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March 2023

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Warwick, RI 02886
www.riroads.com
401.480.9355

Managing Editor
Paul Pence

Features
Linda Eagleson

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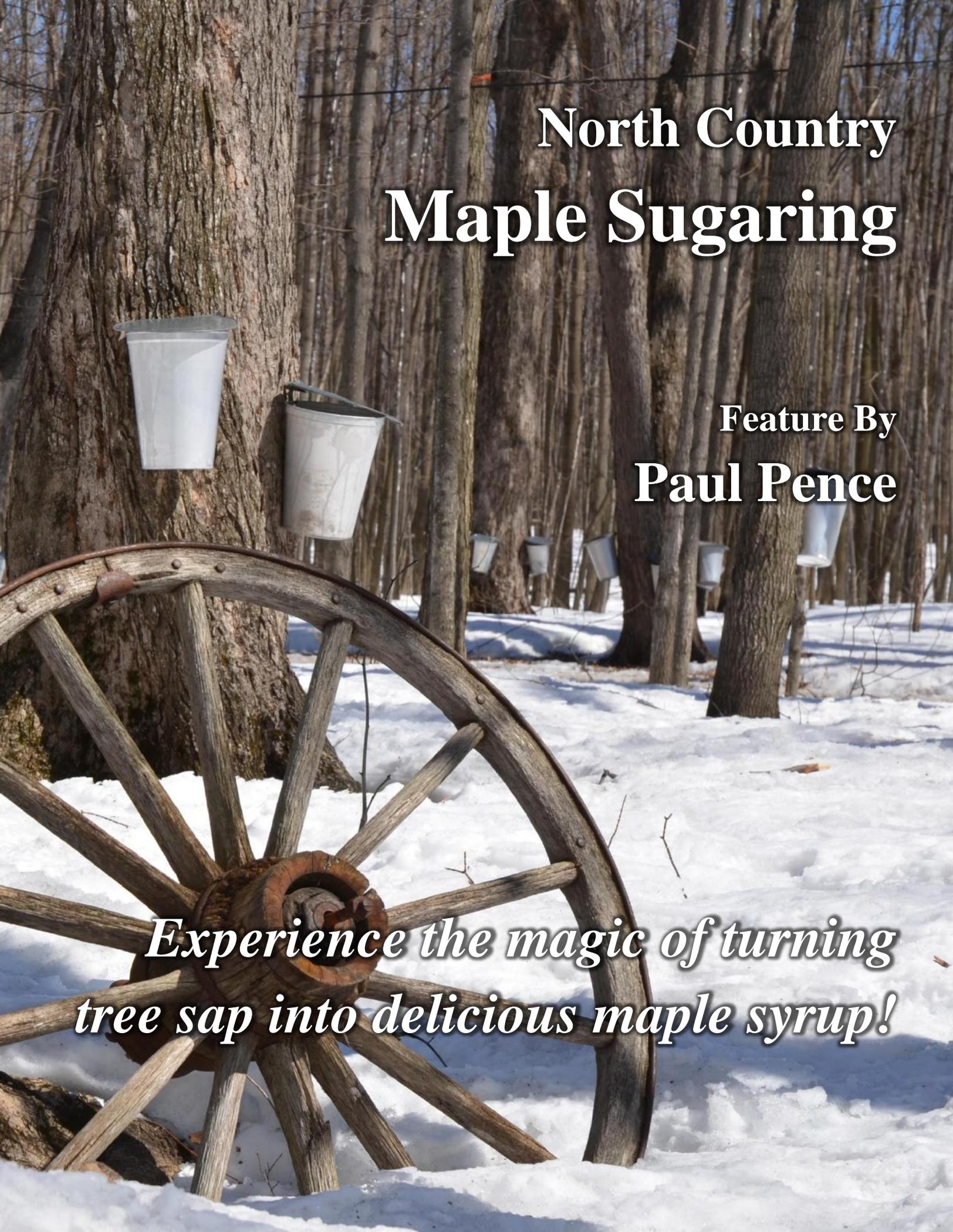
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A photograph of a maple forest in winter. The ground is covered in snow. Several maple trees are visible, with white buckets hanging from their trunks to collect sap. In the foreground, a large, rustic wooden wheel is partially buried in the snow. The text is overlaid on the image.

North Country Maple Sugaring

Feature By
Paul Pence

*Experience the magic of turning
tree sap into delicious maple syrup!*



Maple sugaring is one of the trickiest agricultural endeavors - while the trees grow all year around, sweet maple sap flows only under certain weather conditions. Some years those conditions last for weeks and there's a bumper crop of maple syrup. Other years it doesn't happen at all. And, sometimes, it comes and goes so fast you have to scurry up to the New Hampshire mountains to get your share of the maple sugaring experience.

Linda and I experienced maple sugaring up close and personal at The Rocks Estate, on the north side of the White Mountains. There, weather cooperating, the maple sap

flows in March and April, the quiet part of the year, when the skiers have shooshed back to their springtime haunts, and the summer vacationers have yet to migrate

northward.

The Rocks Estate was once the home of John Glessner, the founder of International Harvester. In 1882 the whole region had been treeless hills, but as iron-making and farming moved to the Midwest, the trees of New England had a chance to regrow. Today, the Society for the Protection of New Hampshire Forests manages over 1000 heavily-wooded acres, including an extensive maple grove.

This maple grove, called a "sugar bush" by those who are knowledgeable in ways of Maple syrup, is the key to the Rock's new

attraction - Maple Sugaring.

