



In the Shade

Vol. 34, No.3
September, 2010

September 22-24, 2010

The 31st Texas Tree Conference: "Trees Mean Business"

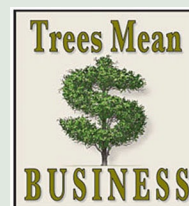
JOIN US SEPTEMBER 22-24 at the Hilton College Station Conference Center and learn from national leaders in research, arboriculture, utilities and urban forestry at the Texas Tree Conference. The TTC is the best place for tree professionals of all specializations to stay up to date, network with others in their field, and find out about new products to save and make you money. Trees mean business... take it to the next level!



The Tree Academy at last year's Texas Tree Conference.

Some of the Topics:

- Trees and Community Economics
- Selling Your Services in Tough Economic Times
- Pervious Concrete
- Running the Business of Arboriculture
- Tree Inventories for Your Community
- Seven-Step Sales Process for Arborists
- Benefits of the ISA Certified Tree Worker Program
- A300 Means Business To You
- Surviving Tree Politics
- and more!



Highlights:

This year's **Texas Tree Academy** on the Wednesday before the Conference will feature two all-day seminars: *Trees for Better Communities—Health, Economics and Livability* with **Dr. Kathleen Wolf** from the University of Washington and *CSI for BUGS: Honing Your Diagnostic Skills* with **Dr. Michael Raupp** from the University of Maryland. *(Requires separate registration.)*

Also returning this year is the popular **Texas Tree School**. The Tree School is taught by expert arborists and is a great review or introduction to basic tree care

Continued on next page



President's Corner by Jim Carse

Thanks to all!

A big thank you to all those who helped ISA Texas grow stronger this year. Especially the board of directors, officers, executive director, and all the volunteers who put in extra hours to make this a great organization. Thanks for making us look good. We could not have moved forward without you.

Being that the annual conference is coming up, I would also like to throw a big shout out to all the sponsors and exhibitors who have supported us over the years, and to those who will be with us for the first time in College Station this year. Please be sure to visit with them at the conference.

We will get to hear from some great speakers at this year's conference. The tree academies will be full of great information that will only help you become better in your profession. And the tree school on Friday looks like it will be at capacity. The Executive Director of ISA, Jim Skiera, will be speaking on Friday morning at the chapter business meeting. He will talk about why it's beneficial to be part of ISA, and how far reaching the society really is. So get to bed before 3 am and come out and listen for a few minutes.

Whether you're a landscape architect (not picking on y'all), a grounds maintenance worker, or a private arborist, you will be able to walk away from this conference a more knowledgeable person. At least that's our goal.

And on the lighter side, don't forget the Silent Auction all day Thursday and Friday and the Texas Hold 'em tournament Thursday evening from 7 to 10 pm.

All the best,
Jim

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"no print newsletter" in the subject line.*

TEXAS TREE CONFERENCE

Continued from page 1

for tree workers and others who work with chainsaws! This stand-alone, one-day workshop will be a combination of classroom and hands-on learning. *(Requires separate registration.)*

Social & networking opportunities:

Dinner and Evening Social

Wednesday, 6 to 8 pm

Food, adult beverages, and fun!
(Included with full-conference registration)

2010 Texas Community Forestry and Tree Care Awards Luncheon

Thursday, noon to 1:15 pm

Arborist of the Year

Arboricultural Project of the Year

Gold Leaf Award

Co-sponsored by:

Texas Forest Service

Texas Chapter International Society of Arboriculture

Silent Auction

All day Thursday and Friday

(If you would like to donate items to the auction, please contact

*Heather Brewer, 512-930-6113, or
heather.brewer@georgetown.org)*

Texas Hold'em Tournament

Thursday, 7 to 10 pm

Municipal Tree Managers Social

(by invitation only)

Thursday, 7 to 10 pm

Spend an evening with Jerri LaHaie and friends to find out "How SMA Can Make Your Municipal Program Stronger."

