

THE STUMP

INFORMATION BY THE BOARD FOOT

JUNE 2019

KNOT THE HOLE NEWS

More Trees May Improve Mental Health

Research has clearly indicated that exposure to green spaces improves mental and physical health. Until recently, no one had made an effort to determine if the type of greenery mattered. Studies in Australia indicated people preferred mixed environments with trees and grass underneath over the less complex grass fields. Does this preference have any benefits to the people? Whether they are aware of them or not. Researchers in Australia wanted to find this out. So they did a study looking at if different types of greenery have more or less effect on mental and physical health of older individuals. They visited with 46,786 adult individuals older than 45 (mean 61) years of age. Females consisted of 53.8 percent of the participants. The researchers controlled for age, sex, income, economic status, couple status, and educational level. Vegetative types were classified near the homes of the participants.



The study found consistently lower mental health

and lower odds of being in fair or poor physical health when participants resided close to area with tree canopy, especially with tree canopy area of 30 percent or more when compared to 0 to 4 percent canopy.

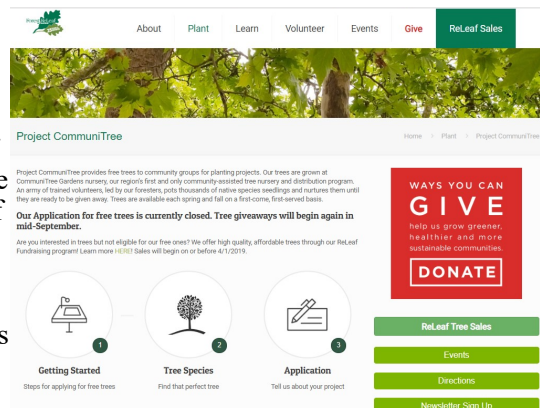


The study authors recommend protecting existing trees and promoting more may help reduce incidences of mental and fair to poor physical health.

See their peer reviewed research paper at: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2739050>.

Forest ReLeaf of Missouri Just Keeps Giving

Starting in 1993, Forest ReLeaf of Missouri has been growing, giving away, planting, and teaching about trees. Every year, the nursery grows approximately 20,000 trees. This takes the effort of a small group of paid staff, lots of volunteers, and numerous donors. Through the Project CommuniTree program, Forest ReLeaf provides free 3 gallon trees to be planted on public and non-profit property throughout Missouri. They have distributed over 300,000 trees this way. You may begin requesting trees for fall 2019 in mid-September at: <http://moreleaf.org/plant/project-communitree/>.



Time To Plan For Planting

All of our communities are reaping the benefits of someone either planting and/or protecting trees in the past. Now, many of these trees are older with few younger trees to take their place. If we are going to have “old” trees in the future, we need to step up and plant trees now and over the next several years and care for them properly. While the planting and caring for a single tree is relatively easy, planting and caring for dozens or hundreds of trees over a series of years takes time to plan and coordinate.

Plans for tree planting and care can be simple, but do require more than a statement of intent. Get a map of the areas to be planted. This can be as simple as an aerial photo from the internet. On the map, note the existing trees, and where new trees and their desired species are to be planted. Now determine how many trees a year you can mulch and water each summer. This should include trees over a three year period to get them established. Now divide the total of new trees on the maps by this number, and that number by 3. This is the total of trees to be planted each year.



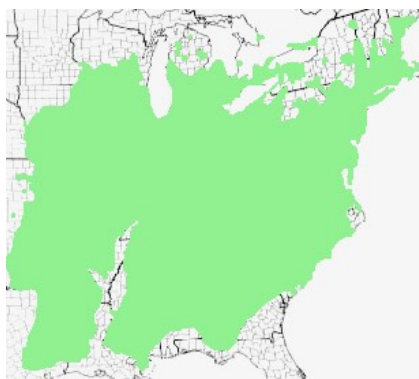
Next you need to determine how the planting, mulching, and watering will occur. All city staff and resources, all volunteer staff and resources, or a mix of both. You also need to identify the individuals that will be doing this work. The same people do not have to do all components, but often have more commitment if they do.

Now your ready to plant. Go make your community better.



Black oak *Quercus velutina*

Black oak is a medium, deciduous tree with a mature height of 50 to 60 feet and variable spread. Excellent for wildlife, it is also useful for landscaping. Appropriate for medium yards, the specie does best on moist soils. Several minor pests may affect this specie, though most do not cause problems until the specie hits “old age” of 100 to 150 years. At this point several insect and fungal specie attack the tree as it declines. This is a good alternative to northern red oak in appearance.



Leaf and acorn Images: MDC Tree image: Jason Biggerstaff - Brandeis University

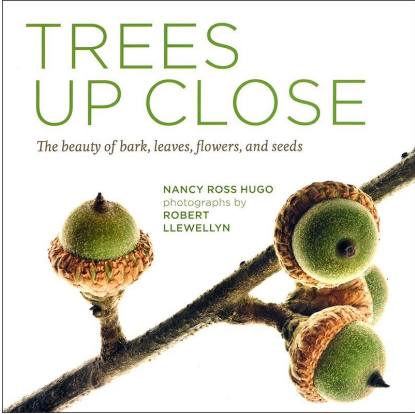
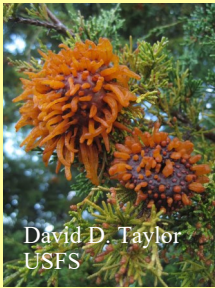
Range map modified from USDA Forest Service Silvics of North America
Web site - https://www.srs.fs.usda.gov/pubs/misc/ag_654/volume_2/quercus/velutina.htm

Book Review - Trees Up Close

Trees Up Close offers an intimate, revealing look at the beauty of leaves, flowers, cones, fruits, seeds, buds, bark, and twigs of many common trees. With more than 200 photos, you will enjoy seeing the beauty of the acorns from a sawtooth oak, enchanted by the immature fruits of a red maple, and dazzled by the delicate emerging flowers of the American elm.

Cedar-apple Rust (*Gymnosporangium juniperi-virginianae*)

Cedar-apple rust is a common fungus that requires both a juniper specie, usually eastern redcedar, and apple or pear from the rose family to complete the life cycle. Galls on the juniper resemble orange multi-armed octopi or funky Christmas tree ornament when flowering. Before and after the flowering stage the fungus develops hard ball shaped structures. It is also rarely an issue for the health of the tree. On apples, it is a different story. The leaves develop circular rust colored lesions. As the lesions grow and coalesce or grow on or over a main vein, the leave dries out and dies, then falls off. Enough of this occurs and the tree becomes seriously stressed. Leaf drop often occurs in July around SW Missouri. Enough defoliations and the tree dies. Treatment is best by avoiding planting susceptible cultivars of apple and crabapple. Otherwise, spraying with fungicide when fungus is flowering on juniper in the spring. Often multiple times.



September 17

SWMCFC meeting, 8:30 - 10 AM, MDC SW Regional Office, Springfield, MO.

September 18

Saluting Branches, Springfield, MO. Signup at: www.salutingbranches.org

September 26

JMCFC meeting, 7 - 9 AM, Shoal Creek Conservation Education Center, Joplin, MO.

October 1

ISA Certified Arborist, Utility Specialist, and Municipal Specialist Exam, Catoosa, OK, Registration deadline Sept. 13, Register at www.isa-arbor.com/certification/becomeCertified.

October 2

ISA Certified Arborist, Utility Specialist, and Municipal Specialist Exam, Grinnell, IA, Registration deadline Sept. 14, Register at www.isa-arbor.com/certification/becomeCertified.

October 15

SWMCFC meeting, 8:30 - 10 AM, MDC SW Regional Office, Springfield, MO.

October 16

ISA Certified Arborist, Utility Specialist, and Municipal Specialist Exam, Jefferson City, Registration deadline Sept. 30, Register at www.isa-arbor.com/certification/becomeCertified.

October 24

JMCFC meeting, 7 - 9 AM, Shoal Creek Conservation Education Center, Joplin, MO.

October 28

Tree Risk Assessment Qualification Renewal Course - Kirkwood, MO, Registration deadline is Sept. 30. Information at: <https://mwisa.org/traq-classes>.

October 29 - 31

Tree Risk Assessment Qualification Course - Kirkwood, MO, Registration deadline is Sept. 30. Information at: <https://mwisa.org/traq-classes>.

November 9

JMCFC Pruning workshop, Dover Hill Park., N. Main and Murphy Blvd., Joplin

November 19

SWMCFC meeting, 8:30 - 10 AM, MDC SW Regional Office, Springfield, MO.

December 8 - 11

2019 ASCA Annual Conference, New Orleans, LA, Early-Bird Registration due Nov. 8. Information at: www.asca-consultants.org/mpage/AC2019.

December 17

SWMCFC meeting, 8:30 - 10 AM, MDC SW Regional Office, Springfield, MO.

December 17

ISA Certified Arborist, Utility Specialist, and Municipal Specialist Exam, Springfield, MO, Approval Pending, Check and Register at www.isa-arbor.com/certification/becomeCertified.

Evolution did not intend trees to grow singly. Far more than ourselves they are social creatures, and no more natural as isolated specimens than man is as a marooned sailor or hermit.

- John Fowles

WHAT'S HAPPENING

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