

The spirit(s) of autumn

By **Jim Cornelius**
Editor in Chief

There’s something about autumn that cries out for a favorite libation in front of a fire, maybe with a good book or a favorite TV show — or just a nice conversation with a friend.

For Ernie Halcon of Sisters, autumn is the season of Canadian Whisky — Crown Royal to be exact. It’s just the thing when the summer’s heat is gone and the chill of an autumn evening sets in.

“When the weather changes,” he says, “it’s very relaxing.”

And, he says, it puts him in that fall hunting camp frame of mind.

That tracks with what Spud Shaw sees as the proprietor of The Gallimaufry in Sisters.

“Whiskeys really pick up (in the autumn),” he said. “Brandies pick up and rum for hot buttered rum.”

Hot buttered rum has been an American favorite since long before there was a United States — being an especially popular toddy for cold colonial New England nights.

Brandy is also popular as the nights grow chill.

“It has a warming sensation,” Shaw said. “Soothing, warming and relaxing.”

It also goes well in the eggnog that starts getting popular as winter rolls around, as does rum.

The smokiness of a good Scotch whisky goes well with a roaring fire.

“In the fall, I really do like sipping on a Scotch or a good bourbon or a rye,” Shaw said.

Heather Belmont at Cork Cellars Wine and Bistro told *The Nugget* that the Chateau Bianca Oregon Gluhwein is the glass of wine for the fall season.

“We’re going to serve it warm with a cinnamon stick in it,” she said. “It’s very spicy with a hint of apple... just warms up your insides.”

The Klinker Brick Old

Vine Zinfandel is also a popular glass at this time of year.

“Most people who try it just fall in love with it,” Belmont said.

“It’s almost that time of year again, where we are all on the search for that perfect bottle of wine to go with the all-things-holiday feast,” said Faith Hope and Charity Vineyards Wine Club Manager Sharon Hammons. “Is our search in vain or is there really that one wine that pairs with it all and brings it all together? You know, the ‘peacemaker’ in the family that keeps all of us from overpowering each other.”

Hammons recommends the popular Viognier.

“You’ll find this wine to pair extremely well with turkey, fish or veal, stuffing and yes, may I say bacon and Brussels sprouts,” she said. “Slight apricot undertones with ribbons of baking spices. You will find this wine complex yet not interfering or overpowering the food, and quite enjoyable.”

Faith, Hope and Charity’s estate-grown La Crescent, Hammons describes as “the beautiful guest that joins the table.”

She says, “This wine is pleasing to the palate and a pleasure to drink. La Cresent presents with a hint of ginger, apricot, and stone fruit. This wine will pair well with turkey, red meat and all the holiday vegetable dishes you can imagine. This wine is a medium-body semi-sweet with a refreshing finish.”

She also recommends Pinot Noir as “a long-time friend at many tables. This wine is absolutely amazing with shrimp scampi and beef tenderloin, prime rib. You will find cherry, plum, red fruits, and white pepper.”

Seasonal brews are part

of the pleasure of the craft brewing golden age in which we live.

Three Creeks Brewing Co. released its Frontier Justice Coffee Stout and Treehunter IPA in October, and the Rudolph Imperial Red is on its way in November.

Warmth isn’t always what’s called for in a seasonal drink. Sometimes the right tippie is as icy cold as the looming winter.

Shaw notes that Aquavit — with pickled herring — is a Scandinavian tradition that some Americans enthusiastically adopt. At least the Aquavit part. It’s poured as a shot, very cold, and inspires the singing of songs into the chilly night air.

“I don’t think your heritage has to be Scandinavian to enjoy it,” Shaw said. “Pickled herring is almost a dare, though.”

So, as the frost settles on the pumpkins and the air grows crisp and fragrant with the smoke from woodstoves and fireplaces, stock up on the flavors and sensations of the season — and try out an old tradition that may be something new for you and yours.

Slainte!



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LETTING GO: Stay on top of clutter on a regular basis

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place...so it sticks around and clutter happens.

The vast majority of us would say stress is an inevitable part of our lives and many of us are dealing with our fair share. Organizing our physical environment can help to give us the head space and breathing room to confront stressors. It is important that we ask ourselves how much we are depending on “stuff” to fulfill emotional needs, fill voids, or maintain status.

TIPS FOR REDUCING CLUTTER

• **Set limits**

Make sure to read one book before you purchase another, do your laundry before buying new socks or underwear (you might be surprised that you have plenty), and ask yourself — do you really need that new designer purse when you have no less than 10 perfectly good purses at home? I know it feels sort of cool to amass Facebook friends or

Instagram followers, but is your fan-fare creating unnecessary distraction? There can be freedom in saying no.

Downsize

Maybe you don’t need that walk-in closet. The more rooms, the more stuff you will need to “decorate.” Minimize your storage space. Be OK with an empty wall, empty drawer, or empty cupboard. Be curious about and challenge your discomfort in having “less-than.” Materialism does not have to be a badge of success or accomplishment.

• **Conduct monthly inventories**

Go through your closet on a regular basis. Is there anything you haven’t worn in the past 12 months? Could somebody else benefit from something more than you are? Before going shopping, ask yourself what you need versus what you want versus what you think you should have because of what other people might think.

Live simply so that others may simply live. — Gandhi

Worth pondering. Wishing you a bit less clutter, a bit more simplicity, and a season of contentment.

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