Training the Troops

Preparation for Best Results

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- WHO are you training? Who is your audience?
- WHAT do you want them to learn? What are the important skills for the project?
- HOW do they learn? What’s the optimum balance of passive and active?
- WHY is the training important? How will this training improve the community?

Engage
Be Consistent
Reinforce Messages
Follow-up
City of Olympia
NeighborWoods Program

Saturday

9:00 – 9:15am – Introductions around the room
9:15 – 10:45am – Classroom
  o  Tree biology
  o  Proper planting procedures
  o  Good aftercare practices
  o  Pruning
10:45 – 11:00am – Travel to site
11:00 – 11:30am – Field demonstration
11:30am – 1:00pm – Go forth and plant!
DNR Urban Forestry Restoration Project
Puget SoundCorps Urban Forestry Training

**Monday**

9:00 – 9:30am – Introductions around the room
9:30 – 10:15am – What is Urban Forestry?
10:15 – 10:45am – Walk around to look at examples of the diversity of urban forestry/break
10:45 – 11:30am – [Urban Forestry Restoration Project](#)
11:30 – 12:00pm – lunch
12:00 – 2:00pm – Basic Plant Identification
2:00 – 2:15pm – Break
2:15 – 4:15pm – Weed Identification and Control Measures
4:00 – 5:00pm – Walk around Community Center to review weed and plant identification

**Tuesday**

9:00 – 9:15am – Tree Biology
9:15 – 10:30am – Planting presentation
10:30 – 12:00pm – Planting field practice
12:00 – 1:00pm – lunch
1:00 – 2:00pm – Pruning presentation
1:00 – 5:00pm – Pruning field practice

**Wednesday**

9:00 – 10:30am – Mapping presentation
10:30 – noon – Campus tree tour
12:00 – 1:00pm – lunch
1:00 – 5:00pm – Mapping field practice
Benefits and Ecosystem Services
Delivered by a Healthy Urban Forest

✓ Trees absorb CO₂. One acre of mature trees absorbs the amount of CO₂ produced in one year by a car driven 26,000 miles.

✓ Trees clean the air. Trees absorb pollutant gases and filter particulates out of the air.

✓ Trees provide oxygen. One acre of mature trees provides oxygen for 18 people for one year.

✓ Trees reduce the urban “heat island” effect. Trees cool urbanized areas by up to 10°F through shade and the release of water vapor into the air.

✓ Trees conserve energy. Strategically planted trees may reduce summer air conditioning costs by up to 50 percent.

✓ Trees conserve water. Shade from trees slows evaporation from the soil; moisture is captured in leaves, branches and trunks.

✓ Trees improve water quality. Trees reduce runoff by slowing rainfall impact through canopy capture. Tree roots aid infiltration of water into the soil to reduce surface flow.

✓ Trees help prevent soil erosion. Tree roots slow runoff, aid water infiltration into soil and hold soil in place.

✓ Trees prevent pavement degradation. Shade from trees slows asphalt and concrete degradation due to solar radiation, lengthening the life of expensive gray infrastructure components.

✓ Trees shield people from ultra-violet light. Large tree canopies reduce UV-B exposure by up to 50 percent; UV-B is a contributor to the most common form of cancer, skin cancer.

✓ Trees contribute to health. Patients who can see trees and nature typically heal faster with fewer complications. Children diagnosed with ADHD show fewer symptoms when they have access to trees and nature. Access to trees and nature reduces mental fatigue. People are typically more active in communities with greater tree canopy coverage.

✓ Trees support economic vitality. Business districts planted attractively with trees attract more customers and increase the amount of time customers spend in a shopping district.

✓ Trees slow traffic. Trees provide natural traffic control when planted along streets.

✓ Trees increase property values. Beautiful trees in a well-planted, well-maintained property can raise property values by as much as 15 percent.

✓ Trees contribute to a sense of community. Trees link us to the past, help us reach into the future, bring us together with our neighbors through community events, and provide a sense of place.
Online resources to learn more about Urban Forestry

A Tree A Day - http://www.atreeaday.com - learn a new tree every day!

National Tree Benefit Calculator - http://www.treebenefits.com/calculator/ - What benefits do YOUR trees provide?

Online Seminars for Municipal Arborists - http://gibneyce.com/online-seminars-for-municipal-arborists.html -

E-learn Interactive Online Learning Modules for Forest Management Practices - http://elearn.sref.info - an introduction to urban forest management and other useful online courses.

University of Florida Landscape Plants - http://hort.ufl.edu/woody/index.shtml - Dr. Edward Gilman’s tree care and pruning site on the University of Florida website. EXCELLENT information, particularly about pruning!


Cornell University Community Forestry - http://www.hort.cornell.edu/commfor/ - urban and community forestry planning and planning tools (Dr. Nina Bassuk).


Human Dimensions of Urban Forestry and Urban Greening - http://www.naturewithin.info/index.html - cutting-edge research into the effects of urban forestry on economics, health, social sciences, transportation and more from University of Washington researchers (Dr. Kathy Wolf).

Landscape and Human Health Laboratory - http://lhhl.illinois.edu/ - research concerning public health and welfare effects of greenspace and urban forests from University of Illinois at Champaign-Urbana (Dr. Frances Kuo).

People, Trees and Woodlands - http://www.forestry.gov.uk/fr/infd-5stbz2 - urban forest research from the United Kingdom Forest Commission.


Urban Forestry Ecosystems Institute - http://ufei.calpoly.edu/index.lasso - Natural Resources and Environmental Sciences Dept., California Polytechnic State University.

Urban Natural Resources Institute - http://www.unri.org/ - US Forest Service Northern Research Station.

Vibrant Communities: Trees Are the Key - http://treesarethekey.org/ - urban forestry communication toolbox developed by Vibrant Communities Initiative.
# UFRP Puget SoundCorps Activities, Events & Holidays
## 2015-2016

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<th>DNR</th>
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<td>UFRP supplemental training Oct 5 – 7</td>
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<td>November 2015</td>
<td>WCC orientation &amp; training Nov 2 – 5</td>
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<td>Veteran’s Day, Thanksgiving</td>
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<td>December 2015</td>
<td>planning meeting Dec 30</td>
<td>Winter Twig ID workshop Dec 17</td>
<td>Christmas &amp; New Year’s Eve</td>
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<td>January 2016</td>
<td>MLK Day of Service Jan 18</td>
<td>fruit tree pruning, Jan 23</td>
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<td>February 2016</td>
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<td>Bloedel Reserve tour, Feb 18</td>
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<td>elective training, Mar 14 - 17</td>
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<td>April 2016</td>
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<td>Tree nursery tour</td>
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<td>Tree Risk Assessment workshop</td>
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