

UAFA National Home Office | 1130 Kildaire Farm Road, Suite 120 | Cary, NC 27511-4594
 Founded by Robert Phillip "Phil" Upchurch, PhD
 January 15, 2022

EDITOR'S DESK

HAPPY NEW YEAR!

According to the internet, the tradition of celebrating New Year's Day is said to have started by Romans circa 153 BC. Romans celebrated their New Year on March 1 according to the old Roman Calendar.



Today, in this issue of **FOOTPRINTS**, we reflect upon the past with visual implements and utensils of our ancestors, while looking ahead to 2022 for UAFA.

Thank you UAFA Leaders, Directors, Coordinators and Volunteers! You have made this newsletter possible by your hard work and contribution of articles, news and reports.

Please take note of our first article *The Alabama Medical Dynasty and the Amazing Twin Doctors* by UAFA's President, Dr. Tom Upchurch. It is very multi-generationally inspiring!



Cindy Hale — Editor

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20
22



UAFA LINKS

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Over 35 videos featuring founder **Phil Upchurch** telling family stories, along with UAFA President, Dr. Tom Upchurch. These are available and FREE to all.

[https:// www.youtube.com](https://www.youtube.com)

You Tube After opening YouTube, enter "Upchurch and Allied Families" into the search box. This will open the UAFA channel and display the videos.

UPCHURCH & ALLIED FAMILIES LINKS

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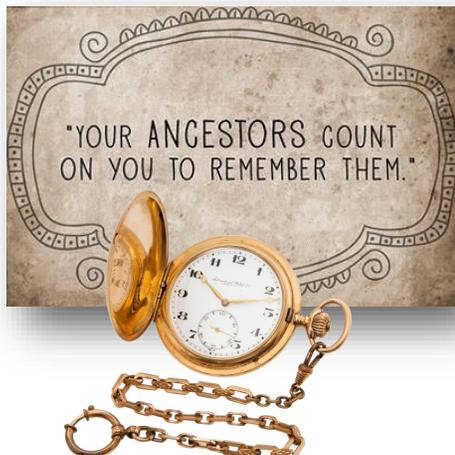
UAFA Tree Masters:

Upchurch Tree – Linda Upchurch Sparks lusparks@eplus.net

Allied Family Tree—Dr. Steve Terry
sdterry@ncsu.edu



[Upchurch & Allied Families on Facebook](#)



UAFA is looking for Ancestry Tree Master Associates. Do you or someone you know like genealogy and have access to Ancestry.com? Sign in and work on your own family tree. Our tree is growing and it's fun! Volunteer today!



NEWS & INFORMATION

LETTER TO THE EDITOR



I enjoyed Jay's article and "James M. Upchurch" caught my eye. ([September 2021 Newsletter](#))

I am also part of the Buckner clan and my great great grandfather would have been the article's James M. Upchurch's Uncle Wesley Upchurch. Wesley had a son James Madison Upchurch, my great grandfather.

One of his children was my grandfather Owen Warren Upchurch and that then started a string of James Upchurches. My father was James Edward Upchurch, I am James Michael Upchurch, my son is James Andrew Upchurch and my grandson is James Isaac Upchurch. So five of the six in line have been James Upchurch but with different middle names....

Nothing important but I thought it might be interesting.

James M. Upchurch
jimupchurch3@gmail.com



Genealogy Trivia:

If you figure there's 25 years between each generation, 500 years ago there were 1,048,576 people involved in creating YOU!
YOU are special!

Teach Me Genealogy - www.tmgenealogy.com

UPCHURCH ANCESTOR OBITUARIES

From the Family of Mae Davenport Cox



My Great Grandparents

[Upchurch, Charles Wesley](#) -- my GGF

[Upchurch, Julina Perrine](#), wife of Charles Wesley Upchurch

Other Upchurches

[Burks, Edna B. Upchurch](#), daughter of Little John Upchurch

[Davenport, Mary May Upchurch](#), daughter of C. W. Upchurch

[Grizzle, Dora Upchurch](#), daughter of T. Rutherford Upchurch

[Kline, Mildred Upchurch](#), daughter of John Jackson Upchurch

[Upchurch, Bowman Franklin](#), son of Charles Wesley Upchurch

[Upchurch, John 'Little John' Logan](#), son of William A. Upchurch

[Upchurch, Strickland](#), brother to Charles Wesley Upchurch

[Upchurch, William A.](#), son of Charles Wesley Upchurch

[Upchurch, William Wesley](#), son of John L. Upchurch

CONTRIBUTIONS MAKE UAFA POSSIBLE

UAFA is primarily a volunteer organization, but we must have money for computers, insurance, accountants, office expenses, software and on-line access. Contributions are usually tax deductible. To see how we can work together [Click Here](#).

Please consider a donation so we can continue this work.



Married to an Upchurch

[Burks, Herman Royal](#), married to Edna B. Upchurch (see above)

[Upchurch, Orene Dodd](#), wife of William Wesley Upchurch

[Upchurch, Roxie Brigham](#), wife of Strickland Upchurch

Are you related to Mae Cox? Let her know if you are! Click on the link to see corresponding obituary. She has many **Family Photographs:**

[Strickland Asbury Upchurch](#)

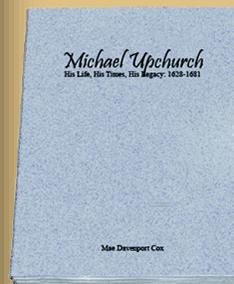
Strickland and wife Roxanne Sherman Brigham, along with many of their children and families

[Charles Wesley Upchurch](#)

Charles and wife Julina Perrine, plus photos of their children and families

[Patrick Bogan Upchurch](#)

This is a hodgepodge of old Upchurch photos including ones of PBU's children as they visited with siblings.



Mae Davenport Cox is the author of many family history books, including Michael Upchurch, His Life, His Times, His Legacy: 1624-1681, which she so generously

gifted to UAFA in 2021. Thank you Mae for your wonderful contribution!

Email: mazie@coxok.com

The Alabama Medical Dynasty and the Amazing Twin Doctors

By Tom Upchurch, MD, FACS



Capt. Jack Upchurch, a member of the Abel Upchurch clan, returned from the Civil War in 1865 and married Sara Melissa Hanson in 1867. They produced nine children. Their 2nd son John William “Willie” became a doctor in Carrollton, Alabama, and their 6th son Edgar Erle “E. E.” became a pharmacist and successful businessman in Clanton. They were the beginning of the Alabama medical dynasty.

E. E.’s son Samuel Earl became a plastic surgeon and a Lt. Col in the US Army during WW II--just over 70 years after his grandfather had served as a Captain in the Confederate Army. In 1938 Sam moved to Birmingham and became the first Chairman of the University of Alabama Department of Plastic Surgery.

Sam married Alia Ann Samford, also of Upchurch ancestry, in 1949 and within three years, they had produced three children; identical twin girls, [Katherine Samford “Kathy” Upchurch](#) and [Virginia “Ginger” Samford Upchurch](#) as well as a son Samuel Earl Upchurch, Junior. Sam Junior became an attorney and banker. Kathy and Ginger continued the family medical tradition and became doctors.

The twins were and continue to be hyper achievers. Both attended and excelled at Sweet Briar College, their



mother’s alma mater. After graduating from college with honors, Kathy continued her education at Duke Medical School and Ginger moved North to Johns Hopkins Medical School.

Ginger stayed at Johns Hopkins to complete specialty training in internal medicine then to sub-specialize in nephrology. She eventually became a



professor at Jefferson Medical College and Chair of Medicine at Christiana-Care. She has served in numerous other positions and received many honors, much too extensive to innumerate here. Possibly her most prestigious honor has been the Accreditation Council for Graduate Medical Education’s Parker Palmer Courage to Teach Award which is given to

the ten outstanding residency program directors in the country. Ginger is married to Tom Collier who is also a physician, and they have three daughters and nine grandchildren. They have homes in Chestertown, MD and Wickenburg, AZ.



After receiving the Doctor of Medicine from Duke, Kathy moved to Dallas Parkland Memorial Hospital to complete specialty training in Internal Medicine and then to Massachusetts General to subspecialize in rheumatology. She eventually became Clinical Chief, Division of Rheumatology at the University of Massachusetts Memorial Medical Center. She has been the President of the Duke Medical Alumni Council and like her sister has received many honors. Kathy is married to Ronald “Tak” Takvorian who is a physician. They have a son, two daughters and four grandchildren. Kathy and Tak live in Concord, Massachusetts.



Continued on page 5

The Alabama Medical Dynasty and the Amazing Twin Doctors



Continued from page 4



living people is not available to the public. This information is only visible to certified editors of the tree. Extensive information on living descendants has been collected and documented in the Ancestry.com database, but display is



KATHERINE SAMFORD UPCHURCH
1960-1968



VIRGINIA SAMFORD UPCHURCH
1960-1968

Two of their children are continuing the Alabama medical dynasty:

Samuel Upchurch "Sam" Takvorian (above left) obtained his bachelor's and MD degrees from Harvard. He completed his internal medicine training at Brigham and Women's Medical Center. Then he moved to the University of Pennsylvania where he earned a master's in health policy research, completed his subspecialty training in oncology and currently serves as an assistant professor of medicine. His sister Katherine Samford "Kate" Takvorian (above right) also received her bachelor's degree from Harvard and obtained her MD degree from Tufts. She has just completed an Internal Medicine residency at Massachusetts General Hospital.

Other Collier and Takvorian children are outstanding in fields other than medicine.

Wouldn't old Capt. Jack be proud?

There is extensive information in the Ancestry.com UAFPA Abel Upchurch Tree about Samuel Earl Upchurch, Sr, Alia Ann Samford and all their ancestors back to Michael Upchurch in 1624. It is available to anyone with an Ancestry.com account [by clicking here](#) . Unfortunately, information about

blocked to protect privacy. It is like a government census; the information is documented but will not be released to the public until it is considered safe to do so. In the case of genealogy records, the information usually becomes accessible only after the person's death. Some work by UAFPA workers is for the generations that follow us and not for ourselves.

Since the Upchurch doctors are all prominent members of our society, there is extensive information about them available to the public on the Internet. A click on any name that is underlined (and usually in blue font) in the article will retrieve current information about that person.