Register Online

You can download a brochure, link to the hotel and conference center, find out about CEUs, and register online at http://www.isatexas.com/Members/Conference/2010_Texas_Tree_Conference.htm

Conferences & Workshops

SMA conference in Albuquerque

The Society of Municipal Arborists 46th Annual Conference and Trade Show will be held October 3-6 at the Hyatt Regency in Albuquerque, New Mexico. The theme is “Tree Economics: A Smart Investment.”

Booking a room early is advisable since the Albuquerque International Balloon Fiesta is being held the same weekend. Conference early bird pricing expires on September 19.

To register online or to download conference agendas for delegates and spouses/guests, go to <http://web.memberclicks.com/mc/page.do?sitePageId=3781&orgId=sma>.

Speakers will include two of our very own ISAT members. Paul Johnson, TFS Regional Forester and editor of *In the Shade*, will demonstrate how effective communication helps advance community forestry programs. Pete Smith of TFS in College Station will show Hurricane Ike’s impact on the urban forest and the residents of Galveston.

i-Tree Eco training Nov. 2&3 in Dallas

Texas AgriLife will present an intensive two-day training on the use of i-Tree Eco November 2 and 3 in Dallas. I-Tree Eco is a software tool designed to allow users to collect data on an urban forest and to estimate the ecosystem services that it provides.

The training will be held at the Texas AgriLife Urban Solutions Center, 17360 Coit Rd., Dallas, TX 75252.

Natural resource managers and municipal planners can use the results

from an i-Tree Eco project to make effective resource management decisions, develop policy, and set priorities.

Registration: \$40, but space is limited to the first 40 people. Twenty spots will be held for AgriLife agents until September 15, then released to the general public. To register contact Mariann Grace at 972-952-9277 or mlgrace@ag.tamu.edu. Please provide your name, company or agency, phone number, email address, and whether or not you will be bringing your own laptop. No registration is final until registration fees are received.

Who should attend: state extension personnel, urban and interface foresters, and natural resource managers who have the capacity to train others or who will provide this service to their customers.

What you will learn: 1. How to set up an Eco project step-bystep; 2. The data collection methodology, including how to locate and set up a plot, what data to collect and how to collect them; 3. How to enter data into the Eco database; and 4. How to interpret and use the reports that the application generates.

Recommendations: Laptops will be provided; however, you may want to bring a laptop computer that has the i-Tree Eco application pre-loaded, so that you will be able to configure a project on your own and become familiar with the user interface to enter data.

If you have any questions about the training, please contact Dr. Melanie R. Kirk at mrkirk@tamu.edu or 972-952-9203.

For more information on this software and its uses visit <http://www.itreetools.org/eco/overview.php>.

West Texas urban forestry conference

The Sun Country Landscape Conference, “Redefining Xeriscape . . . Technology and Techniques” is scheduled for October 21 & 22 at TecH2O Center in El Paso. The event is sponsored by the West Texas Urban Forestry Council and the Texas Forest Service.

For more information contact info@wtufc.org, or 915-834-5610.

Native vegetation in West Texas is being replaced by asphalt and concrete. Not enough of the better-adapted tree species are being included in urban development. The West Texas Urban Forestry Council – also known as Los Tree Amigos – is a coalition of people working to protect the region’s forest resources by providing the best information on tree selection and care. Find out more at <http://wtufc.org/>.

Native Plant Society symposium

The Native Plant Society of Texas (NPSOT) will hold its Symposium 2010, October 7 –10 at Texas Woman’s University in Denton. The event is open to the public.

Nationally recognized speakers J. David Bamberger, Jill Nokes and Dr. David Tallamy will deliver practical advice on how to make a positive environmental impact on your yard as well as on your local Texas ecosystem. Additionally, field trips, workshops and garden tours will demonstrate how native plant communities can help conserve water, save money and preserve natural habitat.

Details and online registration are available at <http://www.npsot.org/symposium2010/home/index.shtml>.

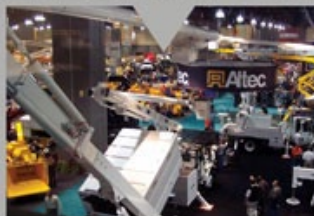
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Tree worker safety workshop in Dallas

The Cross Timbers Urban Forestry Council is sponsoring an opportunity for review of or introduction to basic tree care and safety for tree workers. This one-day workshop will be a combination of classroom and hands-on learning aimed at any municipal employee from any department charged with tree care.

The workshop will be held November 15 from 10 am to 3:30 pm at the AgriLife Extension Center Pavilion in Dallas. The instructor will be Guy LeBlanc, Certified Arborist, owner and operator of Arbor Vitae Tree Care in Austin and 1999 ISAT Tree Climbing Champion.

Cost is \$25 per student. For more information go to <http://www.ctufc.org/calendar.htm>

TEXAS TREES LICENSE PLATE



Wondering how you can support Texas trees and improve the looks of your car or truck? Texans who purchase the Texas Trees plate pay an additional \$30.00: \$8.00 for TXDOT fees and \$22.00 for a special Texas Trees account at the Texas Forest Service. Your \$22 can only be granted to a Texas non-profit group and only for tree education, preservation, and planting. It's great looking and tax deductible!

You can order your specialty tree plate online at <https://rts.texasonline.state.tx.us/NASApp/txdotrts/SpecialPlateOrderServlet?grpId=60&pltid=119>

For additional information contact John Giedraitis at 979-458-6650.

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Two more Certified Arborist exams remain this year

The two remaining Certified Arborist exams scheduled for 2010 are:

September 24	College Station
November 12	San Antonio (newly scheduled date!)

Certification information and an application form can be obtained at http://www.isatexas.com/Members/Certification_Information.htm. Your application must be in the ISA office 12 working days prior to the exam.

The ISA Certified Arborist exam is also available by computer-based testing (for a \$100 administration fee in addition to regular exam fees.) For more information and to view computer-based testing locations, go to <http://www.isa-arbor.com/certification/exams.aspx>.

In order to schedule a computer based exam, you *must* submit your application and/or retake form to ISA. The testing vendor will not allow you to schedule an exam directly through them.

Certification enhances your earning power and is the mark of the professional arborist:

1. In a recent survey of 16,000 arborists, it was reported that arborists in the 20-40 age group had a significantly higher income if they were ISA Certified.
2. The ISA Certified Arborist is now required in many municipal, state and federal contracts.
3. Many developers and landscape architects write specifications requiring ISA Certified Arborists.
4. Many commercial tree care companies, municipalities and utilities require either a ISA Certified Arborist or ISA Certified Tree Worker credential.
5. ISA educates the general public through an extensive public relations program. The homeowner is beginning to demand ISA Certification for arborists who work on their trees.

Dallas saves 3,820 trees

Many years ago, the Trinity River was re-channelized around downtown Dallas and tall levees were built for flood protection. The levees were planted with grass and were mowed on a regular basis.

More recently, Dallas voters approved the placement of a toll road inside the levees as part of the overall vision for the future of the Trinity area and to help relieve traffic congestion. Since the Corps of Engineers is responsible for projects in the flood plain, they were concerned about trees growing near the base of the levees. As a result, the Corps recommended the removal of all trees within 50 feet of the levee base, which amounted to around 4,000 trees.

As you can imagine, many meetings and discussions ensued. Recently the Corps and the city announced that trees would be removed from the area within 15 feet, not 50 feet, of the levee base. This change preserves 3,820 trees that would otherwise have been removed. Since the projected cost to remove all 4,000 trees was \$3 million, the city was also able to conserve sorely needed funds.

See this Dallas Morning News article on the subject: <http://cityhallblog.dallasnews.com/archives/2010/08/post-8.html>.

KERA/National Public Radio covered the issue and posted a brief item at: <http://www.publicbroadcasting.net/kera/news.newsmain/article/0/1/1683948/North.Texas/Xcel.Asks.Texas.Customers.To.Conserve..and..Nightly.Roundup>.

And see this item from KLRD News Radio: <http://krld.cbslocal.com/2010/08/04/thousands-of-trees-spared-in-the-trinity-river-bottoms/#more-7708>.

—Steve Houser



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Have you checked for recalls lately?

Many product recalls can be found at the U.S. Consumer Product Safety Commission website: <http://www.cpsc.gov/>. New recalls are featured on the home page, but even recalls that happened several years ago – like the example below – can still be found on the site with a bit of searching.

Try typing “chainsaw” or other product name into the search box; hits will be more numerous if you put in a brand name too.

Just in case someone might still be using a recalled chainsaw, the Texas Forest Service recently sent out the following weekly safety message to employees:

You may have already heard about a recall on Stihl chain saws. Since there is no way to see what type and model each sawyer is using it is imperative that each office confirms or denies they possess the type of chainsaw in this recall.

Stihl Inc. Recalls Chain Saws

Stihl Inc. has announced the recall of chain saws. The following product safety recall was conducted by the firm in cooperation with the CPSC. Consumers should stop using the product immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of product: Stihl Chain Saws

Units: 13,000

Manufacturer: Stihl Inc., Virginia Beach, Va.

Hazard: In some units, the fuel tank vent could be installed incorrectly and become dislodged. If this occurs, fuel could leak and result in a fire.

Description: Stihl and model number, MS 270C, MS280, or MS280C are printed on the starter housing. The serial number is inscribed into the surface of the housing and can be seen by looking at the surface of the chain saw next to and above the bumper spikes. Saws with serial numbers from 255923345 through 260340097 are included in this recall.

Sold at: Stihl dealers nationwide sold the chain saws from August 2002 through March 2003 for between \$350 and \$430.

Remedy: Authorized Stihl dealers will replace all fuel tank vents. If you own one of the recalled chain saws, stop using it until the fuel tank vent has been replaced.

Consumer Contact: Call Stihl at (800) 610-6677 between 9 a.m. and 5 p.m. ET Monday through Friday or go to the company’s Web site at www.stihlusa.com.

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Editor: Paul Johnson
Regional Urban Forester,
Texas Forest Service
pjohnson@tfs.tamu.edu
210-494-4771

Associate Editor: Jeannette Ivy
jkivy@austin.rr.com
512-292-4402

Advertising Representative: Brian Pancoast
brian@thepancoastconcern.com
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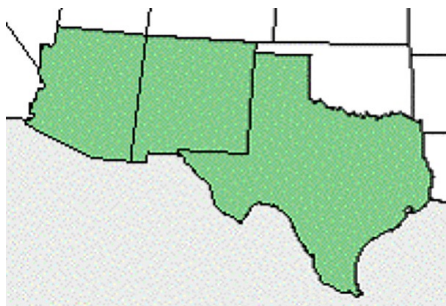
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My five fave trees–part 2 by Oscar S. Mestas, TFS Regional Forester, El Paso

My next favorite tree I think would be *Juniperus deppeana* Steud. – alligator juniper.



As you can see by the map, alligator juniper is native to the Southwest. It is a great evergreen tree with beautiful dense green or blue-green foliage when young. As the tree matures it develops an upright open growth form and the mature bark develops into small square plates giving it the look of alligator hide, hence the name.

This tree prefers well drained alluvial and colluvial deposited soils usually found at the bottom of foothills or in basin and valley floors between small mountain ranges and on the edges of arroyos. I have discovered that this tree adapts to various soil types; the one at my house is growing in clay soils and doing well. Tolerant of the heat and drought, it does like a little extra water in the heat of the summer.

The tree is very dense when young and can be used a screen or wind break. Mexican feather grass (*Nassella tenuissima*) loves to grow around and under the canopy of the tree making for a very interesting grouping of plants. Alligator juniper has a moderate growth rate if given additional moisture and growing in richer soils.

One thing I forgot to mention in my first article (pointed out to me by the former editor of this newsletter) is where I'm located. My region covers 24 counties of West Texas, mostly the Trans-Pecos but also a small edge of the high plains, rolling plains, Stockton and Edwards Plateaus.

The trees that I'm favoring all do well in the region that I cover.



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2010 Texas Tree Conference Call for Silent Auction Items!!!

(fundraiser supports ISAT research projects & scholarships)

The Silent Auction at the annual Texas Tree Conference is an important means for ISAT to extend the great research work we fund each year, and provides resources for educational scholarship opportunities to deserving individuals.

ISAT is currently seeking large and small items of interest to tree professionals – anything from a gift certificate for your services to artwork, maybe a tree from your operation or a golf round at your home course. Perhaps your spouse, a friend or family member owns a business that would donate a prize? Does your city tourism board have a gift package that spotlights your city or the local college? Do you have any awesome things laying around your house that a fellow tree person would love to bid on – like rare tree books, tree knick knacks, or tree art? Small items are OK – we can put them together with other items to make a great package.



The conference is September 22nd – 24th. We would like to have confirmation of items by the week of September 13th.

Please contact ISAT board member Heather Brewer at (512) 930-6113 or hbrewer@georgetowntx.org if you have ideas or items that would be available for the auction. All contributors will be listed in the conference program. And, a drawing for a great gift will be held at the conference. The winner will be one of the contributors to the silent auction – we'd like that person to be YOU!

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ISAT and volunteer arborists help create new arboretum at Lady Bird Johnson Wildflower Center

A \$1.4 million donation to the Lady Bird Johnson Wildflower Center at The University of Texas at Austin will establish an arboretum to showcase the diversity and importance of Texas' trees.

The gift from an anonymous fund of the San Antonio Area Foundation at the request of Mollie Steves Zachry will allow the Wildflower Center to develop some of its most scenic acreage into an outdoor museum of Texas' natural heritage and cultural history.

ISAT assisted in the development of the arboretum, along with They Might Be Monkeys!, We Love Trees, Betsy Rogers and the C.L. Browning Ranch, The University of Texas at Austin's Landscape Services, the Susan

Vaughan Foundation, and Advisory Council Member Melissa Jones of Austin.

The Mollie Steves Zachry Texas Arboretum – to be located in an area of deeper soils suitable for growing a large number of tree species – will display all 53 species of oak trees that are native to Texas. The 16 acres will also feature descendants of significant trees that helped shape Texas history, a collection of iconic native trees like black walnut, bald cypress, pecan and sycamore, and a demonstration of native trees recommended for use beneath power lines.

