FRIENDS OF UPTON STATE FOREST NEWSLETTER

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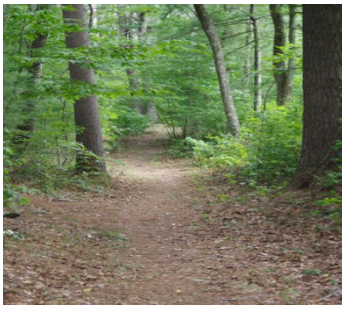


Newly cleared Swamp Trail

Maureen Byrne shared these pics she captured of a "question mark" butterfly and a great crested flycatcher who chose an old birdhouse in her yard for their nest. Thanks Maureen!

Despite the hot temperatures, DCR has been busy with lots of projects at USF this summer. They've done some significant trail clearing on Swamp and Whitehall trail – if you haven't been on these trails lately, it will be a nice surprise. DCR has also ordered new trail signs to mark various trails and replace damaged signs.

Thanks to Suzanne Nicholas, we met with DCR and compiled a wish list of things to be done. Some of these include:

1. Fix the bridge on Hopkinton Spring Trail;
2. Assign a number and post on all bridges to use as a reference;
3. Provide the dimensions of each bridge to the Bay State Trails Riders Association who will provide the geotextile material and install on the bridges to create a non-slip surface;
4. Clear the trails around the two bridges between Southboro Road & Westboro Road;
5. Move the Middle Trail Bridge to the muddy spot closer to Loop Trail;
6. Under discussion is building a gazebo type structure over one of the cement pads to provide a nice, covered area for picnicking and such.

Thank you Jody Madden and your staff!

Upton Heritage Day

Upton Heritage Day is September 24th – stop by the FUSF table to learn more about us and join our organization if you're not already a member! We'll be in the Town Hall area – hope to see you there.

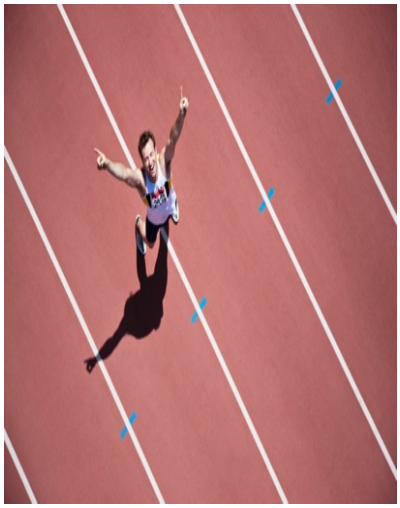
September 24th is also National Public Lands Day. Learn more at www.neefusa.org/npld.

The President's Message

On Saturday, September 10, at 10:00 a.m. there will be a ceremony held by the Upton Historical Commission at Upton's Heritage Park, 18 Elm Street, to dedicate the Barbara Burke Memorial Bench. I encourage you to attend. Heritage Park is the site of the Upton Chamber, a beehive shaped chamber that is about 12-feet wide and 11-feet high built into the side of a hill. The entrance is a tunnel about 11-feet long and 6-feet high. Its origin has been an enduring mystery and has been attributed colonists, Native Americans, Vikings, and Irish monks. It is a unique historical resource and Barbara, with a lot of help along the way, spent at least 20 years working on preserving the Upton Chamber. Upton purchased the Heritage Park property in 2006 and celebrated the opening of the park in 2012. You may ask "What does this have to do with Upton State Forest?" Well, to begin, Barbara was a great champion of Upton's history and historical resources, including the Civilian Conservation Corps camp at the Forest. She was a member of the Upton Historical Commission for 33 years and a member of the Upton Historical Society for longer than that, and her help from within those organizations was crucial to the listing of the CCC Resources Historic District on the National Register of Historic Places. And secondly, the Upton Chamber, which Barbara worked so hard to preserve, is believed by some to be a Native American structure and part of an extensive Native American ceremonial stone landscape, which includes the Pratt Hill section of Upton State Forest and likely other parts of Upton State Forest. It is reminder that the cultural history and resources of Upton State Forest include the long period of history before Europeans colonized this area. Just like the CCC camp, it is a unique historical resource that is a window to the past. Playing a significant role in preserving these two unique historical resources is an achievement on its own, but, as many Uptonians know, it was just a small part of what she did for Upton. I look forward to celebrating her accomplishments at the dedication of the Barbara Burke Memorial Bench.

Looking for Volunteers

The Tri-Valley Front Runners (TVFR) are looking for a few volunteers to help with their annual race at USF on Sunday, November 13th. Volunteers will stand at various trails to direct runners on the correct course.
TVFR donates $100 per volunteer to FUSF. If you can help, let us know via email at *friends@friendsofuptonstateforest.org*



Help Wanted

We're still looking for a secretary to join the FUSF board of directors. If you'd like an opportunity to give back to a good cause, drop us an email at *friends@friendsofuptonstateforest.org*.

FUSF Board of Directors

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

- Alisa Bernat
- Suzanne Nicholas

Thank You FUSF!

FUSF received a very nice thank you letter from the Massachusetts Conservation Voters (MCV) for our contribution to their organization. MCV is a non-profit organization dedicated to advocating for and supporting our state parks. For more information go to their web site at https://massconservationvoters.com.

Read Around the Town

This summer, the **Upton Town Library** sponsored a pre-school summer series reading program. **Bill Taylor** led the program at Upton State Forest reading to the kids about our forest creatures. It was a beautiful day and the program was enjoyed by all, children and parents alike. Thanks Bill!

Did You Know?

DCR voted to allow Electric Bicycles (E-Bikes) in MA state parks – but only on the paved areas of the parks.

Good News – no Lyme or West Nile diseases were found in samples in our area. However, it's still a good idea to protect yourself from tics and mosquitoes while outdoors.

Reminder! Membership Renewal

Please take a minute to renew your membership or join the Friends of Upton State Forest. Your membership helps us provide this newsletter, sponsor nature related programs and contribute to the ongoing work of maintaining our Upton State Forest trail system. You can renew on-line on our web site at www.friendsofuptonstateforest.org or using the attached membership form. Thank You!

Helpful Information from DCR!

With Fall approaching, hiking is an ideal time to commune with nature with the cooler temperatures and leaf peeping opportunities. DCR provides some helpful tips to ensure your safety and protect our forests.

Things to Remember:

- **Time, distance, difficulty:** Average hiker pace is estimated at 1.5 miles per hour. Most distances are round-trip. Plan conservatively, start early. Be aware of weather and sunset. Trail difficulty ratings based on ruggedness and gradient are ***easy, moderate, or difficult***.
- **Wear weather appropriate clothing,** layer for temperature changes. Appropriate footware is a must. Trails can be wet.
- **Parking at trailheads:** Parking fees may apply. Space may be limited. Be courteous to avoid blocking in others. Do not leave valuables in your car.
- **Bring a map, and share your plans with someone.**
- **Drinking water** is usually not available. Bring plenty! Trailside sources should be treated.
- **Stay on designated trails:** Follow painted blazes and signs if available. Double blazes indicate an intersection or direction change.
- **Pace & group size:** Keep your group together; hike only as fast as your group's slowest hiker or rider. Limit group size to 12 people or fewer to lessen impacts.
- **Carry-in, carry-out all trash:** Leave No Trace outdoor ethics are strongly encouraged. For more information visit *http://www.lnt.org/programs/principles.php*
- **Pets are generally permitted** on 10-foot maximum leash and under control at all times. Please clean up after your pet and dispose of all waste outside of park. Be aware of local park rules and that not all users appreciate encountering pets, even when friendly.
- **Be aware that some trails are not well marked.**
- **Be aware of hunting seasons** and wear blaze orange when appropriate. For season info visit: *https://www.mass.gov/outdoor-recreation-safety-tips*

Calendar of Events

September
9/10 – Barbara Burke Memorial Bench Dedication – 10 AM – Heritage Park

9/24 – Upton Heritage Day – 10 AM-3 PM in the Town Hall area

October
10/01 – BSTRA Wild West Ride – participant parking only at the CCC headquarters 7 AM-3 PM

10/30 – BSTRA Pumpkin Ride – participant parking only at the CCC headquarters
7 AM-3 PM

November
11/13 – TVFR Race – participant parking only at the CCC headquarters 7 AM-3 PM

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 1st floor conference room at the Upton Town Hall. (via Zoom call during Covid-19)

Watch for future programs and events as our calendar for 2022 unfolds!

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: (Circle one)

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

Additional Donation Amount: General Fund* or Special Fund?
Anonymous? Yes--- No--- Memorial or Honorarium?
Name of person being recognized? _____
*If no place is indicated for donation, it will go to the General Fund.

(* 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: