

# accent 10B



**People**  
New baby makes Philly even sunnier. **7B**

**Nature**  
Sandpipers making autumn passage. **9B**

**NIGHTLIFE** LOOKING FOR SOME LIVE MUSIC THIS WEEKEND? | **OFF STAGE** JOANNE GRECO ROCHMAN'S THEATER NOTES  
**WHAT'S FOR DINNER** STEVEN VALENTI COOKS UP TASTY TREATS | **COLUMNISTS** TRACEY O'SHAUGHNESSY'S REFLECTIONS

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**TV REMOTE**  
*A weekly look at what's coming up next week*



Beds of coleus at Roseland Cottage in northeastern Woodstock complement 'the pink house' color palette.



A butterfly bush is still in bloom in Derby's Sundial Garden at Osborne Homestead Museum.



Hydrangea bushes are beginning to blush at Roseland Cottage in Northeastern Woodstock.



A fall garden continues to change as seen in this group of iris seed pods at Osborne Homestead Museum.

**DAYTRIP WOODSTOCK, DERBY**

## Beauty remains

A visit to historic gardens offers a chance to compare

BY MARGARET WAAGE  
REPUBLICAN-AMERICAN

**T**here's not much time left to bask in the summer sun. As temperatures cool, a gardener now begins to 'close the garden' and put plantings to bed. However, fall presents a most opportune time to appreciate the changing season and its effect on shrubs and perennials.

Two Connecticut Historic Gardens are great destinations to compare how the heat affected their respective landscapes. Roseland Cottage in northeastern Woodstock and Osbourne Homestead at Kellogg Environmental Center Estate in Derby were each markedly distinct during a recent visit.

The white hydrangea shrubs at Roseland were just beginning to blush, while iris at Osbourne had seen their peak weeks ago. A full and lush mass of green stems surround iris seedpods and seem to add a cushioned support system to their long-gone blooms. Upon close inspection of the flower head, dormant seeds appear snugly intact

within. Designed by architect Joseph Wells and built in 1846, Roseland Cottage is a Gothic Revival gem. Often referred to as 'the pink house' Roseland was home to Henry Chandler Bowen and first wife Lucy Maria Tappan (1846-1863). The garden design is said to be influenced by Andrew Jackson (1815-1852), whose layout philosophy was about creating order and respecting the environment.

Bowen was a self-made man who first succeeded in the dry goods business. Subsequently, he worked in insurance and publishing industries producing the 'Independent' a New York abolitionist newspaper. When Bowen's business suffered bankruptcy at the outbreak of Civil War and partly resulting from his printed views on slavery, he reinvented himself again, landing the job of New York tax collector via his political liaison with Abraham Lincoln.

Bowen married second wife Ellen Holt of Pomfret two years following Lucy's death, where they

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PHOTOS BY MARGARET WAAGE REPUBLICAN-AMERICAN  
Built in 1846 in Gothic Revival style, Roseland Cottage in northeastern Woodstock was added to the National Register of Historic Places in 1977, declared a National Historic Landmark in 1992 and is one of 14 member sites of the Connecticut Historic Garden consortium.



Katey Sagal. AP

**DON'T MISS**

**"SONS OF ANARCHY"** This blistering drama about an outlaw biker gang received nary a mention on Emmy night, but don't let that fool you. It ranks among the very best shows television has to offer. As "SOA" revs up for Season 3, we find a desperate Jax (Charlie Hunnam) still searching for his kidnapped young son, Abel — and vowing to bring down some heavy metal thunder on the perpetrator. Meanwhile, Gemma (Katey Sagal) is on the lam after being framed for murder. Just thinking about it gets our motors runnin'. **10 p.m. Tuesday, FX.**

**OTHER BETS**

**SUNDAY** The fix is in on "All-American Handyman" as 20 contestants compete to see who has the greatest do-it-yourself skills. You're invited to watch even if you don't know an Allen wrench from a jackhammer. **9 p.m., HGTV.**

**MONDAY** Expect the sweat to flow and the pounds to drop in the new weight-loss series "Thintervention." Fitness expert Jackie Warner puts eight plus-sized participants through a series of extreme workouts in order to reshape their lives. **10 p.m., Bravo.**

**TUESDAY** On the mid-season finale of "White Collar," Neal (Matt Bomer) constructs an elaborate con in order to confront the person who killed his ex-lover, Kate. And, yeah, we expect things to get a little dicey. **9 p.m., USA.**

**WEDNESDAY** Looking to shake things up — and boost its fashion cred — "America's Next Top Model" has brought in "Vogue Italia" for its 15th cycle (Farewell, "Seventeen"). Still, some things never change: Expect to see plenty of emotional meltdowns among the models. **8 p.m., The CW.**

**THURSDAY** Take our advice: Don't mess with Maggie Q, right. In "Nikita," she stars as a vengeful spy and assassin who packs a lethal punch. She also happens to look great in a swimsuit. **9 p.m., The CW.**

**FRIDAY** In a rare display of unity between big-name news anchors, Katie Couric, Diane Sawyer and Brian Williams host "Stand Up to Cancer." It's a star-studded fund-raiser to benefit cancer research. (This program airs at 8 p.m. simultaneously on ABC, CBS, Fox and NBC, as well as several cable outlets).

**SATURDAY** Still arresting television after all these years, "Cops" kicks off its 23rd season with its 800th episode. That's a whole lot of drug busts and domestic disturbances. **8 p.m., Fox.**



**ACTIVE OUTDOORS**

## Pick a paddle for this adventure



TIM JONES REPUBLICAN-AMERICAN  
A good kayak paddle can be your boon companion on many wonderful adventures, like this one on Lake Champlain.

**L**ate summer may seem like a strange time of year to discuss picking the perfect kayak paddle, but some of the best paddling of the year is still ahead. There's no better way to enjoy foliage than cruising in a kayak on a quite pond or gentle river. Also, end-of-season sales can save you significant money on a paddle



TIM JONES

that will enhance your enjoyment for years to come. There are many great kayaks and some not so great ones on the market. Ditto with paddles. Yes, any paddle will move a kayak through the water, but, a kayak paddle is an extension of your body, some will fit you, your kayak and your personal paddling style better than others. The better your paddle fits you, the more you are going to enjoy paddling.

With a kayak paddle you have to choose style, length, and materials (which will largely determine weight of the paddle, its durability, its "feel," and, of course, its price.) Style: Not so long ago, kayakers built their own paddles by attaching pieces of plywood to a wooden closet pole. Before that, they fashioned paddles from

whatever wood was handy.

The sport of kayaking has exploded in popularity in recent years and you now have many paddle options. The most basic paddles have a shaft and flat blades. Beyond entry-level, the paddle blades tend to curve for more efficiency and the paddles get lighter. Paddles for white water kayaking (on swiftly moving rivers) have big, curved blades, often reinforced for durability.

Recreational/touring paddles come with a variety of blade shapes and curvatures, all designed to move the kayak with less effort. The traditional "Greenland" paddle has very long, narrow blades (the Inuits who invented kayaks had only driftwood to work with).

Ideal length varies not only by the type of paddling, but also by the width of the boat, and your paddling style. Whitewater paddles mount those big, rugged blades on comparatively short shafts for maximum leverage (when you need to turn a whitewater kayak, you need to turn it NOW!)

Recreational/touring paddles can be longer or shorter depending on whether you paddle with a "high angle" or a "low angle." "High angle" paddling is more aggressive, accelerates, moves and turns the boat faster, low angle is easier to maintain for long distances.

Kayak paddle blades today

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**B**uzz Kanter plans to leave Tuesday for Kitty Hawk, N.C., with his 1915 Harley-Davidson. Ed Zalonski will wait until Thursday before leaving with his 1910 Flying Merkel. The two Connecticut men will be among 50 or so participants in this year's Motorcycle Cannonball endurance run, a coast-to-coast rally of nearly 3,300 miles reserved for pre-1916 motorcycles.

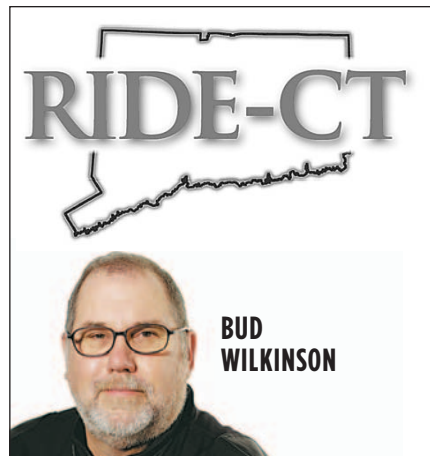
Zalonski is a 70-year-old tool and die maker from East Haven. Kanter is the 55-year-old publisher of Stamford-based American Iron and RoadBike magazines. (Full disclosure: I occasionally write for RoadBike.)

Both have entered the Motorcycle Cannonball for the fun of it, but will start the run with widely differing emotions and motorcycles. The run begins next Saturday in Kitty Hawk and ends in Santa Monica, Calif. on Sept. 26.

"I've been a racer for most of my life. My expectations are to win," said Zalonski, who has basically recreated the Flying Merkel from loaner parts supplied by classic car collector Dick Shappy of Warwick, R.I. "The rules state you have to have engine cases for the bike, you have to have a magneto and a carburetor. Around April, I got a skid of tubing (to build a frame) and a couple of cases of parts. We have a legitimate set of engine cases, a legitimate magneto and legitimate carburetor."

Zalonski wouldn't hazard a guess as to how many hours he has invested into building the Flying Merkel, but estimates that he's spent 45 hours a week on it for the past month working on it while at his day job at Lab Thread & Gear Works in Wallingford. "I got it running last Saturday for the first time. I ran it twice, maybe a mile and a half," he said. "That's enough of a test run to trust it to cross an entire continent? 'I'm confident I can do it. I'm a biker person,'" he said.

Kanter's 1915 Harley-Davidson



**TO KNOW MORE**  
Further details about the Motorcycle Cannonball may be found at [motorcycle-cannonball.com](http://motorcycle-cannonball.com).



CONTRIBUTED PHOTOS



**Above, Ed Zalonski and his 1910 Flying Merkel. At left, a police officer in Pound Ridge, N.Y., has a little fun with Buzz Kanter during a test run of the 1915 Harley-Davidson two weeks ago.**

came from a guy in northern California. "It ran, but not very well," he reported. With the help of vintage motorcycle enthusiast Dave Fusiak of New York, who is also riding in the Motorcycle Cannonball, they prepared it for the run. "Dave and I tore it apart every single nut, bolt and washer, and either replaced or put back on. We upgraded it like using a 1919 cam instead of a 1915 cam."

"The motorcycle is a three-speed, air-cooled V-Twin. It's a little over 60 cubic inches, a little over 1,000ccs," Kanter said. A front drum brake has been added for safety as is allowed in the rules for the run.

Kanter's expectations are different from Zalonski's. "My expectation is that fewer people will be running at the end of this than at the start, but I hope the numbers will be very close. The youngest motorcycle is going to be 95 years old," he said.

What amazes Kanter is the fact so many owners are willing to risk machines of this vintage. "The fact that they're willing to put the bikes out on the street is pretty rare," he said. "I imag-

ine the bulk of them are in static displays in museums or in private collections." Besides having running motorcycles, the two riders also had to decide how to prepare themselves and what to bring with them.

"Money," replied Zalonski when asked what he's bringing. "There's very little spare that I can bring because there are very few spare parts out there. I have to expect that any

problems that I have, I'll have to be able to fix with what I have in my tool pack," he said.

A fear of engine failure is one of the reasons he hasn't road tested the Flying Merkel more. "The engine has probably a half-hour running time. I'm really not willing to use it much more. It's a one-speed, single cylinder. It only has three to four horsepower at most," he said, noting that he hopes

that it will be able to run at about 40 miles per hour.

Kanter's Harley is capable of going much faster. "I suspect my bike will do 75 miles an hour, although I'm not planning on doing that very much at all," he said.

What is Kanter bringing with him? "I have a cell phone and a credit card — the modern tool box," he said. "I have saddle bags and I have basic hand tools in there. My feeling is that if something breaks, if I can fix it with hand tools, great. If not, it's going in the truck. We have a chase vehicle with spare parts."

Kanter will be riding with mixed emotions — anticipation and grief. His mother, Selma, passed away in late August. "It's an odd time for me," he acknowledged. "I've decided to name my motorcycle in her honor, something I've never done before." He has mounted a license plate topper that says Selma, which he found at swap meet in Tennessee several years ago, on to the front forks.

Zalonski, meanwhile, is coming off of marking his 70th birthday on Tuesday and is thoroughly ready to ride. He's been riding for nearly 40 years, currently rides a Triumph Speed Triple, and has taken long distance trips to Alaska and elsewhere. He knows what it's like. "It's something I'm looking forward to," he said of the Motorcycle Cannonball. "I don't feel 70."

Kanter, who has lost 20 pounds in preparing himself for the run, is looking forward to the romance of riding such antique machines on the open road. "When we roll into town, it's going to be like a circus — 40, 50, 60 guys smiling, spitting out bugs, with a fair amount of (leaked) oil on our legs," predicted Kanter, who will be blogging from the road at [caimag.com](http://caimag.com).

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## OUTDOORS: Getting a handle on paddles

Continued from 10B

are plastic (rugged, inexpensive but heavy), laminated wood, often covered in fiberglass (beautiful, durable, somewhat heavy, more expensive), or composites (fiberglass or carbon-fiber) Carbon laminate blades are the lightest of the lot and the most expensive. Shafts are plastic (cheap, heavy and bends easily), aluminum (cheap, heavy, not really comfortable to hold), fiberglass (durable, stiffer than plastic, more comfortable than aluminum), wood (resilient, light, very comfortable), and carbon fiber (lightest, most expensive). Shafts can be straight or bent (personal preference), fixed or break-apart and adjustable for different blade angles (feathering).

Lots of choice, I know. But it really isn't that complex. Most of the web sites from paddle manufacturers like Aqua-Bound ([www.aquabound.com](http://www.aquabound.com)), Bending Branches ([www.bendingbranches.com](http://www.bendingbranches.com)), Harmony ([www.harmonygear.com](http://www.harmonygear.com)), Mitchell ([www.mitchellpaddles.com](http://www.mitchellpaddles.com)), Swift ([www.eddyline.com/swift-paddles](http://www.eddyline.com/swift-paddles)), Werner ([www.wernerpaddles.com](http://www.wernerpaddles.com)) and others have paddle sizing and selection charts. You already know your own height and what kind of boats you paddle most. That narrows the field considerably. From then on, it's a matter of getting the paddle in your hands and feeling the love.



TIM JONES REPUBLICAN-AMERICAN

**From left, a shorter whitewater paddle with a carbon-fiber laminated blade and wood shaft, three touring paddles with various combinations of wood and laminates in blade and shaft, and an elegant laminated wood Greenland paddle.**

Life isn't a spectator sport. Get out, go paddling this fall, and enjoy!

### PADDLING WITH THE PADDLE MAN

Peter Mitchell of Mitchell Paddles ([www.mitchellpaddles.com](http://www.mitchellpaddles.com)) is a second-generation master paddlemaker from a workshop hidden in the boonies of Canaan, NH.

I've happily paddled with a 230 cm Mitchell Sea Blade wood paddle for several years and I wanted to see how some other paddles worked. So I met Peter at his workshop where he gave me a quick tour, then we grabbed an assortment of paddles and headed for nearby

Goose Pond. We'd each choose a paddle, paddle a ways, trade, paddle back and try something different. Fun way to spend a sunny afternoon.

Here's some of what I learned or confirmed: Aggressive, high-angle paddling is easier with a shorter paddle but for the kind of low-angle distance paddling I usually do, a longer paddle works better. Low angle paddling drips less water into the boat. Peter recommends the shortest paddle you can use comfortably.

Bent shaft or straight shaft is really a matter of personal choice. However a correctly-sized bent-shaft paddle automatically positions your hands in the right place on the paddle

### LOCAL SOURCE

For details on selecting a kayak or for personalized kayak paddle fittings, contact Dave Faber at Connecticut Outdoors LLC, 20 Main St., Watertown. Call (860) 274-6213 or visit [www.4CtOutdoors.com](http://www.4CtOutdoors.com).

for maximum efficiency. I still prefer straight shaft, however. One-piece shafts are lighter and more "lively" without the "dead spot" that you get with a ferrule.

Carbon fiber is lighter, but wood is much more beautiful. I'd ultimately like one of each for different situations. Most lighter paddle blades tend to flutter before they "catch" the water. The wood Sea Blade sticks like you've set it into concrete. The carbon Black Magic has far less flutter than most other paddles I've tried.

The "swing weight" of the paddle—how it feels when you move it—is at least as important as overall weight for paddling comfort. Less swing weight means less fatigue. What it can't do is accelerate the boat quickly.

