



# THE TREE PRESS

Made Possible by funding from New Mexico State Forestry

Fall 2004

## UPDATES

### Community Update

#### Los Lunas River Park Restoration and Stackwall Masonry

On Saturday, August 28, the fresh air normally enjoyed at the Los Lunas River Park was enhanced with the mouthwatering aroma of barbecue brisket. Approximately 25 people attended the Open House at Los Lunas' renovated River Park and everyone left full of insight and breakfast brisket burritos.



The River Park has gone through major renovations over the past four years: revegetation and tree plantings, major clean-up and revitalization, better access to the adjacent Bosque, and more. It has turned into a real showcase facility!

If you were unable to attend the event we encourage you to see for yourself what all Saturday's buzz was about – unfortunately, minus the brisket burritos.

### Education Update

#### Knowledge Connected to Action is the Critical Key to Improving New Mexico and the World

Jeff Siple, Tree New Mexico's summer time teacher/advocate knows this all too well after spending another summer carrying on a TNM summer teaching tradition that started in 1990. This summer, Siple delivered 36 classroom presentations reaching 629 New Mexican students in all corners of the state.

Mr. Siple delivers one-hour presentations catering to the various enthusiastic youth and teachers he encounters during his statewide journeys. The presentations incorporate teaching aids such as videotapes, books, posters, common and uncommon tree products (e.g., pencils, chopsticks, cinnamon, cork), and sample tree parts (trunk cross-sections, branches, leaves, pine cones, nuts and seed pods).

Although, his audiences are diverse in age and ethnicity, his message is always the same, it is one of fun, and of inspiring concern and respect about trees and other pertinent information like fire prevention. He accomplishes this by discussing the benefits of trees and wood products, and passing along odd and not-so-odd facts about trees like:

**QUESTION:** 'What tree's wood is often used to make baseball bats, and with what wood for his bat did Hank Aaron hit his record 755th homerun from in 1976?'

A. Oak B. Ash C. New Mexico Olive  
(answer on back page)

*We thank Jeff for his dedication and work and look forward to his participation next summer!*

### Bosque Update

#### 2004 activities of the Bosque Youth Conservation Corps (BYCC)

The Bosque Youth Conservation Corps (BYCC) was established as a part of the Collaborative Forest Restoration Program partnership (funded through the USDA Forest Service) of Tree New Mexico, United South Broadway Corporation, and the City of Albuquerque Open Space. The BYCC is operated and housed at the offices of United South Broadway Corporation in Albuquerque.



Mosaic tiling project done by BYCC youth depicting the Rio Grande and surrounding area along the river

#### 2004 Activities

The BYCC youth, comprised of youth from the South Broadway, Barelás, Kirtland Extension and East San Jose neighborhoods finished their term for the year, and it was a successful year at that! The 20 youth were able to complete a 2.78-mile trail (located at Atrisco and Central NW) that they started last year by adding an additional 1.28 miles to it this year. Also, with the aid of the City of Albuquerque's Open Space, this trail was then mapped using a handheld GPS system, which was interfaced with ArcView GIS to create a digital rendering of the trail and points of interests.

An additional informational kiosk and picnic area were added to the north end of the trail. Also, a bench located along the trail's midpoint within the Bosque was added. Its vantage is one with a beautiful outlook of the river, mountains and the city effectively combining in one sitting what it means to live in Albuquerque.

As a wrap-up to all the hard work and activities of the summer, on Saturday, July 21st five dedicated BYCC members gave presentations to an audience of 80 at the New Mexico Museum of Natural History Monitoring Congress. The presentation included findings from data gathered throughout the year and concluded that invasive species are continuing to re-sprout and grow at faster rates than their native counterparts.

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## DO YOU KNOW ANY RIO GRANDE BOSQUE HEROES?

### The Rio Grande Bosque Heroes Award

Tree New Mexico is starting a new program to give recognition to Rio Grande Bosque Heroes. We are now soliciting nominations for Rio Grande Bosque Heroes.

**Eligibility:** Open to any individual (board member, staff or volunteer) who has successfully worked in the Bosque and its conservation to improve the Rio Grande, its watershed, or the Bosque AND who over the years has made a sustained contribution to the conservation of the Bosque.

