FRIENDS OF UPTON STATE FOREST NEWSLETTER

JOYCE SANDVIK, EDITOR
HTTP://WWW.FRIENDSOFUPTONSTATEFOREST.ORG
FRIENDS@FRIENDSOFUPTONSTATEFOREST.ORG

LIKE US ON FACEBOOK!

VOLUME 14 **NUMBER 1** **WINTER 2019**

Massachusetts Forest and Park Friends Network Conference

The 11th Massachusetts Forest and Park Friends Network conference was held on November 10th at the Westborough Fish and Game. A number of FUSF members attended including president, Bill Taylor, BOD member Chris Scott, and Ellen Arnold.

The Network accepted nominations for their 2018 Volunteer of the Year Award. The FUSF BOD nominated Jody Madden from DCR for our volunteer of the year. Below is the nomination for Jody.

"The Board of Directors of the Friends of Upton State Forest nominated Jody Madden, the Forest and Park Supervisor for Upton State Forest, as a 2018 DCR Friend of the Year (though Jody has really been an exemplary DCR Friend over many years.) Board members describe him as friendly, responsive, down-to-earth, proactive, a winning personality, there when you need him, and as an asset to DCR. He is a pleasure to work with.

Jody Madden accepting his award – pic by Sharl Heller

Among other things, he and his staff do a great job of maintaining the Civilian Conservation Corps camp area and the trailheads and trails, and working with the Friends to conduct successful Park Serve Days. Over the last year, there have been a couple of notable contributions to the Friends and to the Forest. Jody was kind enough to present a Hike Safe program at a Friends' meeting. Everyone enjoyed and benefited from it. Jody also worked with the Student Conservation Agency to have them cap the abandoned wells at the Forest. Finally, the Board cannot tell you how happy we were when Jody emailed us to say that "as of today Upton SF is on the paving list for the Central Region I had included it on a list for projects that needed to be done." The camp lot was in poor shape and definitely needed to be repaved. The good news is that the camp lot was selected for repaving and it was completed over the summer. The Board wholeheartedly nominates Jody as a 2018 DCR Friend for all he has done for the Friends and the Forest. "

Message from President Bill Taylor

Hello Friends,

It's the first newsletter of the year and this is a gentle reminder to renew your membership. Perhaps the most important benefit of your membership is the credibility it gives the Board when we bring your interests and concerns to the Department of Conservation and Recreation.
Your membership fees, and other donations, also pay our administrative costs (insurance, post office box rental and website hosting fees), the cost of printing and delivering this newsletter, costs associated with administering the memberships, programs fees (space rental, speaker fees and refreshments), and the cost to host the annual Upton State Forest Park Serve Day (pizza and other refreshments to encourage and reward participation and supplies). In 2018, membership fees and donations totaled about $2,000, which matched our expenses. The membership renewal form is included with this newsletter. You can also renew at our next program, which will be on Friday, March 8, at 7 PM at the Upton Veterans of Foreign Wars hall, 15 Milford Street. The program will be on beavers and will be presented by Kathleen Regan of Mass Audubon. A brief members meeting will be held before the program. I hope you'll be able to attend.

Thanks, Bill

FUSF Board of Directors

Bill Taylor, President
Joyce Sandvik, Vice President
Mary McManus, Secretary
Chris Scott, Treasurer
Agnita Knott, Membership
Members-at-Large

- Alisa Bernat
- Suzanne Nicholas
- Jerry Zaslow

Related News

http://www.mass.gov/lists/the-citizen-forester-newsletter
http://www.MassLand.org
http://www.hopkintontrailsclub.com
https://uptonma.myrec.com/info/activities/

Benefits of Going Outdoors

(excerpt from Jamie Ducharme, Time Magazine November 19, 2018)

Can't say enough about the benefits of getting outdoors…

Relaxation, Physical Activity, Social Support, Mental Health, Awe, Fresh Air

Leave No Trace

Contributed by Ellen Arnold

Have you ever noticed that there are no trash cans at Upton State Forest? We often get suggestions through our Facebook page that there should be, but there are good reasons why there aren't. First, there is no staff at Upton to empty them daily. Second, overflowing trash cans are an attractant to wildlife. Having wildlife attracted to the parking areas can result in situations that aren't good such as conflict with pets, animals trying to get into vehicles, and encouraging animals to rely on trash rather than foraging. Those of us who use Upton State Forest value it for many reasons, but most would agree that getting away into nature is good for the soul and our physical well-being. Seeing areas littered with coffee cups, food scraps and dog poo bags is not a pleasant experience.

1. **Plan ahead and prepare.** Always check the weather before you leave and dress accordingly. Know your route and local regulations. Tell someone where you are going and what time to expect you home. It is especially important to understand the terrain and wear appropriate foot gear. If you are bringing a group evaluate the impact of the number of people on the environment and limit it accordingly.
2. **Travel and camp on durable surfaces.** The goal is to move through the environment with as little impact as possible. Traveling on trails is encouraged but if you go off-trail be sure to be aware of fragile vegetation, wet meadows, and other sensitive areas. There is no camping allowed at Upton State Forest but if you camp elsewhere follow the rules and remove all your equipment and trash when you leave.
3. **Dispose of waste properly.** Carry a bag with you to take your trash, food scraps, and dog poo bags home with you. **Do not** leave trash and dog poo bags on the trail or in the Iron Ranger. Food scraps and fruit peels do not decompose as quickly as we think and they attract animals which may eat food that is not good for them. Bread can kill birds and ducks. It is not part of their normal diet and can have mold and other bacteria that poisons them. Keep this in mind at your bird feeders too! Plastic rings from beverage packages and other containers are a danger to wildlife
4. **Leave what you find.** There are many cultural sites within Upton State Forest and there can be artifacts associated with them that tell a story. These sites, and the materials there, are protected by the Archaeological Resources Protection Act of 1979. Leaving them allows professionals to interpret a site and others can enjoy seeing them too. We should also respect natural settings and not disturb or remove them.
5. **Minimize campfire impacts.** Campfires are not allowed in Upton State Forest. If you camp elsewhere where it is legal always use common sense and best practices when building and leaving a campfire.
6. **Respect wildlife.** Do not chase them or get too close to their young. Today's cameras allow great pictures from a good distance. Dogs are supposed to be leashed at Upton. This respects other users and provides safety for your pet. In a conflict with some of the wildlife at Upton there is a good chance your pet will not be the winner.
7. **Be considerate of other visitors**. Leaving the forest as good, or better than we found it assures that all of us can enjoy the special places set aside for the public.

You're Invited!
FUSF Program
How to Live With Beavers

FRIDAY, MARCH 8, 2019 7 – 9 PM, Upton VFW

Join FUSF for a special program presented by Kathleen Regan, a teacher naturalist with Mass Audubon since 2007, the Broadmoor Wildlife Sanctuary until 2017 and currently for the Blue Hills Trailside Museum. Kathleen provides environmental education and guiding for all age groups including presenting live animal ambassadors for school and public programs.

Come listen to Kathleen talk about Beavers, their habitats and how we can live in harmony with them.

Massachusetts Runner Association (MRA) Half Marathon

It was a beautiful fall day on November 11th for those runners brave enough to run a half marathon at USF. Thanks to FUSF members Suzanne Nicholas, Alisa and Eugene Bernat, Bill Taylor and Joyce Sandvik who volunteered to help with the race. The MRA made a generous $500 contribution to FUSF for their time.

Race Finish Line

Available at amazon

Do you shop Amazon? You can help support FUSF by using AmazonSmile Charity Lists and selecting FUSF when you order. A percentage of your order will go to FUSF. THANK YOU

Bay State Trail Riders Association Awarded DCR Partnership Matching Funds

In our last newsletter we reported on the matching funds that the Bay State Trail Riders Association (BSTRA) was awarded for work on Park Road and Middle Road in USF. The total cost for this project is $51,058.

On January 3rd, representatives from DCR, BSTRA, FUSF and the Lynch Co. (which will do the work), walked Park and Middle Roads to review the work that will be done. Work is expected to start in the spring. This will greatly improve the use of these trails. Thank you BSTRA and DCR.

Update on the Blackstone Complex Resource Management Plan(RMP)

We received an update from Paul Cavanaugh from the DCR on the Blackstone Complex RMP. This is an excerpt from Paul's letter.

"As you may recall, release of the public draft of the RMP was tentatively scheduled for late summer. However, as we began working on the RMP it became clear that information on many of the parks was inadequate for planning purposes…….In addition, we have spent time pursuing questions and issues raised by the public at our March 2018 meeting. (Information from the meeting is available at: https://www.mass.gov/service-details/blackstone-complext-rmp)"

We'll provide updates from the DCR on the RMP when they become available.

Calendar of Events

March

03/08 – FUSF Annual meeting and program on Beavers – 7 PM Upton VFW

April

04/27 – Park Serve Day – USF – meet at the CCC headquarters at 8:30 AM

May

05/17– (tentative) potluck dinner & program – place TBD – watch for further details

October

10/27 – BSTRA annual pumpkin ride – no parking at the headquarters

Be sure to frequent our **Facebook Page** for great nature pics, local info on our environment and announcements of future events.

Board of Directors meetings – 3rd Monday of each month @ 7:00 PM in the Upton Police Station training room.

Watch for future programs and events as our calendar for 2019 unfolds!

Welcome New Members!

Owen Brigham of Upton

FUSF Merchandise for Sale

Visit the FUSF store on our website to order tees, sweatshirts, caps, vests, and tote bags. Go to www.friendsofuptonstateforest.org

FRIENDS OF UPTON STATE FOREST
PO BOX 258
UPTON, MA 01568-0258

NEW MEMBERSHIP ----- MEMBERSHIP RENEWAL------ (check one) (Please Print Clearly.) (Information is for Friends of Upton State Forest only.)

Date_____

Name:_____
(For family membership please put two names)

Mailing Address: _____

City: _____State_____Zip code_____

Telephone: _____E-mail _____

Would you consider being a member of one of our committees? Please circle your choices.

Auditing	Fund Raising	Newsletter	Refreshments	Trails Committee
Education	Historic Resources	Program	Resource Inventory	
Events	Membership	Publicity	Telephone Committee	

What is your interest? Circle all that apply. (Please use the reverse for comments, or to tell us, if you wish, of other organizations, you belong to that support these interests.)

Bird Watching	Horseback Riding	Orienteering	Snowmobiling
Cross Country Skiing	Hunting	Open Space Preservation	Trail Running
Hiking	Letterboxing/Geocaching	Photography/Art	Wildlife Watching
Historical	Mountain Biking	Snow Shoeing	Other (what?)

Membership Categories: (Prices effective through 12/31/18) (Circle one)

Family of 2 adults & children (under age 18) ---------- $37.50
Individual ----------$25.00
Senior 65+----------$12.50
Student full time with current student id ----------$12.50

Additional Donation Amount: General Fund or Special Fund?
Anonymous? Yes--- No--- Memorial or Honorarium?
Name of person being recognized?

(* Please note: There is a $25.00 charge for returned checks.)

Below this line is for office use only:
Payment: Cash Check # Amount paid: Category: Year Paid:
Cards issued by: Newsletter address entered by: