



# LAND PRESERVATION SOCIETY of NORTON

Norton's Land Trust - Norton, Massachusetts - [www.nortonlandpreservation.org](http://www.nortonlandpreservation.org)

## Spotlight: King Philip's Cave

King Philip's Cave is a natural stone formation created by the advance and withdrawal of ice sheets during the last ice age about 13,500 years ago. The large boulders together provide an above ground cave that is beautiful to see and fun to walk through. The glaciers that left them were over a mile thick, and hundreds of miles wide. They carried tons of soil and rock which they deposited throughout this area. The large stones and boulders that form King Philip's Cave are called conglomerate or pudding stone.

This location is rich in history. The Norton Historic Society installed a sign in 2008 which reads in part:

*The Native American Sachem, Metacomet of Pekonoket, called King Philip by the English, Sachem or chief of the Wampanoag people is reported to have used this area as a stopping place. It provided a natural fortress for his many visits to the settlements of Plimoth and Taunton, both part of the Plimoth Colony. Numerous native American villages have been discovered along Winnecunnet Pond, which were then visible from this natural great hill. as was the Old Bay Path, and all of the surrounding countryside.*

*During King Philip's War (1675-1677) after a raid and burning of the settlement of Taunton in June 1675, and nearby homestead of Sgt. William Wetherell, Philip and his Warriors are believed to have taken refuge here as they withdrew in advance of the Militia from Plimoth and Taunton under the command of Captain Benjamin Church.*

LPS acquired the land from Raymond Passenti in 1999 when the homes in the area were built. It is located on Stone Run Dr., off Plain St (between Leonard St. and Bay Rd.) Near the circle on Stone Run Dr. there is a paved driveway which allows for handicap access to the stone formation. We are in the process of extending the trail on this preserve and improving the signage. Visitors may park on Plain St. and walk the short distance up Stone Run Dr. to the new entrance near our sign. Parking at the circle is primarily for visitors with handicap designation.

We hope to continue the improvements at this site with the help of Norton High School students and organizations offering community service.



King Philip's Cave, situated in a wooded area, is a great short trail for all including young families and history buffs.



**Join us for the dedication of the Crane Farm Nature Preserve on Crane St.**

(at the Three Mile River between Old Taunton Ave and Pine St.).

**Saturday, November 19, 2016 at 11 a.m. - rain or shine.**

**Enjoy a short program, outdoor nature activities & refreshments.**

**All are welcome!**



### Stonehill College Students Dig in and Help

On one of the hottest and most humid days in early September, students from Stonehill College in Easton worked at the L.A. Foster Wildlife Refuge. Three groups worked with LPS board members. One team helped clear an existing trail, another team cut through brush and trees helping to create a new trail and two students refreshed the LPS sign on Taunton Ave.



*Many thanks to a great group of volunteers!*

### Community Service Opportunities

Norton Public Schools and businesses searching for meaningful community service projects are most welcome to consider the projects on our priority list. These projects can be scaled up or down to fit your group. We have other projects in mind, as well, so please contact us at [LPSofNorton@comcast.net](mailto:LPSofNorton@comcast.net) to discuss the potential.

Priority projects include:

-  help to re-design, extend and mark the trail at King Philip's Cave;
-  create, clear and mark a circular path off the existing trail at the Valentine Family Nature Preserve on Pleasant St.;
-  clear and mark trails on the L.A. Foster Preserve on Taunton Ave.;
-  produce slide shows or videos of LPS nature;
-  preserves suitable for our website and Norton TV.;
-  design and set up GeoCache or other scavenger hunt style trails;
-  create art, music or poetry using diverse media depicting LPS nature preserves' natural beauty; or
-  build wooden signs, kiosks, and boardwalks.