Dr. David Thomas Upchurch, President of Upchurch & Allied Families Association has a passionate interest in genealogy and family history. His medical career spanned many years as ENT-otolaryngologist, pilot and Chief Medical Director and Chairman of AllMeds.

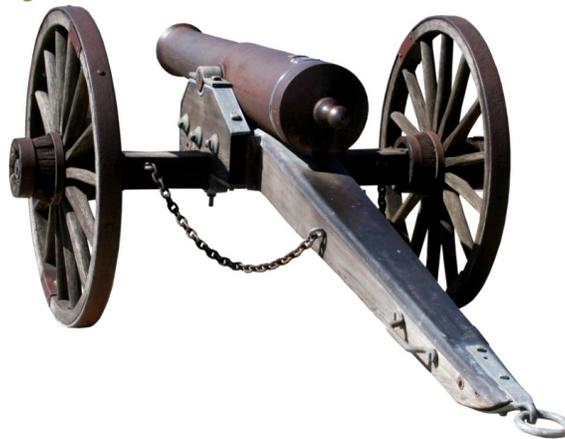
He is related to the Upchurch family through the William Upchurch IV and Charles Upchurch clans and the John Upchurch V Subclan that populated Henry County Tennessee 1812. He now enjoys retirement with his lovely wife, Joyce, in Suwanee, Georgia.

NATHAN UPCHURCH: REVOLUTIONARY WAR PATRIOT

The Upchurch family of North America has been well documented through the efforts of the founder of Upchurch and Allied Families Association (UAFA), Dr. Robert Phillip Upchurch, “Phil”. His almost 50-year quest to establish the roots of the Upchurch family produced a body of research that has its own website (alliedfamilies.org).



By Carla Michaels



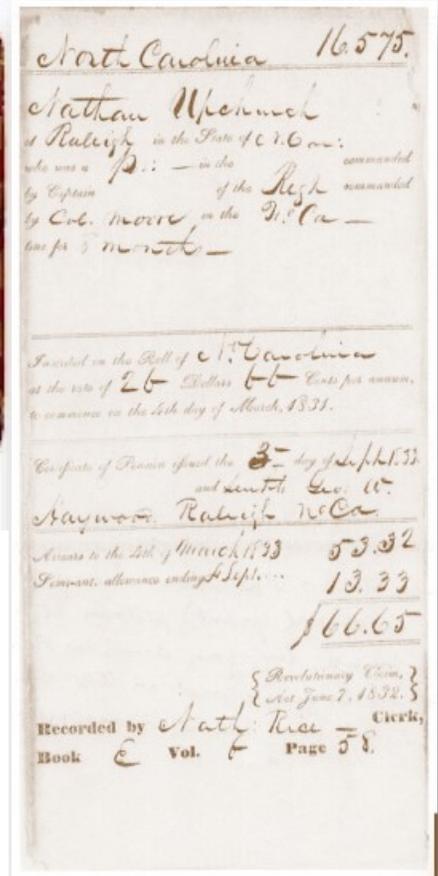
Many of the early descendants of Michael Upchurch, I who came to America from England around 1638, migrated to Wake and Franklin (then known as Bute) Counties before the Revolutionary War. Three Upchurch brothers, Nathan, Moses, and Charles were part of the fifth generation of Unchurches in America, and all served in the Revolutionary War from Wake County.

The best documented of these brothers was Nathan Upchurch (1759 – 1835).

Nathan grew up in the Moccasin Creek area of Franklin County, NC. After his service he returned to the Moccasin Creek area and raised his family. He was given 100 acres and the plantation that his father Richard Upchurch, Sr.



This late nineteenth-century farmhouse is located at 8700 Green Level-Upchurch Road (Photo courtesy of Preservation North Carolina.)



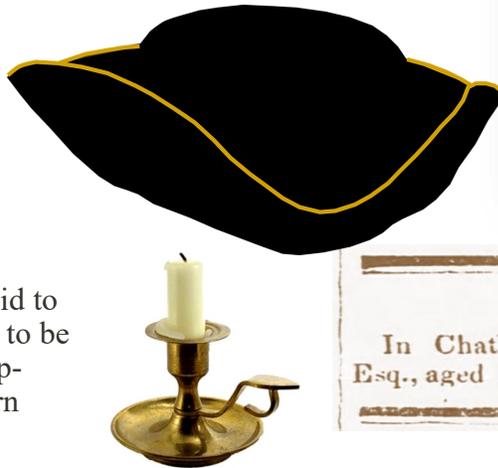
resided on. By 1800, Nathan had sold this land, and he and his family moved to Green Level, an isolated area of Wake County near the Chatham County line, where he spent the rest of his life. His brother Moses either traveled with Nathan or followed him and settled only three miles away to the west, just over the county line in Chatham County. Some descendants of these two brothers still live in Wake County.

Continued on page 7

NATHAN UPCHURCH: REVOLUTIONARY WAR PATRIOT Continued from page 7

Brother Moses Upchurch's story parallels Nathan Upchurch's. Moses served in the Revolutionary War, but in a different nit. His service took him through Fayetteville, Charleston and Savannah on his first tour of duty. On his second tour, he helped rout Tories in Wake and Chatham Counties. He applied for a pension in 1836 and lived to the ripe old age of 103, passing away in 1853. He is said to be buried at what used to be known as the "Sims Upchurch Place" in eastern

Chatham County, North Carolina, property that Moses Upchurch had purchased about 20 years prior to leaving it to his son, Sims.



Green Level is one of the last expansive rural landscapes in the Triangle area. (Photo courtesy of the Town of Cary).

DIED,
In Chatham, on the 3rd instant, Moses Upchurch, Esq., aged 103, a soldier of the Revolution.

Do you have old pictures you might digitally share with us?
Join us on Facebook : [Upchurch & Allied Families](#)
Please send your stories, family memories, photographs or recipes to UpchurchRoots@gmail.com

Two weeks of free access to Ancestry®?
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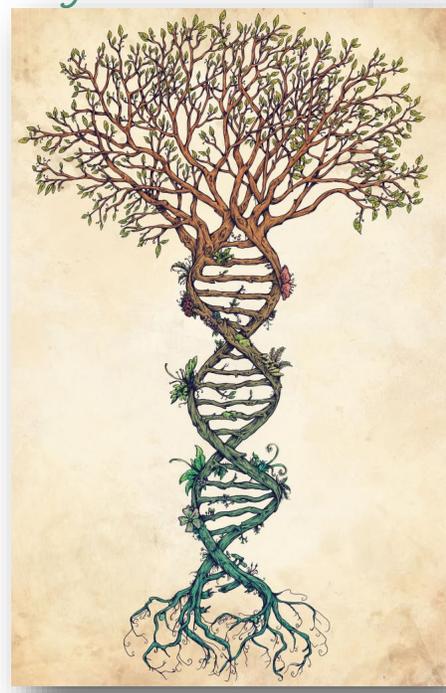
Y DNA Advances to the Tree of Mankind

DNA CONNECTIONS

DNA has come a long way in just a few years. Specifically, the haplogroup information gleaned from your direct ancestry through both Y-DNA testing for direct paternal ancestry and mitochondrial mtDNA, for direct maternal ancestry, have made significant strides in identifying mutations that can unlock your ancient ancestry. Focusing on Y DNA, we will explore some key terms and testing options.

We know that the Upchurch family origin, as far back as Allied Families has records, originated from a specific area in the UK, but where did the Upchurch family come from in ancient times? To unlock this secret, consider doing either the Big Y-700 test or ordering an appropriate SNP package onto your current Y test results.

By Brenda Carbon



Brenda Carbon is Coordinator of UAFA's DNA Project and may be contacted at Italia19@aol.com

If you are not an Upchurch male, this concept applies to your direct male ancestor as well.

For all Y-DNA tests except for Big Y-700, the Y-DNA tests only short tandem repeat (STR) markers. For example, the Y-67 test will test 67 different STRs.

Screenshot of SNP packages that are orderable for the R-M269 haplogroup.

Y DNA Advances to the Tree of Mankind

DNA CONNECTIONS *Continued from page 12*

An STR is a place in your DNA code where a letter sequence is repeated. For example, AG-TAAGTAAGTA is three repeats of the sequence AGTA. STRs have a fast mutation rate. When they change, it is an increase or decrease in the number of repeats. STR values changing back (back mutate) are more common. So, although they are very helpful in matches within 15 generations or so, they are not the complete picture. These mutations are an aid to help predict relationships with recent matches.

A SNP (pronounced snip) is a single nucleotide polymorphism. That means that it is a single small change in your DNA code (mutation). These changes are rare. Once they happen, they seldom change back (or back mutate).

A back mutation is when a marker value changes back to its original value. SNP testing will provide additional refinement of your haplogroup through the haplogroup tree. For example, for Upchurch males, the key haplogroup is R-M269 so that would be the Y haplogroup tree for “R”.

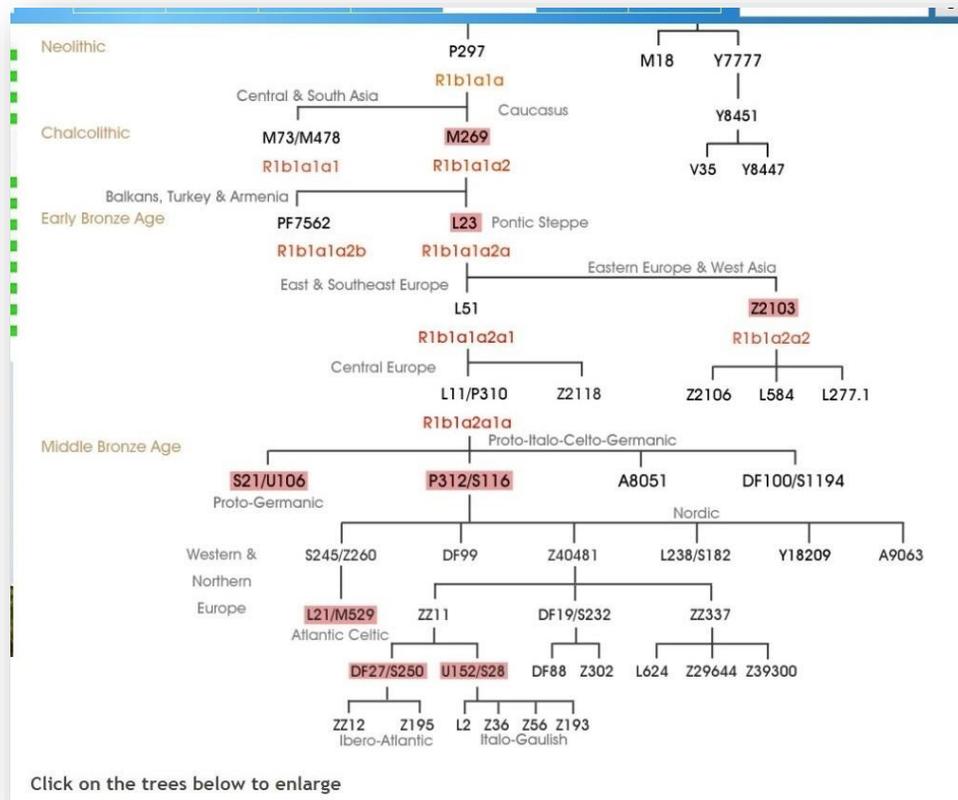
The Big Y-DNA test includes both STR and SNP testing and is a good investment for those interested in their ancient ancestry. There are discounts for people that have already tested and they can use your existing sample for these additional tests. You can also order SNP test packages that are recommended for your haplogroup. Both of these options are available in the FamilyTreeDNA testing site. SNP testing can also rule out false positive matches from Y STR testing. Please contact me if you have

questions or are interested in additional information.

Here is an example from my family’s Y-DNA testing. I had my brother tested with the Y-111 test and added one of the recommended SNP packages. My brother was a I-M253 haplogroup and we have a solid German background into the 1600’s with our KOCH surname. The SNP package results further refined the haplogroup with the “I” tree to I-S6346 and this is reflected in my brother’s FamilyTreeDNA dashboard and also in the Cook/Koch surname project. Don’t forget to join your surname project! The haplogroup tree indicates that our ancient ancestry is likely Swedish. Who knew?

In closing, I would like to share some of the key metrics on how the haplotrees and SNPs have advanced over the last several years.

On December 7, 2021 the Y DNA tree of mankind at FamilyTreeDNA reached 50,000 branches! That is a big milestone. Back in 2002, there were 153 branches on the Y-DNA tree and a total of 243 SNPs. In 2014, when FamilyTreeDNA and Genographic jointly released their new numbers to celebrate DNA day, the Y tree had grown to more than 6200 SNPs. This has been exponentially increasing. In 2018, there were more than 16,000 branches and about 160,000 SNPs.



The example at left shows a portion of the R Haplogroup tree with M269 near the top of the page. Notice the identification of regions of origin and timelines that can be determined when you perform your Y SNP or Big Y-700 testing.

Click on the trees below to enlarge

How to Preserve and Share Grandma's Recipes

26 Nov 2021 By Anonymous

This subject is near and dear to my heart. I inherited my mother's collection of her own, and family recipes, some more than 100 years old. Duplicating an old family recipe allows us to relive an experience shared by our ancestors.

This past Christmas, my husband gave me a 200 year old bread bowl from Pennsylvania.



—Editor

Going digital can save time and money and keep family traditions alive.

An article by Ashley Memory in the Wired web site will interest anyone interested in preserving and/or sharing family recipes. She writes: "When I inherited my late grandmother's recipes, I wanted to keep them safe and eventually hand them down to my own family. I already had my own jumbled collection, including instructions dictated by Wilma herself, images saved on my phone, Word files on my computer, and more. So I set out to find a way to organize, preserve, and share this part of our family history with everyone.

"What I learned during my research

tickled me as much as memories of Wilma's pecan pie. Organizing these records would be much easier than I had anticipated, and the journey brings home cooks like me even greater rewards than I ever imagined. Going digital saves time and money, reduces waste, and best of all, allows you to eat more healthfully by planning ahead and choosing recipes that

recipes from the web.

This will be interesting reading for the cook in the family at: <https://www.wired.com/story/how-to-preserve-share-old-recipes/>.



meet personalized dietary needs. Better yet, sharing recipes and connecting with epicures across the world helps us grow and improve, just in time for the holidays."

She then goes on to write creating family cookbooks (with an option to publish them online), apps to help you get started, and ways of clipping new



South Carolina Family Reunites Bible With Owner's Family After Finding It in Junk Yard

By Anonymous —19 Jul 2021



A South Carolina family reunited a Bible they found in a junk yard with the family it belongs to in Virginia.

Two years ago, Gena Greer, of Simpsonville, South Carolina, says her son found an old Bible while searching for car parts with his dad at a junk yard.

"My son said, 'Hey Dad, look what I found,'" Gena's husband, Tyler Greer, said. "And it was a Bible. I didn't know what he had found. I thought he was looking for the part we had gotten."

Greer says his son found the Bible laying on the floor of a van in the junk yard.

"Things just don't happen just by chance," Tyler Greer said.

"There's definitely a reason."

He says he and his son went to pay for some car parts along with the Bible that day.

"And the guy went, 'That's between you and God. I'm not going to charge you for a Bible. If you found it, it's meant to be, so I'm not going to charge you for a Bible,'" Tyler Greer said.

You can read more about this discovery and even watch a video about it at: <https://bit.ly/36Jq63d>.



Y DNA Advances to the Tree of Mankind DNA CONNECTIONS

Continued from page 10

Just think, by doing the Big Y-700 test, you may be responsible for growing the tree of mankind, one branch at a time! And just imagine what these tests will reveal for your descendants as this science continues to advance!



Brenda Carbon is Coordinator of UAFAs DNA Project and may be contacted at Italia19@aol.com

FamilyTreeDNA offers analysis of autosomal DNA, Y-DNA, and mitochondrial DNA to individuals for genealogical purpose.

The Genographic Project by the National Geographic Society provides a DNA testing kit that allows customers to discover their own deep ancestry. The project analyzes mitochondrial, Y-chromosome, and autosomal DNA for over 300,000 markers in total.

Did you know that Allied Families has embarked upon a DNA analysis initiative? This includes evaluating autosomal DNA testing and Y testing for **Upchurch** surname males. I am spearheading this initiative and would love to look at your results and see how they match with other Allied Families testers. If you have completed DNA testing or would like to know more about how you can help, please message me. Thank you so much.

Brenda Carbon

End-of-Year Report for UAF Upchurch Trees

By Linda Upchurch Sparks

Attached is the report of activity in our Upchurch trees this past year. At the end of the report are some colored boxes. The pink represents the current totals as of Dec. 31st, the yellow is the change in the trees this past calendar quarter, and the green shows the net change in the trees since we began working on active trees. I would have to say they are pretty significant numbers! Thank you for all you are doing.

Some of you may notice some increases to the trees you work on that you know you didn't do. The reason for that is that Teresa Churchill has been working on some allied families trees—William Yates, Jesse Holleman, and Naaman Mills to be specific—and she has found many instances where entries in those trees also belong in the Upchurch trees. It seemed a waste for her to do all the work documenting the allied families trees without also including the new people in the

Upchurch trees (if they weren't already there), so I have been working with her to copy her work in the allied families trees to the appropriate Upchurch tree. Teresa and I understand more than ever how these are truly allied families—there are so many marriages between all these families.

The next big project is the creation of the 2022 American Upchurch Index Tree. When it's completed you will all be receiving invitations to it, and then the 2021 Index Tree will be retired.

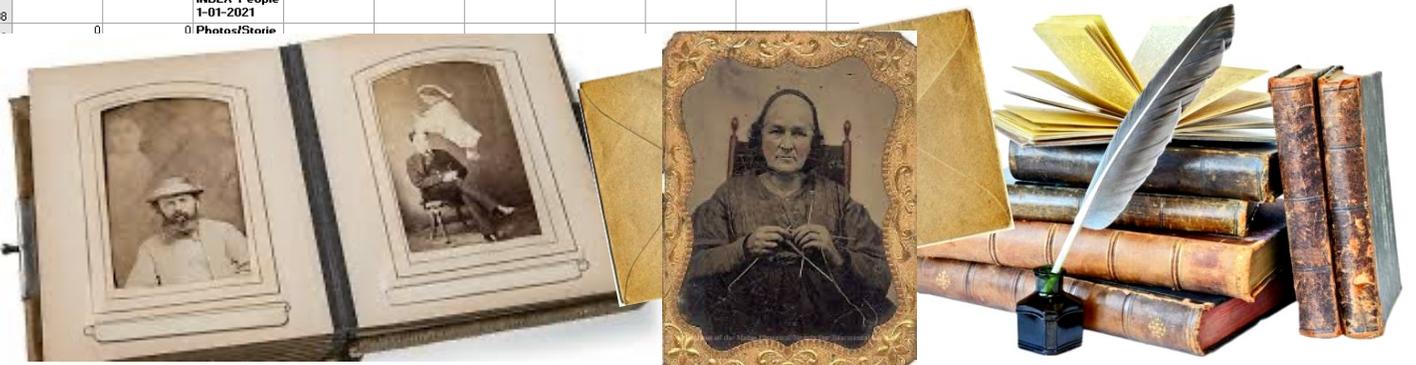
Something to look forward to this year is the release of the 1950 census. According to [census.gov](https://www.census.gov), that should occur in April. Maybe it won't take [Ancestry](https://www.ancestry.com) long to make those records available.

thank you!

Hope all of you have a wonderful year.

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68	1	183	Photos/Storie	1779			2257	478	2257	2321	64	542	2323	2	544
69	3	700	Records	6343			10066	3723	10066	9754	-312	3411	9756	2	3413
70	0	0									0			0	0
71	3	3	JOSEPH-	2159	0	3	2159	0	3	2170	11	14	2170	0	14
72	0	2	Photos/Storie	10			10	0	10	11	1	1	12	1	2
73	3	9	Records	3			3	0	3	48	45	45	63	15	60
74	0	0									0			0	0
75	0	320	WILLIAM VI- People	548	0	320	548	0	320	548	0	320	548	0	320
76	0	10	Photos/Storie	6			6	0	6	6	0	0	6	0	0
77	0	12	Records	12			12	0	12	12	0	0	12	0	0
78	Change	Total Change	CLAN	4/1/2021	Change	Total Change	7/1/2021	Change	Total Change	10/1/2021	Change	Total Change	1/1/2022	Change	Total Change
79	0	3714													
80	0	1024													
81	0	12680													
82	0	0													
83	4233	23955	TOTAL - UPCHURCH TREES	115882		40,612	120641	4759	45,371	124856	4215	49,586	127359	2503	52,089
84	179	4481	Photos/Storie	18841			20097	1256	20097	20914	817	2073	21417	503	2576
85	3302	44162	Records	192864			214442	21578	214442	240467	26025	47603	253222	12755	60358
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88	0	0	AMERICAN UPCHURCH INDEX-People 1-01-2021	104112											
89	0	0	Photos/Storie												

Showing only a small portion of the report for demonstration purposes. For questions or information, contact Linda Upchurch Sparks. lusparks@eplus.net



Regional Hubs to Offer Free Online Access to 1921 Census of England and Wales

1 Dec 2021 By Anonymous

According to an announcement from The National Archives (in Kew, Richmond, Surrey, England):

"Today we can announce two regional hubs that will provide free online access to the **1921 Census of England and Wales** from 6 January 2022.

"The census will be available online via our commercial partner [Findmypast](#) and will be free to access in this way at The National Archives, in Kew.

"In addition, visitors to the Manchester Central Library and the National Library of Wales will be able to access the 1921 Census of England and Wales via the [Findmypast](#) website for free following its publication next year.

"Access at the Manchester Central Library, on St Peter's Square, Manches-

ter, will be supported by the Manchester and Lancashire Family History Society helpdesk and the Archives+ Team.

"The publication of the 1921 Census of England and Wales is the culmination of almost three years' work by Findmypast's highly skilled team of conservators, technicians and transcribers.

"It is the largest project ever completed by The National Archives and Findmypast, consisting of more than 30,000 bound volumes of original documents stored on 1.6 linear kilometres of shelving, as outlined in two special guest blogs exploring the vast digitisation and conservation project."

The full announcement may be found [HERE](#).



1,434 "Missing" North Carolina Land Grants Now Online!

Thank you Brenda Carbon for bringing this article to our attention!

Jan 12, 2022 — Due to a decision made over a century ago, 1,434 NC land grants were never included in any of the online land grant databases: The Discover Online Catalog (DOC) operated by the State Archives of NC (SANC), its predecessor MARS, NCHRO's free website <http://nclandgrants.com> which used the MARS data, and [ancestry.com](#) which independently cataloged the grants. Searchable records for all these grants have now been added

to nclandgrants.com, making it the most complete database of NC land grants with 217,460 records.

Although their number might seem small, these grants represent almost 40% of all grants issued under the Lords Proprietors of North Carolina

from 1663 to 1730, representing just under 1,000 individual land owners and a total of over 600,000 acres of land. Any online search prior to this would show the oldest grant was issued in 1680, when there are actually over 30 grants issued before then going back to 1663. Anyone researching

land grants in this time period using only online sources should examine these records. Click [HERE](#) to read more.

For more information on this specific topic, see the just released article:

McCorkle, David. "North Carolina Land Grants – No County Given." NCGS Journal Volume 47 Number 4 (2021).



A Limb Has Fallen

A limb has fallen from the Family Tree.

I keep hearing a voice that says,
"Grieve not for me."

Remember the best times, the
laughter, the song.

The good life I lived while I was
strong.

Continue my heritage, I'm counting
on you.

Keep smiling and surely the sun will
shine through.

My mind is at ease, my soul is at
rest.

Remembering all, how I truly was
blessed.

Continue traditions, no matter how
small

Go on with your life, don't worry
about falls.

I miss you dearly, so keep up your
chin.

Until the day comes we're together
again.

Author Unknown





OLD HOMESTEADS

*The Upchurch Williams-House Update
Compiled by Cindy Hale*

To recap, the Upchurch-Williams House was constructed c. 1905 by Golden Almon Upchurch Jr. after he purchased the land in 1902. At his death, the house passed to his daughter, Zola Upchurch Williams, and thereafter to her children and finally to Lorraine Williams Kane, who passed away in 2014. The original two-story Queen Anne-style house featured typical Victorian details, including a pyramidal roof with two front gables, vertical lapped fish scale shingles, tall interior brick chimneys with corbelled caps, a front bay window, and a wrap around porch with slender Doric columns. The roof was covered in patterned metal shingles. The house also featured an intact, unpainted second floor with original carbide light fixtures and flush beadboard walls throughout.

*The name of the event center is appropriately called ... **THE UPCHURCH**, and is the project of Cara Powell, an experienced wedding photographer.*



Fast forward

Update! The 117-year-old historic property was beautifully transformed into a wedding and event venue with a conservatory-inspired pavilion surrounded by expansive lawns. In 2018, the house and land were granted Apex Historic Landmark status.