Just about anyone in New Hampshire who had easy access to maple trees makes a little maple syrup for their own use - at \$50 a gallon retail, why not? But for the rest of the world, maple sugaring is a bit of Currier and Ives folk history that the dedicated educators at the Rocks help visitors recreate and learn first hand.

The program begins with a video where we learn about the history of maple sugaring. According to Native American oral traditions, as well as archaeological evidence, maple tree sap was being processed



for its sugar content long before Europeans arrived in the region. Native Americans showed the arriving colonists how to tap the trunks of certain types of maple tree during the end-of-winter/early-spring thaw, harvest the sap, and boil it to evaporate some of the water. This activity quickly became an integral part of colonial life.

Typically, maple sugaring would start at the spring thaw. Sugarers would begin by boring holes in the trunks of the maples, usually more than one hole per large tree, insert spouts into the holes, and then hang a bucket from



the protruding end of each spout, to collect the sap. Sap would slowly fill the buckets, drop by drop.

Each group of visitors gets to identify a sugar maple, then bore their own hole in the maple tree and taste the sap that collects.

In the old days, the members of the sugaring party would return, to retrieve the sap that had accumulated. It would then either be transferred to larger holding vessels, typically barrels, often mounted on sledges or wagons pulled by draft animals.

Depending on conditions, a sugaring party could spend several days to several





weeks engaged in these activities.

The sugar bush at the Rocks Estate is a walk or wagon-ride down the hill from the main educational buildings.

At the old sawmill, the education continues with descriptions of modern tapping using tubing, and modern

eva-
poration
methods. The
syrup is
boiled until it
reaches the
correct
density of
maple syrup,



11
pounds
per
gallon,
when
the
boiling
sap
reached
a temp-
erature
of seven degrees F.
above the boiling point
of water.

The density is tested with a hydrometer. If the density is too low the syrup will not be sweet enough and the syrup will spoil. If the density is too high the syrup will crystallize



in bottles.

When the syrup has reached the proper density, it is drawn off, filtered and bottled while hot.

Of course, a road trip to the north side of the White Mountains is not a day trip. We spent our first night six miles away from the Rocks at the Wayside Inn.

The 175-year-old Wayside Inn has been owned for the last 30 years by Victor and Kathe Hofmann. They've created a place that feels like home, with cozy quilts, shelves filled with books, an elderly and comfortable dog, and a couple of cats that love showing

guests to their rooms.

Our room had a claw-footed bathtub that we just had to soak in after our trip from Rhode Island, and we slept with the window open, listening to the sound of water rushing over the rocks in the Ammonoosuc River.

The food in the Inn's Riverside Restaurant is perfect for the country inn atmosphere, with meat-and-potato selections that would be well at home in a well-to-do farmhouse. Simple plating and side dishes make a fancy meal of roasted duck breast with a blood orange reduction, or pork





tenderloin with a mushroom hunter sauce seem familiar.

Breakfast, which comes with the room, gives a chance to taste a little of the innkeepers' Swiss cuisine with spaetzle (a pasta-like food) or shredded potatoes as a side to eggs.

For our second night, we stayed at the Adair Country Inn.

This inn and its restaurant are elegant, placing a high emphasis on luxury and service. It's across the highway from the Rocks Estate, tucked away from the main road on 200 acres of regrown woodland, making it an excellent peaceful home base for an exploration of the

White Mountains. Visitors could spend their entire visit hiking, enjoying the formal gardens, or just relaxing in the spacious common areas.

Of course, the Rocks Estate, nearby Littleton and Bethlehem, and the popular White Mountains attractions all give ample reasons to wander. So if are south of the snow line and missed your own maple sugaring season, head north, it may not be too late. The folks at the Rocks Estate, Wayside Inn, and Adair Country Inn will be waiting for you.

For More Information

- Wayside Inn
www.thewaysideinn.com
- Adair Country Inn
www.adairinn.com
- The Rocks Estate
www.therocks.org





**New York Botanical Garden's
Orchid Show**

*The Orchid Show: Natural
Heritage will be on view through
April 23, 2023, in NYBG's historic
Enid A. Haupt Conservatory.*



The New York Botanical Garden's annual orchid show is one of the most anticipated events of the year for flower enthusiasts and travelers alike. Featuring thousands of orchids from around the world, the show is a celebration of the beauty and diversity of these stunning flowers. Visitors to the orchid show can expect to see a wide variety of orchids, from common species like phalaenopsis and cattleya to more unusual and exotic varieties. The orchids are displayed in elaborate and artistic arrangements that showcase their beauty and diversity.

The annual event is one of the largest orchid shows in the United

States, featuring thousands of orchids from all over the world.

Each year, a different landscape artist is chosen to create an immersive installation of thousands of orchids with a different theme that highlights a particular aspect of orchid culture or ecology. For example, in past years, themes have included "Orchidelirium," "Thailand," and "Singapore."

The orchid show is an ever-evolving and immersive experience that offers something new and exciting to visitors every time.

This year, renowned landscape

artist Lily Kwong is the guest designer for its 20th annual *Orchid Show*. Her design of the exhibition transports guests to ethereal, reverent landscapes inspired by ancient Chinese garden design and artistic principles.

This year's show explores the diversity, adaptability, and worldwide cultural significance of these formidable flowers. Inspired by classic paintings of Chinese mountainscapes passed down through her family from Shanghai, Kwong uses an extraordinary array of orchids—including iconic and





rare specimens—enveloping visitors in towering mountainous forms that blend ecology, culture, and fantasy. Inspired by Kwong’s own heritage, medicinal traditions, and her artistic interpretation of nature as a healing force, the resulting experience beckons visitors into an immersive world in which humanity and nature coexist peacefully.