If your local kayak lets you demo paddles, try every one before you make your purchase. You can live with a good paddle for a very long time.

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## NATURE



CONTRIBUTED

Buff-breasted sandpiper

## Some shorebirds pass this way once

For all the physical marvels it entails, bird migration might seem simple in terms of mechanics. Fly north in spring. Fly south in fall.

Of course nothing is that easy.

Consider a couple of sandpipers stopping over in Connecticut right now. Both Baird's and buff-breasted



GREG HANISEK

sandpipers have been resting and feeding at Rocky Hill meadows, near the Connecticut River south of Hartford. At least one buff-breasted has been seen at Sherwood Island State Park in Westport, and Baird's have turned up at several other locations.

These species are uncommon autumn migrants, showing up reliably but in small numbers at this time of year.

In spring they don't show up at all.

Their main migration pathway traverses a rather narrow corridor through the center of the continent, carrying them

in spring from the pampas of South America to tundra breeding grounds in Canada and Alaska.

They head south over a broader front, which brings some of them — primarily juveniles — to Connecticut. We see most of them from late August well into September, with some lapping over into October.

They're joined by a third species with a similar migration schedule, the American golden plover. The first south-bound golden plovers began showing up here this week, and unlike the other two, we do get occasional American golden plovers on spring migration as well.

All three find open spaces of all kinds to their liking. As a result they're tied less to coastal areas than a number of other shorebirds.

Turf farms and ploughed fields attract all three species. That's why the agricultural land at Rocky Hill, as well as big parking fields at places such as Hammonasset and Sherwood Island state parks, are among the best places to see them.

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## DAYTRIP: Exploring Osborne Homestead

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lived and loved to entertain at Roseland until their deaths. Henry died in 1896 and Lucy in 1903.

The Osborne Homestead Museum and gardens honor the life of Frances Osborne Kellogg, a woman who welcomed challenge. The house was built around 1840 and was home to Major Wilbur Fisk and Ellen Lucy Davis. The house and property operated as a dairy farm and was passed to Frances in 1907, who as the youngest of four children was the only surviving daughter. Frances followed in the footsteps of her paternal grandfather — John W. Osborne, one of the Naugatuck Valley's early industrial entrepreneurs — and father by becoming as prominent as they were in a male dominated business world. She inherited keen business acumen and drive as evidenced by her resume of president of the Union Fabric Co., vice president of Connecticut Clasp, treasurer of the F. Kelly Com-

**IF YOU GO**  
**Connecticut Historic Gardens**  
[www.cthistoricgardens.org](http://www.cthistoricgardens.org)  
**Roseland Cottage**  
[www.historicnewengland.org/historicproperties/homes/roseland-cottage](http://www.historicnewengland.org/historicproperties/homes/roseland-cottage)  
**Osborne Homestead Museum & Kellogg Environmental Center**  
[www.ct.gov/dep/kellogg](http://www.ct.gov/dep/kellogg).

pany, as well as a founding partner of Steels and Busks, Ltd. Of Leicester, England. What mostly stands out is Frances' prolific ability to mix work and home life so well. She married Waldo Stewart Kellogg, a prominent New York architect, and they developed a prize-winning formula for dairy herd in the world of Holstein-Friesian bloodlines.

Several gardens surround the Osborne Homestead.

Frances loved roses and planted many varieties in the Colonial Revival Garden. The Sundial Garden is the most formal with neat, red brick pathways. A Meditation Garden



MARGARET WAAGE REPUBLICAN-AMERICAN

**The Sundial Garden in Derby's Osborne Homestead Museum honors Audrey E. Heusser who was a longtime friend to Frances Osborn Kellogg. The garden is one of 14 member sites of the state's Historic Gardens consortium.**

offers shade and a place to sit and reflect. The Butterfly Garden opens up to a wide-open space bordered by thick, purple bushes that sway to a breeze as butterflies and bees hover about. Now is the perfect time

to catch a glimpse of two historic gardens. To see the season transition within a garden is its own reward.

Stay tuned for the next installment of "Where History and Gardens Unite."

**THE OUTSIDER**  
FOLLOW THE ADVENTURE



A new blog — **THE OUTSIDER** — at [www.rep-am.com](http://www.rep-am.com) documents the journey of reporter Matt O'Rourke as he prepares for a trek to Mount Everest Base Camp in Nepal.