**Criteria:** The Bosque Heroes Award will recognize individuals who can:

Provide leadership

Inspire the work of others

Utilize innovative strategies and techniques to achieve significant results

Foster the growth and sustainability of the Bosque, the Rio Grande, the Bosque's habitat or the surrounding community

#### To Apply - Include the following:

- Nominee's Name (Theirs)
- Nominee's Position
- Nominee's Phone
- Nominator's Name (Yours)
- Nominator's Phone

A one-page justification statement including: time and place of outstanding service/activities, and a description of how and to whom the service has contributed to enriching others' lives, the Bosque, or habitat.

Please email your nominations to [kirk@treenm.com](mailto:kirk@treenm.com)

Or mail them to:  
**Tree New Mexico**

P.O. Box 81827  
Albuquerque, NM 97198-1827

Nominations must be received by February 15, 2005.

## New Mexico Big Tree Program

The New Mexico Big Tree Program has been digitized in hopes of jumpstarting the NM program. The results could surprise you; for instance, in NM, a bristlecone pine in is on the Register of National Champions.

We will be publishing a listing of trees listed in the NM Registry so everyone knows what's out there, but for now, we hope you grab your tape measures and seek out those trees in your community you think are BIG.

Once you find those BIG trees follow these simple rules:

### How to measure a tree: Circumference

Circumference of the tree in inches, measured at 4.5 ft. above ground.



#### \* Measuring tree circumference

If there is a fork at this point, measure the smallest circumference below the fork.



#### Measuring low-branching trees

If the tree forks below the 4.5 ft. point, measure the circumference of the largest single stem above the fork.



#### Measuring multi-stemmed trees

### How to measure a tree: Height

Vertical height of the tree is measured to the nearest foot. The most reliable tools for this purpose are an Abney hand level, a hypsometer, or a transit. Lacking those, you can use a straight stick. Hold the stick at its base vertically at arm's length; making sure its length above your hand equals the distance from your hand to your eye. Walk backward away from the tree, staying approximately level with the tree's base. Stop when the stick above your hand appears to be the same length as the tree. You should be sighting over your hand to the base of the tree and, without moving anything but your eye, sighting over the top of the stick to the top of the tree. Measure how far you are from the tree, and that measurement - in feet - is the tree's height.



#### \* Measuring tree height

### How to measure a tree: Crown Diameter

Average diameter of the crown to the nearest foot. Measure the widest spread of the crown and the narrowest, then add them together and divide by two.



#### \* Measuring average diameter of crown

*Images from the American Forestry Association.*

**Then** to determine the tree's BIGNESS add the Circumference in inches with the Height in feet and  $\bullet 5f$  average Crown Spread in feet which = TOTAL POINTS

## Desert Rainwater

We all know most of our rainwater runs into the Rio Grande sending it downriver to our friends and neighbors in Texas. Here is a good example of why Albuquerque should plant more trees and keep our rainwater at home!

"Computer simulations of deciduous trees in California's Central Valley estimate that for every 1,000 trees, stormwater runoff is reduced by nearly 1 million gallons - a value of nearly \$7,000. This is evidence that trees' roles in reducing runoff of polluted stormwater can be more cost effective than engineered controls." Besides, trees also look better than a cemented or paved landscape.

\* From the Center for Urban Forest Research: Pacific Southwest Research Station.

## OTHER INTERESTING RESEARCH ON THE BENEFITS OF TREES

### Trees Strengthen Urban Communities - Trees Reduce Violence

“Compared with apartment buildings that had little or no vegetation, buildings with high levels of greenery had 52 percent fewer total crimes, including 48 percent fewer property crimes and 56 percent fewer violent crimes. Even modest amounts of greenery were associated with lower crime rates.”

Kuo and Sullivan, Environment and Crime in the Inner City: Does Vegetation Reduce Crime? Environment and Behavior. Vol. 33 No. 3, May 2001. 343-367.

### Green Environment Improves Children's Concentration

“Symptoms of children with Attention Deficit Disorder (ADD) are relieved after contact with nature. The greener the setting, the more the relief. By comparison, activities indoors such as watching TV, or outdoors in paved, non-green areas leave ADD children functioning worse.”

Taylor, Kuo and Sullivan, Coping With ADD: The Surprising Connection to Green Play Settings, Environment and Behavior. Vol. 33 No. 1, January 2001. 54-77.

### Where Trees Are Planted Communities Grow

“Recent scientific study by the University of Illinois at Urbana-Champaign found that the more trees and grass in the common spaces of inner-city neighborhoods, the more those spaces are used by residents. And, use of these spaces means more opportunities for informal social interaction. In other words, relationships between neighbors are made stronger simply through the presence of vegetation.

The study also found that, compared to residents living near barren spaces, those closer to green spaces enjoy more social activities, have more visitors, know more of their neighbors, and have stronger feelings of belonging. Essentially, greener common areas facilitate the development and maintenance of stronger social ties – the very fabric of a healthy neighborhood.”

Kuo and Sullivan, Fertile Ground for Community: Inner-City neighborhood Common Spaces, American Journal of Community Psychology, Vol. 26, No.6, 1998

### Adding More Green Makes Life Manageable

For people living in poverty, everyday challenges can seem overwhelming. Crowding, noise, and danger can all contribute to chronic mental fatigue - leaving people less able to cope with major life issues. It's a common problem for many people living in low-income urban areas, but there is hope.

A scientific study by the Human-Environment Research Laboratory has demonstrated that green views and access to green spaces in urban areas may, in fact, help restore attention and relieve the everyday pressures of living in poverty. By making life's demands more manageable, natural settings can actually help inner-city residents cope with the many stresses associated with poverty. Green spaces also contribute to a healthier environment and foster a sense of community, making them particularly valuable in inner-city neighborhoods.

Kuo, Coping with Poverty, Impacts of Environment and Attention in the Inner City, Natural Resources and Environmental Sciences at UIUC

### Restorative Effects Of Trees And Nature

“Natural scenes hold attention more effectively and foster greater restoration as indicated by higher levels of positively toned

feelings and a greater reduction of fear – both indicators of restoration effects.”

“Hospital patients recovering from surgery had more favorable recovery courses, including shorter hospital stays (10% shorter), lower intake of potent narcotic pain drugs, and more favorable evaluation by nurses, if their windows overlooked trees rather than a brick wall.”

Ulrich, R.S. 1984. View From A Window May Influence Recovery From Surgery. Science, 224: 420-421

### Workers Attitudes And Well-Being

Dr. Rachel Kaplan surveyed desk workers about their rate of illness and level of job satisfaction. Some study participants could view nature from their desks, others could not. Those without, when asked about 11 different ailments, claimed 23% more times of illness in the prior 6 months. Desk worker with the view claimed the following satisfactions more often than their non-view colleagues: 1) found their job more challenging, 2) were less frustrated about tasks and generally more patient, 3) felt greater enthusiasm for the job, 4) reported feeling of higher life satisfaction, and 5) reported better overall health.

Kaplan, R. & S. Aaplan. 1989 The Experience of Nature: A Psychological Perspective. Cambridge: Cambridge University Press

### Trees Add Value To Residential Real Estate

A number of studies have shown the real estate agents and home buyers assign between 10 and 23 percent of the value of a residence to the trees on the property. Local governments capture some of this monetary value because enhanced property values increase assessed values and the tax base.

A Technical Guide to Urban and Community Forestry, 1993 World Forestry Center in Portland



### Featured Tree: The Rare Alerce Trees of Chile

Alerce: The Lake District of Chile and its neighboring forests in Argentina are home to the rare and old trees known as the alerce.

The alerce are trees as old as the Egyptian Pyramids. The species can live up to 4,000 years, making it the world's second-oldest tree

after California's bristlecone pine. Similar in appearance to the giant sequoia of California, some alerces grow 150 feet high and 15 feet in diameter.

The tree's durable, reddish wood is prized by builders and furniture makers, and it was on its way to being logged and burned into oblivion until 1976 when Chile's government declared it a national monument and prohibited the cutting of any live alerces

They are best viewed in the Alerce Andino National Park and Pumalín Park (both located in Chile).

# F E E D B A C K F O R M

Please add me to the Tree New Mexico mailing list...

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Tree New Mexico is a 501c-3 non-profit organization, and all donations are tax-deductible.

- \$25
- \$35
- \$50
- \$100
- Other \_\_\_\_\_

I would like to receive information on the following:

- Dedication Tree Program
- Classroom Education Programs
- River Rescue Program
- Tree Distribution Programs
- Albuquerque Tree Initiative

Mail this form to: Tree New Mexico • P.O. Box 81827 • Albuquerque, NM 87198-1827

ANSWER: Ash wood is used for making baseball bats!

Albuquerque, NM 87198-1827  
 P.O. Box 81827  
 TREE NEW MEXICO, Inc.

