



# Friends of Upton State Forest Inc.

## Newsletter

<http://www.friendsofuptonstateforest.org>

[fusf@charter.net](mailto:fusf@charter.net)

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Fall 09

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### President's Message

Throughout Massachusetts there are Friends groups for our parks, forests and beaches as well as user groups representing a single sport. Most have similar goals to support a place or a specific recreational use. Several leaders of those groups recognized the potential of having communication between groups and formed the Massachusetts Forest and Parks Friends Network (MFPFN).

On October 24, MFPFN is holding its second annual statewide meeting at Union Station in Worcester. Robert T. Leverett, Executive Director of the Friends of Mohawk Trail State Forest is the keynote speaker. He will show a power point of special forests in Massachusetts and speak about "The Hidden Forest Corners of Massachusetts." Mr. Leverett is also Executive Director of the Eastern Native Tree Society and contributing author of "*Wilderness Comes Home: Rewilding the Northeast.*"

Guest speakers from the Department of Conservation and Recreation will talk about the role of the Civilian Conservation Corps in building Massachusetts parks, Park Watch, the responsibilities of the Office of Cultural Resources and successful partnerships. Members of the Network will do updates on topics of interest to our members.

The meeting is open to the public. Details are on page 6 of this newsletter if you wish to attend.

The FUSF Nominating Committee will be meeting soon to choose a slate of officers for 2010. If you are interested in serving on the

Board of Directors please get in touch with me at [fusf@charter.net](mailto:fusf@charter.net) or 508-529-6610.

Hope to see you at the October meeting or on one of the upcoming hikes. Ellen



### "Gardening Responsibly For the Environment"

**Monday, Oct. 19, 7PM  
At United Parish Church  
1 Central Square, Upton**

**\*(Corner of N Main and Church St.)**

**\*Please note the change of location.\***

After a brief business meeting Wayne Mezitt of Weston Nurseries will be our speaker. A member and past president of the American Nursery and Landscape Association (ANLA) he will talk about "Gardening Responsibly for the Environment." From 1999 to 2004 Mr. Mezitt was the ANLA representative to the MA Invasive Plant Advisory Group. He has served as a Trustee of Tower Hill Botanic Garden/Worcester County Horticultural Society as well as serving as president of the Horticultural Club of Boston from 1994-1996. A member of the Garden Writers Association many people know him as a columnist for Yankee Magazine and MetroWest Daily News. They may also have seen him on The Victory Garden and This Old House on PBS.

The public is invited to this meeting. There is no charge. If you can bring baked goods, cheese and crackers or fruit for refreshments contact [fusf@charter.net](mailto:fusf@charter.net) or call Ellen at 508-529-6610.

**Hiking Through History**  
A partnership between FUSF and Upton  
Open Space Committee

**“Company 2105, Camp SP-25 CCC”**  
**Oct. 18 (Sunday) Upton State Forest**  
Registration and display of CCC  
memorabilia in the Administration Building  
near the intersection of Westborough and  
Southborough Roads from noon to 1PM.  
Hike begins promptly at 1PM.

Interpretive hike of CCC Camp, water  
holes, picnic area, stone steps and Dean  
Pond built by the CCC. We will discuss the  
history of the Civilian Conservation Corps  
in general and as it pertains to Upton State  
Forest.

This is a moderate hike that usually lasts  
about two hours on a well traveled loop with  
some uneven terrain. There will be a short  
option for those who want to turn back at the  
CCC picnic area.

**“Land, History and Stone Structures”**  
**Nov. 15 (Sunday) at**  
**The Former Stefans Farm**  
**Registration 12:45 to 1PM**  
**Hike begins at 1PM**

Meet at the parking lot on the east side of  
Mechanic St. near the power lines.

Enjoy this old farm property while Cathy  
Taylor talks about the history of the land  
now owned by the town of Upton. We will  
see stone walls and visit a stone dam while  
Bill Taylor shares his knowledge about  
stone walls and fence viewing. Marcella  
Stasa will show us the Community Garden  
and talk about the process of getting it  
started. This is a moderate hike that usually  
lasts about an hour and a half.