Working in collaboration with Kwong to bring her vision to life, horticulturists at NYBG have identified orchids from the Botanical Garden’s collections, as well as from some of the finest growers in the

world, with a specific focus on Asian countries. These flowers were assembled to create dynamic displays that are not only visually dramatic and striking, but emotionally evocative, inspiring visitors to reflect on their own plant heritage and ancestry. The exhibition’s varied

installations evoking ancient mountainous topographies invites visitors to experience the boundlessness of nature’s creativity and imagine a future where environmental harmony is restored.

Kwong has been part of numerous public art initiatives





since beginning her practice in 2017, including botanical installations at The Highline, New York; Faena Arts, Miami; Grand Central Terminal, New York; Taipei Night Market, Taiwan; Bal

Harbor Shops, Florida; and many more. She has received numerous accolades for her work and was named to the Forbes 30 Under 30 (Art & Style) list in 2018 and *ELLE DECOR*'s A-List. She has been



Yorkers Poised for Creative Greatness” by *The New York Times*, and her work has been featured in *The New Yorker*, *Vogue*, *Architectural Digest*, *Domino*, *Forbes*, *Fast Company*, and more. She previously served as Landscape Editor for *Cultured* magazine, where she profiled legends in her field from Agnes Denes to Fernando Caruncho.

The Orchid Show: Natural Heritage will be on view through April 23, 2023, in NYBG’s historic Enid A. Haupt Conservatory.

At NYBG Shop, visitors to *The Orchid Show* may browse thousands of top-quality orchids, from exotic, hard-to-find specimens for connoisseurs to elegant yet easy-to-grow varieties for beginners, along with orchid products and books.

On select nights during *The Orchid Show*, adults 21 and over can experience the exhibition through Orchid Evenings, with music, cash bars and food available for purchase.

For more information:

- www.nybg.org/event/the-orchid-show-natural-heritage

selected to speak at MOCA, The Aspen Ideas Festival, The World Youth Forum, Design Miami and NeueHouse.

Recognizing her efforts, Kwong was named one of “9 Young New



Making Martha's Vineyard A Time to Remember

Feature By
Donna Polleys

*Amazing sights to see in the
Vineyard*



The beautiful island of Martha’s Vineyard is a must see if you haven’t had the pleasure of strolling North and South Water Street in Edgartown, viewing all the big beautiful houses that once belonged to old whaling captains or seeing the Gingerbread Cottages in Oak Bluffs, formerly called “Cottage City”.

This small island is home to 15,000 islanders year-round and in the summer that number grows to be more than 100,000 visitors that are coming and going.

The island is known for its beautiful landscaped lawns, charming homes, elegant restaurants, quaint inns and

gorgeous beaches.

The Vineyard has a lot to offer during any time of the year. There are many activities that will keep you and your family busy from sun up to sun down. Whether you are spending a week, weekend, or coming for just the day, you will have plenty to keep you busy.

Start with seeing the spectacular sites of the Vineyard on bike, then why not stop for lunch and try one of the many fabulous restaurants that offer delicious seafood. After that you will enjoy getting to know the history behind this precious island and its many historical landmarks

Your days and nights will be filled with delight as you familiarize yourself with this devastatingly beautiful island. The island consists of six small towns including Edgartown, Oak Bluffs, Tisbury, West Tisbury, Chilmark and Aquinnah.

The natural landscape that surrounds each town is something to be appreciated. The untouched areas “up island” is truly one of the prettiest sights that you will ever see. From the colorful cliffs of Aquinnah, to the greenest of green fields, to the pearly white beaches the island is truly a rare beauty.

The island has a fragrance all its own also and everywhere you go you will smell the beach roses that line the narrow roads mixed with the slight scent of the ocean breeze. Your trip to the island will be one of your treasured memories.





In Edgartown;

- The beautiful old whaling captain homes on North and South Water Street.
- The Edgartown Light House. Cannon Ball Park
- State Beach where they shot the movie “Jaws”
- Felix Neck Wild Life Sanctuary

In Oak Bluffs;

- The Flying Horses
- The Gingerbread Cottages located in the Tabernacle
- The Gazebo
- The East Chop Light House
- Martha’s Vineyard Skateboard Park

In Tisbury

- The Famous Black Dog Restaurant
- The West Chop Light House

In Aquinnah

- The “Gay Head” Lighthouse
-
- The “Gay Head” Cliffs

In Chilmark

- Lucy Vincent Beach

Authority located in Woodshole, MA to get to the island, boats run about every hour on the hour.

If you are using the Steamship Authority and you are planning to take your car over to the island, you need to make reservations in advance. Keep in mind that summers on the Vineyard are very busy and sometimes reservations for a vehicle need to be made well in advance, if you are traveling during the islands off season vehicle reservations on the Steamship Authority are much easier to come by. If you are unable to schedule a reservation for your vehicle; consider being just a passenger on the boat and remember you can always rent bikes or a car once you are there.

Also, keep in mind that there is a Transit system on the island and buses run on an average every 15 minutes.