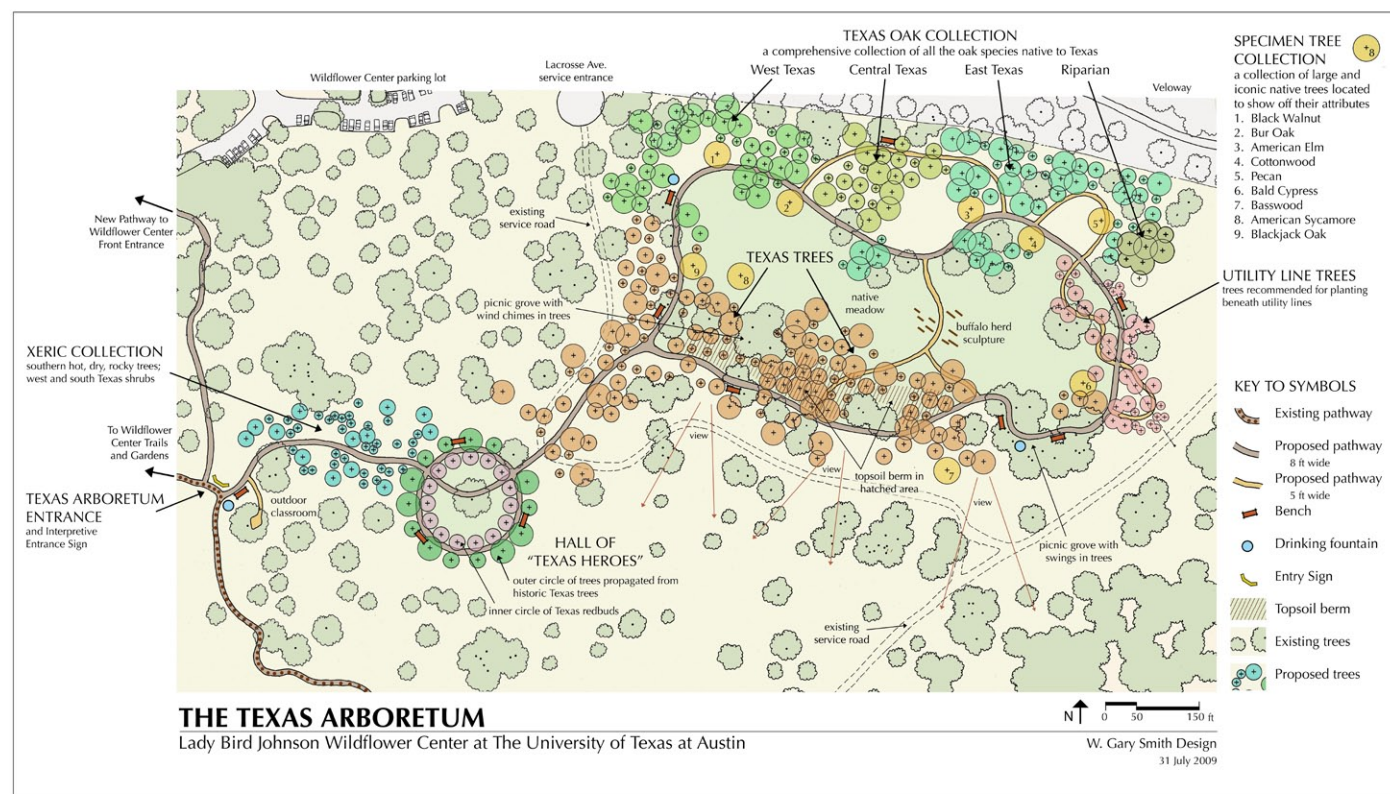
"Mrs. Zachry's generosity will allow us to celebrate the magnificent trees of Texas in a setting where our visitors

can relax and find inspiration," said Susan Rieff, executive director of the Wildflower Center. "This gift honors Mrs. Zachry's long dedication to conservation and her commitment to Lady Bird Johnson's environmental mission."

"Trees provide shade, shelter and nourishment. They reduce heating costs, store carbon in their roots and filter pollutants out of water," Rieff said. "We plan to honor Mollie Zachry's commitment to nature and to the Wildflower Center by developing a world-class arboretum for understanding and preserving these natural treasures."

Rieff pointed out that the center had pushed ahead with arboretum plans,

This arboretum drawing is not final.



using staff and volunteers, including professional arborists, who dedicated many hours to the hard work of clearing cedar and other brush that masked the majesty of the live oaks, cedar elms and post oaks on the site. The arboretum is expected to open in 2012, the centennial year of Lady Bird Johnson's birth.

In his 2005 garden master plan for the Wildflower Center, landscape architect W. Gary Smith envisioned an area where visitors could walk among the majestic trees while enjoying gathering at picnic groves with wind chimes and chair swings.

Texas history will come alive in the "Hall of Texas Heroes" which will feature offspring from a dozen or more historically significant trees that helped

shape Texas history, such as Austin's Treaty Oak, the Alamo Live Oak and the Sam Houston Kissing Bur Oak.

"We intend the arboretum to be one of the state's premier nature education resources," said Dr. Damon Waitt, the center's senior botanist, who is guiding the arboretum's development. "It will be a place for tree identification, landscape design inspiration and field trips — a centerpiece for tree-related programs in Central Texas and another jewel in Austin's environmental crown."

The San Antonio Area Foundation gift will fund the construction and maintenance of the arboretum. For more information contact Barbra Rodriguez, Lady Bird Johnson Wildflower Center, 512-232-0105.

ATTENTION, JOB HUNTERS

If you're looking for a job, don't forget to check the ISAT website.

Jobs are regularly posted at http://www.isatexas.com/Members/Jobs_Page.htm.

Positions wanted can also be posted on that page.

To post your job offered or a job wanted, email jpg@tfs.tamu.edu. There is no cost for posting.



2010 ASCA Annual Conference

December 5–8, 2010

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Building bridges with felled trees *by Heather Brewer*

While removing a hazardous tree in a public park is the right thing to do, I always feel a little sick to my stomach. When the firewood buzzards start to circle I feel even worse. Even if it is lying on the ground in a million pieces, a magnificent tree deserves better! Recently I found a way to ease this pain and I wanted to share it with my fellow arborists. Donate the wood to a local wood turner or wood turning club so it can be refashioned into an object of beauty that can be enjoyed again. Years ago the City of Austin had pieces of the Treaty Oak made into pens and knickknacks. They made some serious cash in the process. Every removal is not as famous as the Treaty Oak but they are all equal in the eyes of the chisel.

I think arborists and wood turners should work together. This decreases the amount of wood that needs to be cleaned up, benefiting the arborist. After working with a local turner to schedule a removal date I had three guys waiting to take away the wood. It keeps wood out of landfills and

creates a better use for the wood than just mulch or firewood. It helps the turner get large pieces of a variety of species to work with. Depending on the relationship between the arborist and turner, the turner might give the arborist items that were made from the donated tree. These items could be used for awards, gifts, conversation pieces in the conference room or just a nice knickknack in the arborist's office. In my case, a turner from Round Rock named Curtis Turner (no pun intended) will be giving me items that the City of Georgetown will donate to the silent auction at future Texas Tree Conferences.

Of course ground rules have to be laid out for harvesting, but with a few simple guidelines a symbiotic relationship can be formed. Prior to removing a tree it might be beneficial to view the tree with your newfound turner friend and agree where the best locations for cuts are. Generally speaking, wood turners prefer to harvest material from trees that are 10-12" or greater in diameter. If possible,

the trunk portion should be cut into lengths of 18-24" or greater. Burls and crotch sections are typically very desirable and when possible should be left intact for the artist to further process.

Turners prefer green wood as it allows them to control the drying process. However, dead or spalted wood often has interesting variations and grain patterns that also make it desirable. Limb wood is usually difficult to process therefore typically not harvested.



Some turners come with chainsaws in hand for harvesting. You will want to be sure your safety expectations are conveyed and ultimately that city and or company policy is followed.

Wood turners and arborists have a similar appreciation for trees and the natural beauty of wood. I think it is high time the two groups get together! Curtis Turner has compiled a list of turner clubs in all corners of Texas. *(See next page.)* Many arborists also dabble in the turning craft and may have more contacts. Curtis says that clubs typically have contacts in the far reaches of their counties, so do not be afraid to call a club even if you think it is too far away.

Next time you get that sinking feeling of having to remove a big tree, call a turner and give the tree a new life. Avoid the firewood buzzards!!!

A tree can end up as a work of art instead of taking up space in a landfill.



Resource list of woodworking/woodturning clubs

Alamo Woodturners	San Antonio	www.alamoturners.com
Brazos Valley Woodturners	Lorena	www.bvwt.org
Central Texas Woodturners	Austin	www.ctwa.org
Coastal Bend Woodturners	Corpus Christi	www.coastalbendwoodturners.com
Comanche Trail Woodturners	Midland	www.ctwtc.org
Dallas Area Woodturners	Garland	www.dallaswoodturners.com
East Texas Woodturners Association	Tyler	www.easttexaswoodturners.org
Golden Triangle Woodturners	Denton	www.goldentrianglewoodturners.org
Gulf Coast Woodturners Association	Houston	www.gulfcoastwoodturners.org
Hunt County Woodturners Inc.	Greenville	www.huntcountywoodturners.org
Lone Star Woodturners Association Inc.	The Woodlands	www.lonestarwoodturners.com
South Texas Woodturners	Victoria	www.stwt.org
Woodturners of North Texas	Fort Worth	www.wntx.org



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*The tools of the trade are not always kind to the body.
Here is the background on repetitive motion injuries,
as well as some ergonomic options for removing
the 'hurt' from horticulture.*

HURT. iculture

Text and photos by BONNIE LEE APPLETON

People who work inside all year, stuck at a desk, often envy those who work in the green industry. They see us being outside in the fresh air and sunshine, getting lots of beneficial exercise. Shall we invite them out with us during the summer to get a dose of reality, as we risk skin cancer and battle with insect bites, allergies to weed pollens, dehydration, muscle fatigue and a host of other body-stressing conditions while we labor to grow and maintain their plants?