\*On all hikes please dress for the weather  
and wear appropriate foot gear. Don't forget  
water, sunscreen and insect repellent.  
Children are welcome with supervision.  
Liability waiver will be required prior to  
your participation. Heavy rain cancels.

Questions: [fusf@charter.net](mailto:fusf@charter.net), Ellen at 508-  
529-6610 or Marcella at 508-529-3709.



**Car fire at Upton State Forest**

Quick thinking on the part of hiker, Mark  
Rosenberg averted a potentially serious  
situation recently. Mark pulled into the  
trailhead parking lot and noticed a car with a  
smoke filled interior. He quickly called 911  
describing his location. Then he met the  
police and fire truck at the intersection of  
Southborough Rd and CCC Way leading  
them to the vehicle.

This is a clear example of the way forest  
users can assist park staff and public safety  
officers. Thank you to Mark for reporting  
and to Upton Police and Fire Departments  
for their quick response.



Mark and Maya



1-866-PK-WATCH  
or  
1-866-759-2824

Upton Police Department: 508-529-3200  
Environmental Police Radio Room: 1-800-  
632-8075.

### **Members Wildlife Encounters**

From Phyllis Foley: I was in Onset walking in the water at low tide when I came upon a hermit crab trying to invade the home of a snail. I watched that dogged critter repeatedly attacking the snail, extricating it from its shell. I was completely engrossed in the event when I suddenly found my small toe attached to an eight inch crab. It hurt like the dickens and I suddenly lost interest in the hermit crab/snail contest!

From Lynn Paresky: I was riding my horse at Rutland State Park with three friends. It was a wonderful, scenic ride along the winding roads and trails. After about an hour and a half of riding I couldn't believe my eyes when I saw a large bear cross the trail about 30 to 40 feet in front of us. Since I was the only one who saw the bear the others weren't too sure about my sighting until they saw the tracks in the trail. Just as we got started again we all caught sight of a smaller bear crossing the road ahead of us. Two sightings in one ride-quite a treat!

From Ellen Arnold: Next time you see Russ be sure to ask him about getting trapped in the garage by a skunk! He was lucky, but the neighbor's dog wasn't!

### **Membership Report**

Congratulations to Gloria Duhaime and Lynn Paresky, winners of the Membership Challenge contest. They both won hand crank LL Bean flashlights worth \$20.00. Welcome to new members Karen Yeowell and Mark O'Connell of Westborough.

It is time to think about renewing your membership for 2010. Anyone renewing in any category except Associate may deduct 10% from their dues if they are paid by the annual meeting in January. Members will find a renewal form attached to this newsletter.

If you know anyone who uses Upton State Forest please encourage them to become a member. New member forms are available by contacting us at [fusf@charter.net](mailto:fusf@charter.net), calling

508-529-6610 or downloading them from: <http://www.friendsofuptonstateforest.org/>  
We also try to keep them stocked at the trail head map box.

### **Trails Committee Report**

The Trails Committee reminds you to “**Be Safe, Be Seen**” as we approach the fall hunting seasons. Hunters are required to wear a minimum of 500 square inches of “hunter orange” on their head, chest and back during shotgun or muzzleloader season. This includes archers during either season. It is common sense that the rest of us should make ourselves visible by doing the same. In addition, if you are hiking with a pet be sure they are leashed and have some visible orange on them.

One of our members says that hunting season is like having a time share. We use the forest throughout the year and now it is their time. If we show common sense and mutual courtesy we can all share.

Archery season: Oct. 12-Nov. 21

Deer (shotgun)-Zone 9: Nov. 30-Dec. 12

Deer (primitive firearms) Dec.14-Dec. 31

No hunting on Sunday

Abstracts of the hunting laws with a list of all the seasons are available by visiting Mass Wildlife Field Headquarters at 1 Rabbit Hill Rd., Westborough or on line at: [www.mass.gov/dfwele/dfw](http://www.mass.gov/dfwele/dfw). When you get to the home page click on recreation and follow the links.

### **Entrance Gateway Garden Volunteers**

In addition to the flowers that FUSF plants at the Entrance Gateway the third grade planted several gardens during their visit to the forest. Thank you to Norm Fahy and Taylor Ryan for watering the flowers throughout the summer.

If anyone has adopted a trail please let me know so that we can recognize your work. If anyone is looking for a trail to adopt, the section of Hopkinton Spring that is parallel to Westborough Rd needs someone to pick up the trash that washes down from the road.

### **Mile-A-Minute vine**



A native of Asia Mile-A-Minute vine is an invasive plant that was accidentally introduced into Pennsylvania in the 1930's. In the last ten years it has arrived in New England and more recently it has been found in Falmouth and Milton, MA where efforts are being made to control it. A recent alert from the Massachusetts Introduced Pest Outreach Project says that it has been confirmed in three more communities.

Also known as Devil's Tail and Devil's Tear-thumb the plant is an aggressive grower (6" a day) that smothers other plants by crawling over them and depriving them of sunlight. It is easily identified by the triangular leaves and circular leaf like bract that surrounds the stem at the base of every leaf. It is self pollinating with small white inconspicuous flowers. The fruit turns from light green to a deep blue described as metallic. The stems and underside of the leaves have re-curved barbs that help it attach to other plants.

Spread by birds the seed will also stay afloat in water for 7 to 9 days and they can persist in the soil for as long as 7 years.

If you see this plant please take detailed notes of the location and close up photos. Notify Brian Connolly, State Botanist, at [bryan.a.connolly@state.ma.us](mailto:bryan.a.connolly@state.ma.us) or 508-389-6344. Notes and photos can be mailed or

dropped off at Mass Wildlife Field Headquarters, 1 Rabbit Hill Rd., Westborough, MA 01581.

### **Mass Audubon Workshop**

Mike Penko, Marcella Stasa, Bill Taylor and Ellen Arnold represented FUSF and Upton Open Space at a workshop presented by Mass Audubon titled: "Shaping the Future of Your Community." Even though we are all aware of the many pressures on Upton's open space and future quality of life some startling facts and statistics were presented. The Blackstone River Valley is one of two areas of MA growing at a very fast pace and careful planning is needed to protect the aquifers, wildlife, forests, open agricultural land and historic places.

Follow up workshops are being held that will present "Tools and Techniques" for shaping the future of your town. Even if you did not attend the first workshop I would encourage you to go to the next one. The schedule is in the calendar on the last page of this newsletter.

### **Hiking Through History**

25 people enjoyed a beautiful late summer day for the first hike of the Hiking Through History series. The group visited cellar holes on Swamp, Hopkinton Spring and Rabbit Run Trails. Along the way Ellen Arnold shared stories about the families that lived in these homes, the historic roads and the nearby District 7 School. At one of the Upton/Hopkinton town boundary stones she spoke about the tradition of perambulating the boundaries. Prior to 1735 this stone was the boundary for Sutton and Hopkinton and also is the County line between Worcester and Middlesex counties.

The group was quite impressed when they crossed the bridge that was funded by FUSF and Bay State Trail Riders Association through the matching grant program.

Thank you to Marcella Stasa, Bill Taylor and Jane Milligan for their assistance.



## Iron Ranger Painted!



Marcella Stasa painting Iron Ranger

Marcella is a very talented lady who is generous with her time and talent. She donated her services to update the FUSF logo which you see on page 1 of this newsletter. The logo represents our mission statement “to preserve, enhance and protect the natural and historic resources of Upton State Forest.” She kept the tree and Agnita Knott suggested adding SP-25 CCC to acknowledge the importance of the Civilian Conservation Corps history and legacy that is so important to Upton.

In addition Marcella recently finished painting the Iron Ranger at the trailhead parking lot. Her design was reviewed by a panel of judges for the Iron Ranger painting contest with Jeff Cate, Park Supervisor, giving final approval. Jeff liked the simplicity of Marcella’s design. One of the major criteria that the judges look for is that the design be representative of the park where it is used. Marcella’s design of a pine tree with a deer and a beaver certainly does that.

It has been shown that when the Iron Rangers are decorated donations improve

significantly. All money collected in the Iron Ranger goes to a fund that is only used for our park. We hope that with Marcella’s beautiful work people will leave a donation when they use Upton State Forest.

### DCR Report by Jeff Cate

Due to budget constraints fiscal year 2010 will be a very challenging one for State Parks. Seasonal staffing for the complex (Hopkinton, Ashland, Whitehall and Upton) was cut by 8 positions this year which is a 27% reduction from last year. Due to the fiscal situation Ashland State Park was not staffed during the 2009 summer season. Several parks across the state were operated under similar circumstances. Attendance at Hopkinton State Park is at all time high levels since the park opened in 1967.

At Upton a new Iron Ranger was installed near the Administration Building. Hopefully it can be painted next year. A riding mower and trail vehicle were added to the Upton State Forest inventory to provide the staff with increased ability to maintain the grounds and patrol the trail system.

Fish and Game will again use Upton State Forest for their deer check station in late November and early December.

Trail signage continues to be upgraded by park staff and will continue through the fall and winter. (Editor’s note: Thank you for the “road crossing ahead” sign at the upper crossing of Rabbit Run and Ridge Rd. Hopefully this will alert bikers to the fact that there is a blind spot for drivers ahead.)

FUSF is grateful to all the park staff that work to maintain our park and keep it safe. We hope that if you see one of them working at the park or patrolling the trails that you will let them know how much you appreciate having them there.

You can also help by reporting any problems or obstacles you encounter either to [fusf@charter.net](mailto:fusf@charter.net) and we will pass it along or directly to the Hopkinton staff at 508-435-4303 or [Hopkinton.Park@state.ma.us](mailto:Hopkinton.Park@state.ma.us).

## CALENDAR OF EVENTS

### Friends of Upton State Forest

**Oct. 16 10 AM Work party**  
Clean Headquarters building and set up display for Hiking Through History

**Oct. 19 7PM \* United Parish Church**  
“Gardening Responsibly for the Environment” By Wayne Mezitt  
See details page 1  
\*Please: note change of location.

**Nov. 16 7PM Upton Police Station**  
Combined Meeting Historic Resources and Trails Committees

**Board of Directors Meetings**  
**7PM, Upton Police Station**  
**Oct. 26, Nov. 30, Dec. 28**  
(Members are welcome at these meetings but we appreciate prior notice to put you on the agenda.)

### Hiking Through History

**Oct. 18 “Camp SP-25 CCC”**  
**Nov. 15 “Land, History and Stone Structures”**  
See details page 2

### Massachusetts Forest and Parks Friends Network Annual Conference

**Oct. 24 9:00 AM to 4 PM**  
**Union Station, Worcester**  
Registration \$3.00  
Lunch \$8.00 (or brown bag)  
Agenda and registration form at [www.networkingfriends.net](http://www.networkingfriends.net) or call Ellen at 508-529-6610 or Sharl at 508-591-7533

### Quote of the month

“Autumn is a second spring when every leaf is a flower.”  
Albert Camus

### “Fresh”: the Movie

**Tuesday, Nov. 10, 6:30 PM**  
**Nipmuc Regional HS Auditorium**  
**90 Pleasant Street, Upton**

Join Upton 4-H Club for a community screening of this important documentary about our food supply. *Fresh* is about the people across America who are reinventing our food system. Through healthier, sustainable alternatives *Fresh* offers a practical vision of our food and our planet’s future. Admission is free although donations of non-perishables are requested for donation to local food pantries. FUSF will have a booth at this event so please stop by and say hi. More information is available at:

<http://www.freshthemovie.com>.

### Mass Audubon Workshops “Shaping the Future of Your Community”: Tools and Techniques

**Grafton, Upton and Millbury**  
**Oct. 22 7:00 to 9:00 PM**  
**Brigham Hill Community Barn**  
**Grafton**

**Northbridge, Sutton, Douglas and Uxbridge**  
**Nov. 4 7:00 to 9:00 PM**  
**Great Hall, Northbridge Town Hall**

**Shrewsbury**  
**Nov. 10 6:30 to 8:30 PM**  
**Shrewsbury Town Library**

For more information or to RSVP call 781-259-2146 or email [shapingthefuture@massaudubon.org](mailto:shapingthefuture@massaudubon.org)

### Timely Quote

“Over the long haul of life on this planet it is the ecologists, and not the bookkeepers of business who are the ultimate accountants.” Stuart Udall