):

Halifax Café open 10:00am-1:00pm – bakery, lunch, friends

Nov. 29, 2025 (Saturday):

Café CLOSED for Thanksgiving weekend

Dec. 6, 2025 (Saturday):

Halifax Café open 10:00am-1:00pm – enjoy a bite with us

Dec. 13, 2025 (Saturday):

Halifax Café open 10:00am-1:00pm – coffee break or lunch with friends

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Craft Fair at the School and Gingerbread Houses at the Hall

Dec. 20, 2025, through Jan. 9, 2026 – Halifax Café is CLOSED

* Contacts: Laurel LaurelACopeland@gmail.com or 210-488-1701 (text/call),

Andrea at UnderwoodJones154@gmail.com



The Refurbished and Relocated Welcome to Halifax Sign Now Graces Branch Road

Getting this newsletter by US Postal Service? Check your address label for your expiration date!
Send \$9.00 for postage (73¢/month) for your mailed paper copy; make checks out to "Newsletter":

Laurel Copeland, P O Box 212, West Halifax VT 05358.

NEWSLETTER STORIES – Got a Halifax story? Send to Laurel at LaurelACopeland@gmail.com, or P.O. Box 212, West Halifax VT 05358.

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