

# SUFA ENews Winter 2019



## Sunnyvale Urban Forest Advocates

Welcome to the Winter 2019 issue of the Sunnyvale Urban Forest Advocates (SUFA) newsletter. This quarterly newsletter will keep you informed about how you can participate in SUFA's efforts to increase the tree canopy in Sunnyvale through education, tree plantings, and advocacy.

## Upcoming Events and Action Items

### Arbor Week 2019

*"He who plants trees loves others besides himself"*

Thomas Fuller

Celebrate Arbor Day with SUFA and the Sunnyvale Parks Division! California commemorates Arbor Day on March 7th, and activities in Sunnyvale will include tree plantings at **Cumberland Elementary School** and a community **Tree Planting in the San Miguel Neighborhood**.



Join us as we plant up to 100 new trees in the San Miguel neighborhood. We are excited to continue expanding our urban forest with our third consecutive tree planting in the San Miguel Neighborhood. We will continue to fill in missing street trees throughout the neighborhood where we are already seeing the positive impact from previous years' tree plantings.

**Volunteers are always needed, so please join us.**

**Date: Saturday, March 9, 2019**

**Time: 9am to 12pm**

**Place: San Miguel Neighborhood**

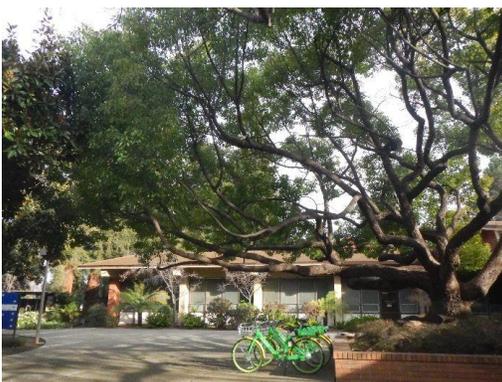
**Meet: San Miguel Elementary School, 777 San Miguel Avenue, Sunnyvale**



No experience necessary. Bring your hat, gloves, water, and a great attitude.

The City will provide the trees and expertise. Rain or Shine! We'll plant even if it rains – just trade your sun hat for a rain hat and join the fun.

## We Can Do It! Advocate for the City Hall Camphor Trees



The branches of the beautiful camphor trees at the entrance of City Hall near the Building Permit Department spread out parallel to the sidewalk and form a welcoming sight to anyone approaching the building. These trees are 60 years old and healthy as recently certified by the City's arborists. Camphor trees can live up to 150 years. SUFA would like to see these trees either preserved at their present-day site if space allows or moved when construction starts on the new City Hall. SUFA member, Deborah Marks, spoke before City Council on behalf of saving these trees on January 29<sup>th</sup>. If you would also like to advocate for these trees, please write your City Council members at [council@sunnyvale.ca.gov](mailto:council@sunnyvale.ca.gov).



## Volunteers Needed for Tabling

Reduced CO2. Cooling shade. Beauty.  
Improved health. Flood control.  
Reduced road rage.

Would you like to see one or more of the above improvements in the City of Sunnyvale? Then join other SUFA volunteers as we staff tables at City events and spread the word about the multiple benefits of an increased tree canopy in Sunnyvale. No training necessary. All you need is interest in improving our urban forest, helping our community, and an enjoyment of engaging with people. Upcoming opportunities include:

**The Sunnyvale Farmer's Market: Saturdays; 9am - 1pm (dates TBA)**

**The Sunnyvale Art and Wine Festival: June 1st and 2nd; 10am - 6pm**

**The Outdoor Expo: Saturday, June 22nd at the Sunnyvale Library (times TBA)**

Please check the SUFA website ([www.sunnyvaletrees.org](http://www.sunnyvaletrees.org)) for dates and times as they become available. And, if you'd like to help or have questions, please email us at [info@sunnyvaletrees.org](mailto:info@sunnyvaletrees.org).

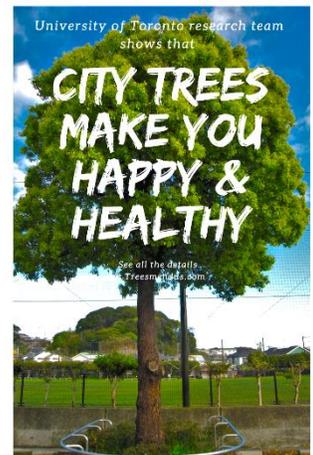
## SUFA News

### The Health Benefits of Trees

Could living near trees really improve your health? It's likely. A recent study, published in *Scientific Reports*, found that residents in urban neighborhoods with more trees felt healthier and had fewer conditions such as heart disease and diabetes. Specifically, the study showed that adding 10 plus trees to a city block, on average, showed improvements in health comparable to an "increase in annual income of \$10,000, moving to a neighborhood with \$10,000 higher median income, or being 7 years younger." Even in highly wooded areas tree loss has been tied to a rise in disease and higher mortality.

Here are a few other ways in which trees have been shown to improve health:

1. Trees trap particulate matter, reducing air pollution
2. Trees ease depression and stress
3. Trees reduce asthma
4. Trees support better sleep
5. Trees cool down neighborhoods
6. Trees reduce road rage



### Canopy Community Forestry School

*(Note: This article is reprinted with permission of Canopy. Canopy is a non-profit dedicated to increasing the urban canopy in Palo Alto and the Mid-Peninsula through education, advocacy, and stewardship.)*

Join Canopy's new Community Forestry School to dive into the fundamentals of urban forestry and learn about the ways you can bring the benefits of trees to local communities! Each workshop will include an in-depth, hands-on session, and will conclude with an optional training to equip you with skills to volunteer with Canopy.

#### Spring 2019 Workshop Schedule

[Community Forestry 101 | February 2](#)

[Engaging Youth in the Urban Forest | March 16](#)

[Structural Pruning Basics | April 6](#)

[Get to Know Our Native Oaks | May 18](#)

[Celebration for Community Foresters | June 8](#)

For more information or to register for the school, click on the above links or go to [canopy.org](http://canopy.org).

Visit us at: [sunnyvaleurbanforestadvocates.org](http://sunnyvaleurbanforestadvocates.org)

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