This Upchurch family descends from Clan 3, Nathan Upchurch I

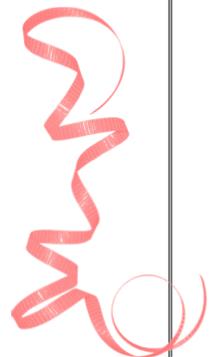
References:

Heart of NC Weddings
The Upchurch | Historic Wedding & Event Venue in Apex, NC
[Capital Area Preservation](#)

[@theupchurchvenue.com](#)

919.205.3036
7213 Roberts Road,
Cary, NC 27519

[Contact](#)





Heritage Recipes

Mile High Biscuits



*M*ealtime is the foundation of the family. The aroma and flavor of the food can be recreated just as your great grandparents experienced— if you have a cherished old family recipe.

By following the formula, whether making or baking, you actually relive an experience your ancestors had by smell and taste.

It's one of the few things in life that you can actually share with long-ago family members. And a handwritten recipe may be the only snippet of handwriting you have of your great grandmother.

Ingredients

3 cups all-purpose flour
2-1/2 tablespoons sugar
4-1/2 teaspoons baking powder
3/4 teaspoon cream of tartar
3/4 teaspoon salt
3/4 cup shortening
1 egg, beaten
1 cup milk



Instructions

Combine dry ingredients in a mixing bowl.

Cut in shortening until mixture resembles coarse crumbs.

Beat egg and milk; add liquid to dry ingredients until dough forms a ball.

Turn dough out on a lightly floured surface and knead lightly 10 times, only.

Roll out to 1 inch, cut with floured cutter.

Place on lightly greased baking sheet.

Bake at 450 degrees for 12 minutes or until golden.

YIELD: 24 BISCUITS

History of Biscuits:

The Romans likely made some sort of biscuits, but biscuits as we know them were definitely made in the Middle Ages. By the 14th century, the word “biscuit” was present in the English language. In the late 1500’s the English Royal Navy traveled with hard biscuits at sea because they were able to last the long journey.



Early European settlers in the U.S. brought simple cooking ideas with them, and making biscuits from flour and water was a cheap source of sustenance. By the 19th century, biscuits were everywhere. They were an inexpensive addition to meals, and they were good for soaking up gravy. In 1856, baking powder was invented and added to biscuits. This allowed them to rise and they became more bread-like.

Different additions to biscuit recipes over time in lots of different places means that what constitutes a “biscuit” in modern day times differs around the world.

If you want compliments bake these - also - I use about 1 T sugar instead of 2 1/2 T. and I don't grease the baking sheet! these keep well - for warming up later. also - I use Crisco shortening.

Biscuits - Mile High - 24 biscuits

<i>3 C. flour</i>	} <i>Combine</i>	<i>add liquid to dry ingredients - knead lightly - roll 1" thick cut. bake on greased baking sheet 450°F oven for 12 min.</i>
<i>4 1/2 T. B. powder</i>		
<i>3/4 T. cream of Tartar</i>		
<i>2 1/2 T. sugar</i>		
<i>3/4 T. salt</i>	} <i>cut in</i>	
<i>3/4 C. shortening</i>		
<i>1 egg</i>	} <i>beat lightly + add to milk</i>	
<i>1 C. milk</i>		

over

This old fashioned Mile High Biscuit recipe is from the collection of my mother, Virginia Upchurch Hale (1916-1996). Clan 14, descending from John Upchurch III.

Help Support Upchurch and Allied Families!

From the Desk of Woody Yates

Don't miss this opportunity...



One positive outcome of the Covid – 19 pandemic is the attention it has drawn to the importance of family and friends. Many took the time to connect or reconnect with family near and far.

While Phil Upchurch (the founder of Upchurch and Allied Families) only experienced the early stages of the pandemic, he certainly exemplified a generous life and understood that working to connect family members has a positive impact, not only for today, but for generations to come. His dedication to protecting and documenting family history through UAFA has brought encouragement, insight, and happiness to many.

We can all share in his legacy to continue this great work!



During the past year alone, with your support, UAFA has accomplished much. Did you know that UAFA...

- Archived an additional 19,175 individuals in our UAFA Family Trees in Ancestry.com. These were in addition to the 145,000 that had previously been documented. We also entered 190,588 supporting records and 14,379 photos;
- Converted hundreds of pages of handwritten genealogy research into easily readable and searchable text and made this information available at www.alliedfamilies.com.
- Continued to add and analyze pertinent DNA information to help solve ancestry issues that have been difficult to resolve; and,
- Published 12 professional quality newsletters.

While only a partial list, none of these could have been accomplished without your help!

The mission of UAFA moves forward with the generous donation of time from our volunteers - but financial resources are needed for operational expenses and to continue to make preservation improvements.

Please take advantage of this opportunity to help us continue UAFA's mission to discover and document our family history and share it with others.

Contributions to UAFA are usually tax deductible. With the passage of the CARES Act, the federal government has incentivized charitable giving to organizations like UAFA. For more information outlining ways you can give, [click here](#). To make your tax deductible gift to UAFA electronically or by regular mail, [click here](#).

Your thoughtful commitment of financial support to UAFA will make a difference. Thank you for being an important part of this great work!

With gratitude,

Woody



Woody H. Yates, MBA

Board Vice-President, UAFA

Cary, NC