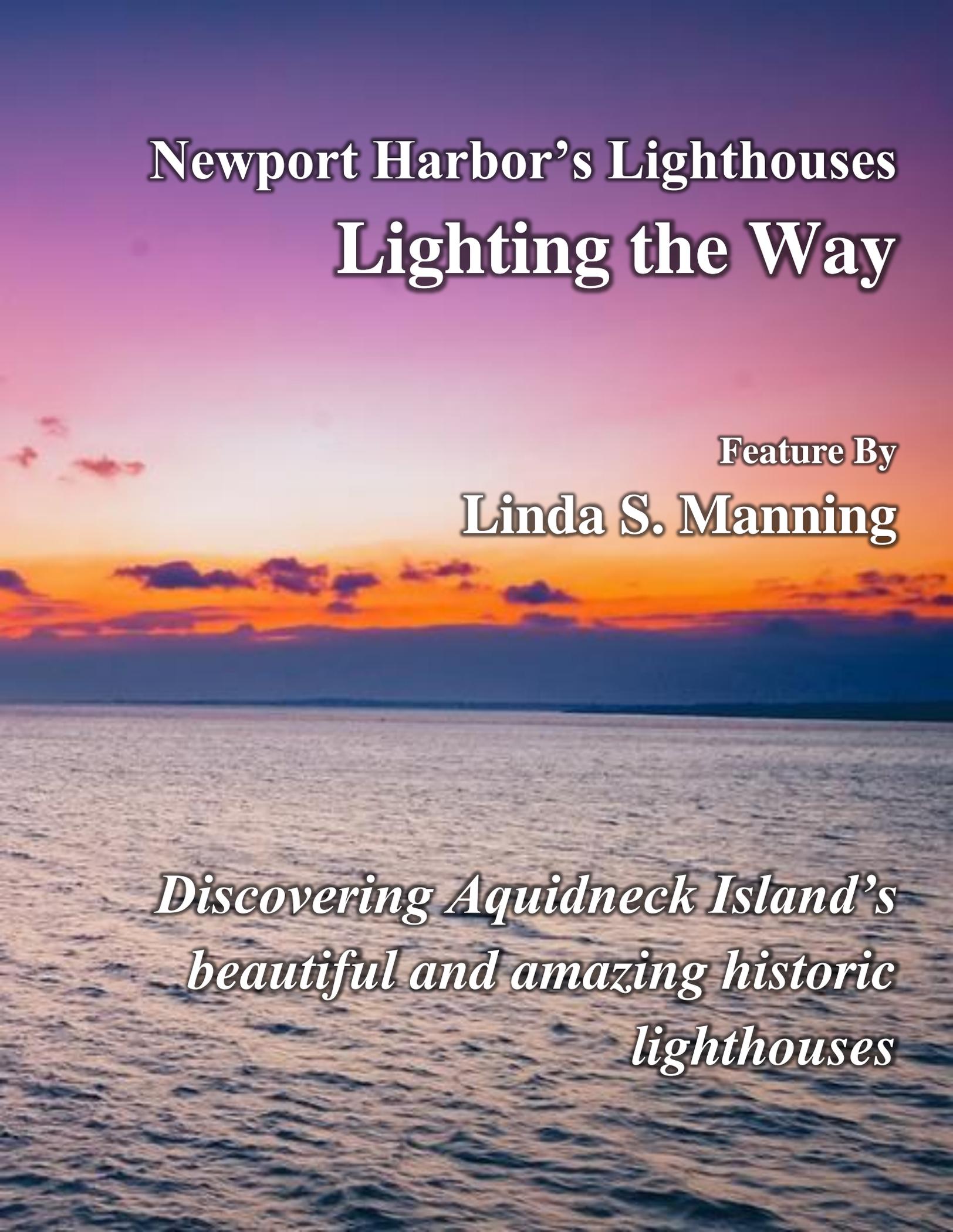
For More Information

- [Steamship Authority
www.steamshipauthority.com/ssa/sa.cfm](http://www.steamshipauthority.com/ssa/sa.cfm)
- [Vineyard Transit
www.vineyardtransit.com](http://www.vineyardtransit.com)

You can use the Steamship







Newport Harbor's Lighthouses Lighting the Way

Feature By
Linda S. Manning

*Discovering Aquidneck Island's
beautiful and amazing historic
lighthouses*



On a balmy summer afternoon the harbor is filled with pleasure craft of all types and sizes. The flow of traffic streams in and out of small inlets and coves creating a texture of waves for those to navigate their vessels. Sailboats showing all the colors of a rainbow move slowly across the waters only dictated by the winds as they show off their beauty. Power boats motor on a course dictated by the depths of the ocean floor and the proximity of other vessels.

Historically, these waters of Newport Harbor and Rhode Island Sound were navigated by the Indians and first settlers who found Newport to have an excellent

harbor for island inhabitants. The island with its rocky cliffs, spectacular views of the ocean and ideal conditions for sailing and fishing has a celebrated history of



Photo by Linda S. Manning

commercial fishing and as a summer resort. In the early days many ships went aground thus the birth of the lighthouse as an aid to navigation

One of the first lighthouses that one may see if returning from the sound is Beavertail Lighthouse

As the third lighthouse built in Colonial America, the 58-foot wooden tower was built in 1749. It was rebuilt in 1754 after a fire the year before. Built of brick and rubble this tower too was set afire by the British in 1779. The heat of the fire warped the masonry but repairs were again made keeping the tower in service.

In 1851 a foghorn was

powered by compressed air, using a horse tethered to a revolving walker to pump air into a tank.

The present-day Beavertail Light is made of composed granite and was completed in 1856. Known as the red roofs, this lighthouse serves to direct a mariner into the

waters of the west passage.

Coming into the harbor is Castle Hill Light built in 1890 into the rock crevices and boasting a height of 40 feet above the water's surface. This 34-foot tower stands at the west end of Newport Neck.





