

# THE STUMP

INFORMATION BY THE BOARD FOOT

SEPTEMBER 2021

KNOT THE HOLE NEWS

## Growing our Future: MCFC Conference - August 25 - 27, 2021



The MCFC conference held last week provided excellent education opportunities to all that attended. Dr. Tanberly Conway enlightened us on the concept of “Forest Bathing” and the various benefits you attain by the practice. Presentations targeted at working arborists, utility arborists, and a science track were well received by the attendees.

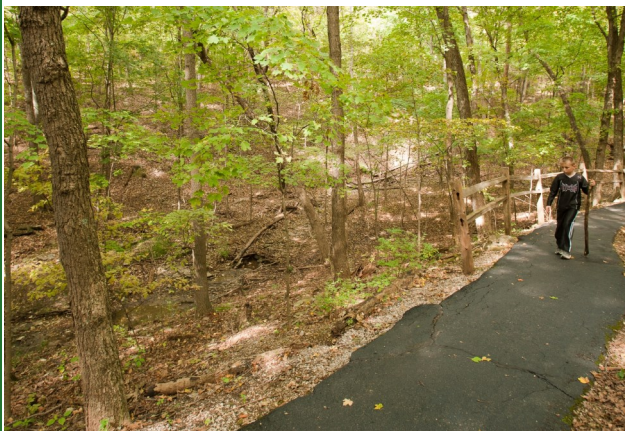
The Missouri Arbor Award of Excellence awards were presented to: Doug Seeley for the Individual category; Northwest Missouri State University in the Business / Institutional category; the Laurie Enhancement Committee in the Organization category; and City of St. Joseph in the Municipalities/Governments category.

The Silent Auction had over 100 individual items and raised over \$4,700 for MCFC scholarships to education events.

Start planning now for the next MCFC conference. When and where it will be will be announced soon.



## Forest Bathing: A Way to Calm the Soul



The name evokes images of naked people walking through the woods. While a rare individual may do that (and I do not recommend it), it is not the point of the activity.

The term comes from the Japanese phrase “shinrin-yoku”. The English literal translation is shinrin = forest and yoku = bath. This translation loses some of the meaning of the phrase of bathing in the forest atmosphere, or taking in the forest through our senses.

Many of us have done this all of our lives. We just didn’t give it a name. Often, we take walks to “clear our mind”. That is what forest bathing is all about. It is the purposeful leaving of all of the worries and interruptions of life behind and concentrating on the environment right around you in the “forest”. The term forest does not mean you can only do this in a forest. Any natural environment where you can unplug from life will work. You may need to start in places of greater solitude before areas with more activity nearby will work.

While out doing this activity, you will need to do more than walk. You need to use your senses to experience the environment. I think of it as returning to childhood curiosity about the environment. See the insect on the leaf or under the leaf litter, the various colors and their numerous shades, smell the mustiness of the partially decayed leaves or a flower, feel the different textures of the plants, and if you can positively identify an edible plant or fruit, taste it.

Some people will only travel a few yards doing this as they immerse themselves allowing all the cares of life to leave. The process also has health benefits as stress levels are reduced with all of its measurable factors like blood pressure.

While this may not be something you actively will do, people all around you are looking for these places to relax and decouple from life for a bit. Your activities in caring for the trees along streets, in parks, or if lucky a forest will help them. Keep this in mind next time you wonder if your work is helping anyone.



## ISA Certified Arborist Exam - September 21, 2021

Travis Stokes has taken up the reins as the local ISA Exam Proctor. He has scheduled an exam for September 21, 2021. This is the first local exam since the pandemic began. Registration for the exam ends on September 3, 2021. To signup for the exam, go to <https://www.isa-arbor.com/Credentials/Apply-Now/Apply-for-Eligibility>.



**Thornless honeylocust**  
*Gleditsia triacanthos* var. *inermis*

Honey locust is a medium to large tree with a mature height of 70 feet with similar spread. This tree is appropriate for all yards, parks, and harsh sites like parking lot islands. It likes to form a short trunk with a spreading crown. The specie does best on moist, well-drained soil but adapts well to a wide range of extreme conditions. The pinnate and bi-pinnate leaves have smooth edged leaflets providing mottled shade. The flowers are not showy. The long pods can be messy. There are several cultivars that are fruitless and thornless. Common cultivars include “Shademaster” and “Skyline.”