### Interested in Solar Power? Save money while helping LPS



If you cannot or do not want to have solar panels on your roof but you want to support this industry in MA, you may be interested in our exciting new partnership with RelayPower, Inc. RelayPower is a **community based solar company**. You can easily contract with a solar farm right here in MA. This is a good deal for your home or small business because your electricity bill will be reduced by 10%. In addition, RelayPower will make a donation to LPS for each signed contract. See our website for the link to make this happen.

[www.nortonlandpreservation.org](http://www.nortonlandpreservation.org)

### Retirees: Looking for Creative and Fun Projects in the Great Outdoors?

We are looking for folks of all ages. Contact us if you can help with:

-  woodworking projects;
-  blazing and marking trails in the woods;
-  producing photos or videos;
-  designing newsletters, posters, etc.; and
-  other projects you may initiate.

Contact: [LPSofNorton@Comcast.net](mailto:LPSofNorton@Comcast.net)



### Online Shoppers, Take Heed!

Support LPS by shopping at [smile.amazon.com](http://smile.amazon.com) and choosing Land Preservation of Norton as your charitable organization. Amazon.com will donate 0.5% of the price of your eligible AmazonSmile purchases to the **Land Preservation Society of Norton, Inc.** AmazonSmile is the same Amazon you know.

*So remember as we head into the holidays,  
shop on AmazonSmile!*



## Norton Nature Notes: The Monarch and the Milkweed

The Monarch (*Danaus plexippus*) is the “king” of butterflies. As children many of us waited patiently to see this spectacular butterfly emerge from its chrysalis and spread its wings, an unforgettable experience. Monarchs in our gardens bring beauty but also a sense of mystery and intrigue. We know that they are capable of long migrations. These are true “snow birds”, heading from the east coast each fall to live at about 10,000 feet above sea level in Mexico for the winter. Monarchs do not fly at night, so perhaps you have been lucky enough to see thousands of migrating monarchs roosting together in a tree to stay warm until morning. They remain in Mexico until the days lengthen in the spring. Then they become reproductive and their offspring begin the long journey north. This northern journey is a bit more complicated, sometimes taking as many as four generations to reach the destination. You can see migration patterns at [www.fs.fed.us/wildflowers/pollinators/Monarch\\_Butterfly/migration/index.shtml](http://www.fs.fed.us/wildflowers/pollinators/Monarch_Butterfly/migration/index.shtml).

Sadly, the Monarch butterfly population is under stress. There are several possibilities for the cause, but milkweed habitat destruction seems to be most important. Monarch butterflies can feed on nectar from a variety of plants, but lay their eggs only on milkweed. Monarch larvae then feed only on the milkweed leaves. Habitat protection is one way to reverse the decline in the Monarch population. In our area milkweed habitat includes fields, roadside areas, wetlands and gardens.

Milkweeds belong to the genus *Asclepias* and get their common name from their milky sap. As part of their own protective strategies, milkweeds produce toxins called, cardenolides, subunits of cardiac glycoside molecules. Two familiar cardiac glycosides are digitoxin and digoxin, forms of digitalis. These have been used clinically to treat cardiac problems, slowing the heart rate and improving the pumping function of the heart. Cardiac glycosides are poisonous to most vertebrates. Extracts of plants producing cardiac glycosides have been used since ancient times to



Butterflyweed, *Asclepias tuberosa*, shown here with a Monarch Butterfly, spreads quickly producing a bright bunch of flowers for most of the summer.

make poison arrow tips, rat poison and emetics, among other things. Monarch larvae (caterpillars) ingest and sequester these toxic chemicals, which are then concentrated and stored in adults. Sequestration is poorly understood, but adult butterflies have high levels of toxins in their wings.

The high levels of cardiac glycosides make the Monarch a very unattractive food source for birds and other animals. Simply put, they taste bad! It is relatively easy to start a milkweed patch in your garden.



Mature milkweed seeds are ready to take flight.

You may know the common milkweed, *Asclepias syriaca*, tall plants with balls of dark pink flowers, or Butterflyweed, *Asclepias tuberosa*, a shorter plant with yellow-orange to orange flowers. Common milkweed blooms from June to August. Swamp milkweed, *Asclepias*

*incarnata* has dark pink flowers on a branching stem, and is in bloom from June to October. Other varieties, such as Poke milkweed, *Asclepias exalta*, and whorled milkweed, *Asclepias verticillata* are found in Massachusetts, but the first three are the most commonly available.

Growing milkweed has lots of positive benefits beyond providing habitat for Monarch larvae. These native flowers are beautiful, attract a variety of butterflies and other insects, and the plants bloom for a long time. The dried seedpods can be used for all sorts of arts and crafts projects, and it is just plain fun to release the seed parachutes into the air when the pods break open. You can try collecting seeds and starting your own plants, but plants are also available at local nurseries, or can be located through the Milkweed Market at [MonarchWatch.org \(http://monarchwatch.org/milkweed/market/\)](http://monarchwatch.org/milkweed/market/)

The Monarch/Milkweed story is an ongoing tale of co-evolution and biodiversity. Milkweed plants continue to develop strategies to survive the onslaught of hungry insects, while the insects develop strategies to circumvent the plants and continue eating.

Information for this article was obtained from sources including the National Wildlife Foundation, The Cornell University Cornell Chronicle, Monarch Watch, Mass Audubon, and the USDA Forest Service.

~ Linda Kollett



**Join LPS now or renew your membership.  
Last chance before the increase in 2017!**

**Membership and Dues Information**

LPS is a registered 501(c)(3) exempt non-profit organization. Dues and other donations are tax deductible to the extent allowed by law. Join us if you can!

If you haven't already filled out this form, please do so now and return it so that we can update our records.

Note: We now accept dues payments and donations via PayPal, at our web site [www.nortonlandpreservation.org](http://www.nortonlandpreservation.org). If you decide to use that payment method, we would appreciate your filling out the form below and mailing it to us so that we may update our records. We will acknowledge donations by letter.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

I prefer to receive the newsletter by email: \_\_\_Yes \_\_\_No

Please check all that apply:

<input type="checkbox"/> Individual \$5	<input type="checkbox"/> Life \$100
<input type="checkbox"/> Family \$10	<input type="checkbox"/> I'm already a Life Member
<input type="checkbox"/> Supporting \$25	<input type="checkbox"/> Donation: \$_____

Return this form with your check payable to the Land Preservation Society of Norton (or LPS of Norton) and mail to:

**LPS of Norton**  
PO Box 204,  
Norton, MA 02766

**Contact Information**

Email: [LPSofNorton@comcast.net](mailto:LPSofNorton@comcast.net)

Website: [www.nortonlandpreservation.org](http://www.nortonlandpreservation.org)



**ATTENTION: LPS MEMBERS**

Membership fees do not cover all of our expenses. Please consider donating - small or large - to LPS to help us with all of our activities!!

*All donations are tax-deductible.*

**LPS Mission**

The Land Preservation Society of Norton, Inc. was founded in 1970 "to protect natural resources, to preserve natural areas and historic sites, and provide open space for the benefit of the general public; to educate the public about the wise use of natural resources; and to work with other organizations having similar purposes."

We are a registered non-profit 501(c)3 organization and all contributions of money and land are tax deductible to the extent allowed by law. We have formally subscribed to the Standards and Practices set out by the Land Trust Alliance to assure that land trusts act ethically and abide by the best rules of governance.

**Officers**

- President: Kathleen Ebert-Zawasky
- Vice President: Daniel Murray
- Secretary: Linda Kollett
- Treasurer: David Henry
- Past Presidents: Frances Shirley and Ann Sears

**How to Make a Land Donation**

LPS will accept open uncontaminated land in the town of Norton.

- Donations are tax deductible at the full assessment of the land at the time of the donation, as allowed by law.
- LPS will pay the expenses associated with drawing up a new deed.
- If the donation is significant, the donor may have the option of naming the property.

*See our webpage for the full color version of this newsletter. ~KEZ*