Its style is of Richardsonian Romanesque. In 1938 a hurricane destroyed the associated dwellings. There are stories of the area as being haunted by ghosts. But as it turned out the keepers' wife had a habit of going for walks on hot summer nights in her white nightgown.

Motoring past Fort Adams a once flashing white light on Goat Island is known as Newport Light. The first lighthouse was completed in 1823 at the south end of Goat Island, a 20 foot tall stone tower. This lighthouse confused many a sailor and ships were wrecked on the

north end of Goat Island. In 1838 the light was moved to the north end of the island.

In 1865 a new tower replaced the old standing 38 feet tall and made of hewn granite. In 1922 an American submarine rammed the pier and personal were withdrawn. The light was electrified and renovated by the USCG in 1963. Today it has a steady green light and welcomes all from the north.

Located in inner Newport Harbor is Lime Rock Light, known today as Ida Lewis Rock Light built in 1854. The light was first lit in 1854 and then automated in



Photo by Linda S. Manning



Photo by Linda S. Manning

1927. Made of brick the tower height is 13 feet and is square in shape, attached to the side of a building. Ida Lewis born in Newport and the daughter of the light keeper was said to have saved sixteen sailors one foggy night as the light keeper, her father ill. She was astonishingly a very young age at the time and has become famous as a result of her bravery.

On the rocks close to Rose Island, winter seals congregate after a lively swim in the harbor. Rose Island is a tiny island in Newport Harbor. Rose Island Light built in 1870 at a height of 50 feet was considered strategically located and aided in the defense of Narragansett Bay during the 18th century.

The lighthouse is located on the southwest point of Rose Island and was deactivated in 1971 and turned over to the University of Rhode Island who were unable to maintain the property. It was then turned over to the federal government for disposal. In 1984 a

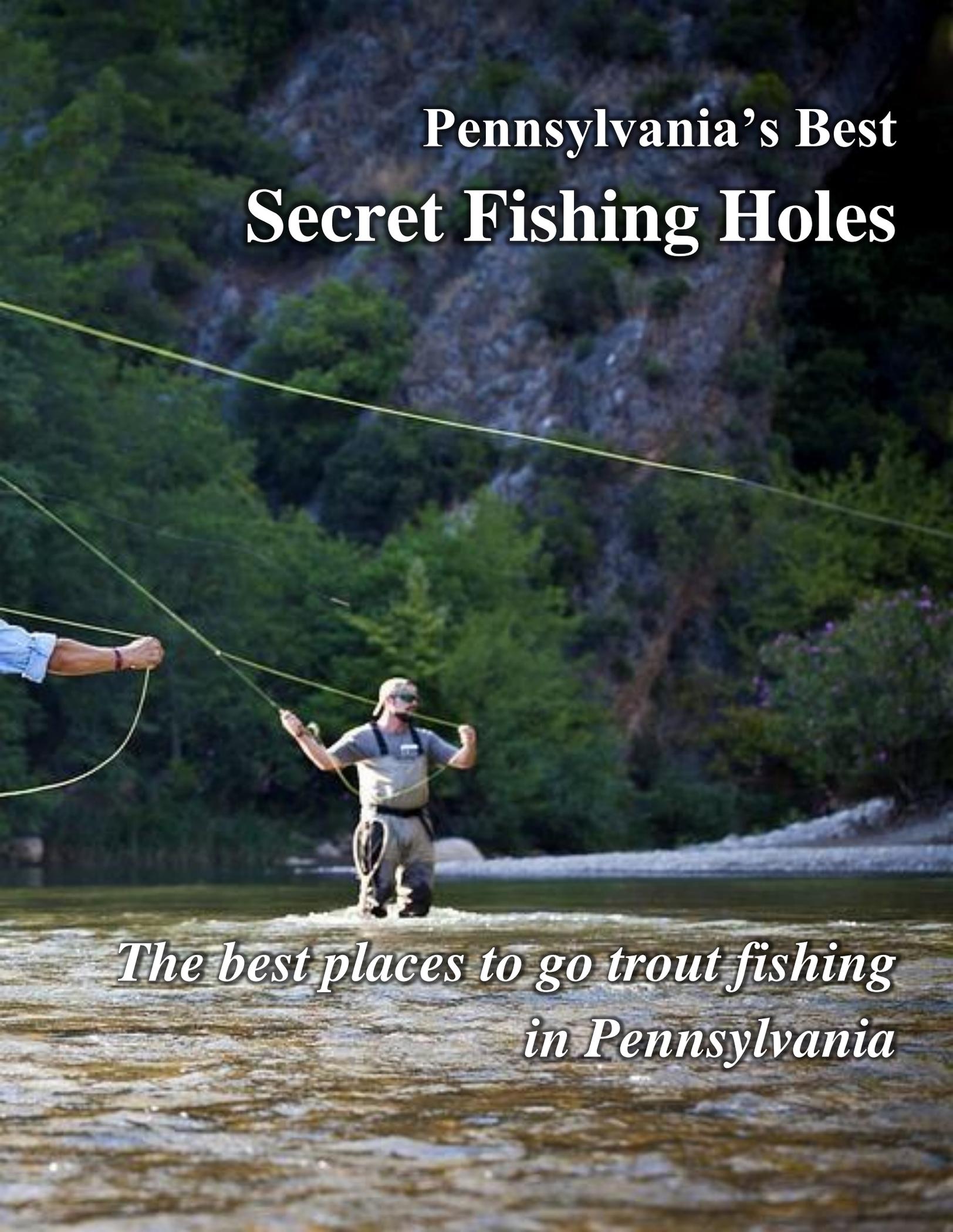
group of concerned citizens formed the Rose Island Lighthouse Foundation, which restored the structure.