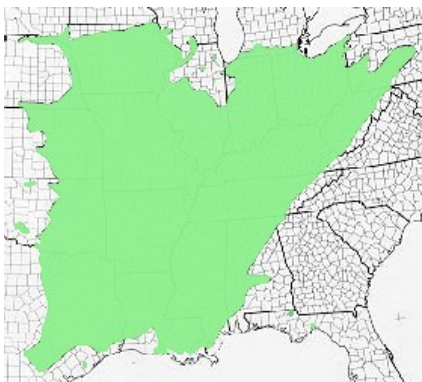


Image: MDC  
Range map modified from USDA Forest Service  
Silvics of North America



Did the article on Forest Bathing entice you? Want to learn more? Forest Holidays is an organization with the purpose to help people experience and reconnect with forests, each other and rural communities in the United Kingdom. They provide a good list of the benefits people may receive by practicing Forest Bathing. See their information at: [www.forestholidays.co.uk/things-to-do/forest-bathing/benefits/](http://www.forestholidays.co.uk/things-to-do/forest-bathing/benefits/).

*Xylella fastidiosa* is a bacteria. It can be present in several tree species and alternate host plants. It shows up as either a leaf scorch or stunting or combination. It is transmitted between plants by insects such as leafhoppers and sharpshooters feeding on fluids in the xylem.

It shows up as browning from the edges of the leaf often with a dull yellow band between the green and reddish brown. In addition it will often start only on one or few branches then spread as it works through the xylem of the tree. Some trees may succumb quickly, others can last for years.

Symptoms first appear in late summer to early fall. In trees with determinate growth, such as oak, the scorching appears on leaves of all ages at about the same time. In trees with indeterminate growth, such as sycamore and elm, symptoms progress from older to younger leaves. Affected leaves may curl and fall off prematurely.

No treatment is known to be effective for control of the bacteria. Keeping trees healthy, removing infected trees, and planting trees that are tolerant of the bacteria are suggested management strategies.



**With the COVID-19 situation, all listed events may occur, be postponed, or cancelled depending on the host groups' decisions. Verify before going.**

**September 8, Noon CT**

Webinar: Tree Planting, Inventory, and Analysis Tools for Human and Environmental Health. Information at: [www.fs.fed.us/research/urban-webinars/](http://www.fs.fed.us/research/urban-webinars/).

**September 14, Noon CT**

Webinar: Long Term Effects of Electrical Rights-of-way Vegetation Management on Floral and Faunal Communities. Information and Register at: [https://auburn.zoom.us/join/joinMeeting?meetingRef=WN\\_Kka\\_crcrQYSeoIr-izpnNA](https://auburn.zoom.us/join/joinMeeting?meetingRef=WN_Kka_crcrQYSeoIr-izpnNA).

September 15

Conservation Arboriculture Online Workshop and Live Discussion. Information and Registration at: <https://pnwisa.org/events/EventDetails.aspx?id=1506632&group=>.

## October 18

Tree Risk Assessment Qualification (TRAQ) Renewal Course, Urbana, IL, Information and Registration at <https://illinoisarborist.org/tree-risk-assessment-qualification-traq/>.

## October 19-21

Tree Risk Assessment Qualification (TRAQ) Course, Urbana, IL, Information and Registration at <https://illinoisarborist.org/tree-risk-assessment-qualification-traq/>.

# October 19

Tree Risk Assessment Qualification (TRAQ) Renewal Course, Grinnell, IA, Information and Registration at <https://www.isa-arbor.com/events/eventscalendar/index?id=11570>.

**October 19, Noon CT**

Webinar: Digging into the Science of Tree Planting and Removing Packaging Materials, Information at <https://treefund.org/webinars>.

## October 19-22

2021 PGMS School of Grounds Management Annual Conference & GIE+EXPO ,  
Louisville, KY, Information and Registration at <https://pgms.org/events/EventDetails.aspx?id=1498861&group=>.

## October 20-22

Tree Risk Assessment Qualification (TRAQ) Course, Grinnell, IA, Information and Registration at <https://www.isa-arbor.com/events/eventscalendar/index?id=11570>.

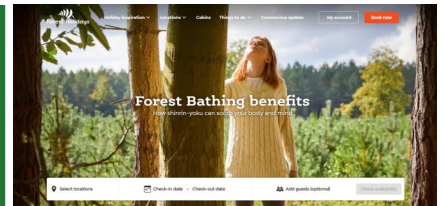
## October 26-28

Trees and Utilities Conference, Minneapolis, MN, Information and Registration at <https://treesandutilities.org/>.

**November 16, Noon CT**

Webinar: Growing trees in paved sites, Information at <https://treefund.org/webinars>.

**SWMCFC and Joplin MCFC meetings will be sporadic due the COVID-19 situation.  
Watch for individual emails announcing meetings as they occur.**



Of all the wonders of nature, a tree in summer is perhaps the most remarkable; with the possible exception of a moose singing "Embraceable You" in spats.

~Woody Allen

## WHAT'S HAPPENING

“The Stump” website:  
<https://thestumpnewsletter.weebly.com>

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