Today the foundation is alive and active functioning as a museum and Innkeeper Hotel with its house reserved a few years in advance. Now, each of the harbor lighthouses in unspoiled condition is used by many a mariner as an aid to navigate Newport Harbor waters as those who previously plotted a course navigating the waters

Aquidneck Island known by the Indians as “Isle of Peace,” is today known as a summer resort and an amazing place to relive a bit of history and engineering marvel at the edge of the water.





A fly fisherman in a grey shirt and waders is wading in a river, holding a fishing line. Another person's arm in a blue shirt is visible on the left, also holding a fishing line. The background shows a rocky riverbank with green trees and a large tree trunk.

Pennsylvania's Best Secret Fishing Holes

*The best places to go trout fishing
in Pennsylvania*



Spring is the season for trout fishing in Pennsylvania. Anglers plunge into the commonwealth's 86,000 miles of streams and rivers, along with 4,000 lakes and ponds in hopes of catching a prized trout.

Licenses are required to fish in Pennsylvania, and many areas have special regulations and creel limits on trout fishing. Anglers are encouraged to study the regulations for favorite fishing holes at www.fishinpa.com.

Oil Creek - Pennsylvania's Great Lakes Region - Crawford and Venango counties

The Oil Creek Valley is the site of the world's first commercial oil well. Oil Creek State Park tells the story of the early petroleum industry by interpreting oil boomtowns, oil wells, and early transportation. Scenic Oil Creek carves a valley of deep hollows, steep hillsides, and wetlands. Oil Creek has become one of Pennsylvania's top trout streams,

allowing anglers to explore some of the creek's tributaries where wild brook trout make their home. The best access to the water for fishing is in Oil Creek State Park, between Titusville and Oil City. The water here offers beautiful pools, riffles, and runs.

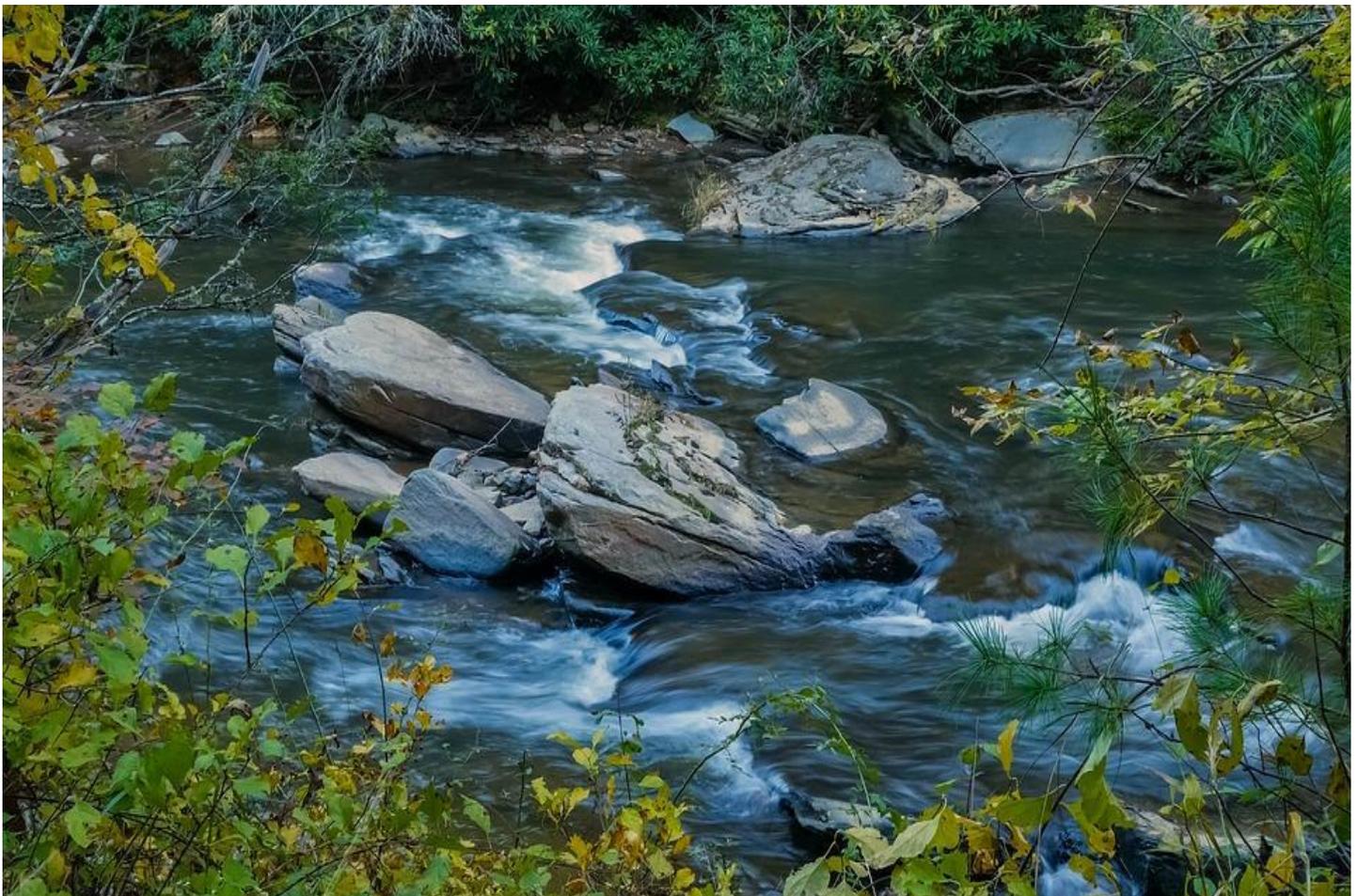
Yellow Breeches Creek - Dutch Country Roads - Cumberland County

Yellow Breeches Creek is one of Pennsylvania's premier fly fishing trout streams. The stream emerges from various springs that flow through the Huntsdale Hatchery

and then become the source of the stream. Every day, visitors can expect to find many anglers fishing throughout the stream, where there is never a shortage of trout. A huge stocking program supports this river with fish stocked almost its entire length. In the spring, trout can be easily found feeding on top.

Slippery Rock Creek - Pittsburgh and its Countryside - Butler and Lawrence counties

Not too far from the city limits of Pittsburgh flows a stream known for its incredible trout fishing. Heading south into Beaver River,



Slippery Rock Creek has remote, gorgeous stretches that can be accessed by trails in McConnells Mill State Park.

Cedar Run - Pennsylvania Wilds - Lycoming and Tioga counties

Packed with deep pools and dense trout populations, Cedar Run starts in Tioga County and flows for more than eight miles into Pine Creek in Lycoming County. There's easy access from the road to a number of small fishing spots along Cedar Run, where anglers are sure to find plenty of trout.

Youghiogheny River - Pittsburgh and its Countryside - Fayette and Somerset counties

The Youghiogheny provides some of the best whitewater boating in the eastern United States, as well as spectacular scenery. Anglers can try their hand at float fishing on the famous Youghiogheny River outside Pittsburgh, where excellent trout fishing opportunities exist along the massive waterway. The Youghiogheny features a nine-mile all tackle trophy trout section, several fly fishing areas, and easy access at Ohiopyle State Park.





Spring Creek - The Alleghenies - Centre County

Spring Creek, just outside State College, is known as an angler's dream location. Surveys conducted by the Pennsylvania Fish & Boat Commission have consistently shown Spring Creek to be one of the most densely populated wild brown trout streams in the Keystone State. The wild trout fishery is full of pristine fishing hotspots stocked with 16-20-inch trout. A favorite destination along the creek is Fisherman's Paradise, which offers solitude and tons of wild and aggressive fish.

Slate Run - Pennsylvania Wilds - Lycoming County

Slate Run in Tiadaghton State Forest has become one of the most well-known freestone trout streams in the eastern United States. Wild brook trout and a few brown trout reside in the upper part of the stream, and wild brown trout reside in the lower part. Anglers from far and wide flock to this stream for some challenging and exciting fly fishing, surrounded by a fine mix of pools, riffles, and runs to explore.



Letort Spring Run - Dutch Country Roads - Cumberland County

A legendary limestone spring creek, Letort Spring Run is sure to offer fly fishing at its best and has been the focus of anglers for many decades, holding some of the most sophisticated brown trout in the fly-fishing universe. A combination of a wide range of freshwater crustaceans to provide nutrient-rich food, as well as the

stable water temperature year-round, results in an active and healthy trout population that fishermen come from miles away to experience.

Neshannock Creek - Pennsylvania's Great Lakes Region - Lawrence and Mercer counties

Thought to be one of the best winter trout streams in Pennsylvania, the Neshannock Creek is a beautiful 20-mile freestone stream in northwestern Pennsylvania. Fly

fishermen tend to prefer the waters near the upper part of the creek, but

excellent angling can be enjoyed further downstream as well. This portion of Neshannock Creek is one of twenty-two streams designated as a Keystone Select Water in the state of Pennsylvania.

Monocacy Creek - Lehigh Valley - Northampton and Lehigh counties

Monocacy Creek is a lovely limestone, spring creek located in Southeastern Pennsylvania. It has a

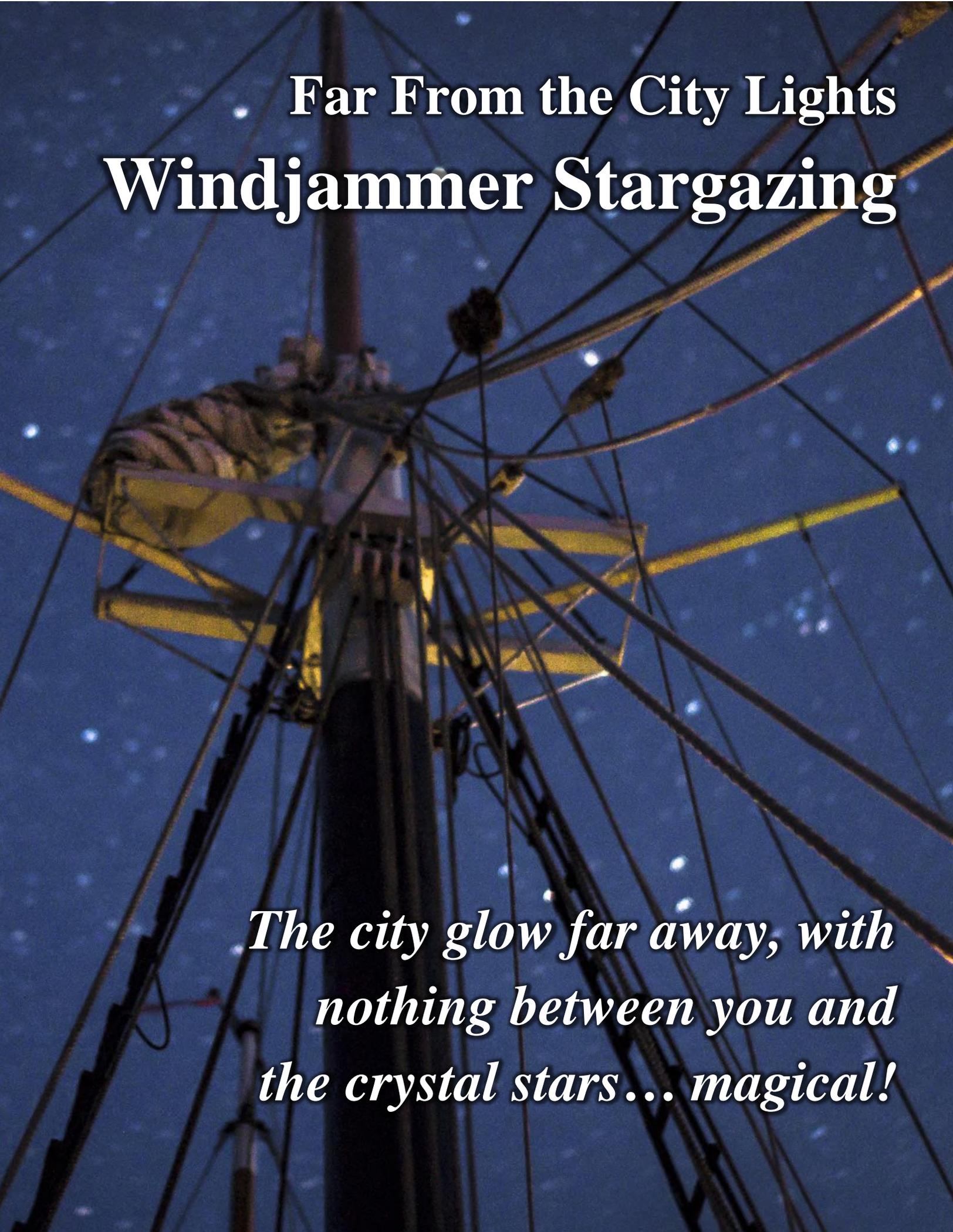
very good population of wild brown trout. The stream has two sections of special regulation water. Most trout in the Monocacy are at least 12 inches in length, with some exceeding 15 inches. For the seasoned anglers looking for a challenge, the wild browns that roam the creek are no easy task to pull in. With great fishing offered year-round, the Monocacy is a perfect place to come with a spinner rod or fly gear.

Wissahickon Creek - Philadelphia and the

Countryside - Philadelphia County

Wissahickon Creek proves that anglers don't even need to travel to remote locations to enjoy trout season in Pennsylvania. The creek, located in Philadelphia's Fairmount Park, is fully stocked with trout each season. Deep pools, fast riffles, and tumbling pocket water present a wonderful angling opportunity for serious fishermen and beginners. The creek is in one of the areas that has an early opening day, so anglers eager to get an early start can do so here.



A low-angle, upward-looking photograph of a ship's mast and complex rigging system. The mast is a dark vertical pole, with numerous ropes and lines crisscrossing the frame. The rigging is illuminated from below, creating a warm, golden glow. The background is a deep blue night sky filled with numerous bright, out-of-focus stars. The overall mood is serene and magical.

Far From the City Lights Windjammer Stargazing

*The city glow far away, with
nothing between you and
the crystal stars... magical!*



Anyone who loves the outdoors knows that the fun really begins when the sun goes down—that's when storytelling, spontaneous sing-a-longs and s'mores make a welcome appearance. It's also when amateur astronomers can pick out the Big Dipper, Orion's Belt and the North Star with maybe a planet or two thrown in for good measure.

Far from the glow of city lights, Maine's windjammer guests are treated to dark skies every month during the new moon, the best time for stargazing. Some guests make a point of booking their cruises during the Perseids, a meteor

shower that can shed 50 to 150 meteors—aka shooting stars—per hour. There are so many to see that passengers often tuck themselves under a blanket on deck to try and count them all.

Once in a blue moon, Penobscot

Bay's night sky comes alive with colorful, undulating Northern Lights caused by geomagnetic storms in the outer



sections of Earth's atmosphere. Under just the right conditions, the Aurora Borealis can happen anytime in Maine throughout the year.

On the flip side, sailing during a full moon couldn't be more romantic. Imagine a quiet row around a sheltered harbor with the moonlight glistening on the bay and bioluminescence twinkling in the ripples. To take advantage of the bright light of the moon, some of the windjammer captains offer full-moon sailing cruises.

The Maine Windjammer Association's nine ships offer 3- to 6-day adventures along Maine's rugged coast. And while the days

are packed with gorgeous sailing and delicious, homemade food, something special happens when night falls that makes a windjammer cruise truly memorable: the same splendid sky that enchanted the Greeks, Romans and Egyptians appears in unforgettable relief to the delight of every city slicker.

Whether it's a full moon or a new moon, windjamming affords passengers the opportunity to reconnect and relax deeply under the shelter of the night sky.

For more information:

- www.sailmainecoast.com

MAKE THE FOREST PART OF YOUR STORY

Remember the last time your family visited the forest? It's a place of wonder and imagination for the whole family—where stories come to life. And it's closer than you think. Sounds like it's time to plan your next visit. Make the forest part of your story today at a local park near you or find one at DiscoverTheForest.org.

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