Speaking of muscle fatigue, ever have problems during nights that follow long days of tree digging, hedge shearing, weeding, backpack spraying or other wrist- and arm-moving activities? Do you spend part of the night trying to “wake up” your numb hands or stop the annoying — and often very painful — feeling of pins and needles? Perhaps you feel more like you’ve spent the day swinging a tennis racket or a golf club than yielding a shovel or a string trimmer?

If you answered “yes,” then you — like me and many others in horticulture — may be suffering from a repetitive motion injury (RMI). These injuries are all part of what is now being called occupational neuritis, first described almost 150 years ago and first diagnosed in 1947 by Dr. George Phalen.

Carpal tunnel syndrome (CTS) is probably the best-known RMI. CTS gets more attention in industries other than horticulture — such as computing and secretarial work, meat cutting, athletics, music, hair styling and dog grooming, carpentry and plumbing, assembly lines and cashiering with scanners.

The green industry, however, is not being overlooked. RMIs and the possibilities of OSHA regulations regarding RMIs in horticultural fields have gotten some coverage in trade publications. An article in the January 1995 issue of *The Physician and Sportsmedicine* listing 11 occupations with high rates of CTS included “gardeners.”



This saw has an arm guard to keep the saw aligned, and the 90-degree handle keeps the wrist in the neutral position when you hold it.

[M]any manufacturers have made significant changes to either existing or new tools.

Causes and effects of injury. How do CTS and other repetitive motion injuries occur? RMIs are a result of performing a task or doing some motion over and over, without giving the body parts involved in the task or motion time to rest, recuperate or repair from the activity. These injuries may also be caused by awkward positions or postures, vibration, prolonged heavy lifting or exertion, low temperatures and using one's hands to pound or push on things. Examples of a repetitive motion in the green industry include shearing a hedge, sticking cuttings or pumping up a backpack sprayer.

Various parts of the body, including muscles, bones, tendons, ligaments and nerves, can be involved in and affected by CTS and other RMIs. For many, repeti-



These hedge shears are balanced so they don't pull the hands forward, as most hedge shears do.

tive wrist and/or finger movements out of the neutral position — the slightly upward, bent position where the least amount of strain is put on the wrist — lead to injuries. We also use poorly designed tools (pruners, shovels, rakes and so on) in positions that compromise our hands and arms.

Add to the wrong body positions and poorly designed tools the fact that many of us in horticultural jobs perform the same tasks for long periods of time, without resting adequately. Rarely do we alternate tasks, always wanting one job

finished before another is started.

With CTS, the repetitive motion injury occurs in the carpal tunnel, the area composed of small bones and an encircling ligament at the base of the hand. Flexor tendons, the tendons that generate finger movement, and/or the synovium, the lining of the carpal tunnel, become swollen and inflamed. These inflamed tendons press against other body parts in the carpal tunnel, most frequently against the median nerve.

The median nerve is the nerve that passes through the carpal tunnel, con-



The author's favorite pruners are made by Bahco. Handles mold to the hand and are angled, two features making them more ergonomic. To buy Bahco pruners, send the company your hand measurements and whether you are right- or left-handed.



ducting impulses from the brain down the arm to the thumb, forefinger, middle finger and half of the ring finger. When it is pressed, numbness and tingling may occur. Blood flow through the carpal tunnel may also be reduced, resulting in very cold fingers for some.

Other RMIs exist besides CTS. From horticultural activities involving repetitive motions, you might also develop tendonitis, flexor tenosynovitis (trigger finger), thoracic outlet syndrome or muscle damage.

Prevention. Though I'm not trying to alarm, can you see why people in the green industry should be concerned about CTS and RMIs? If you read the books, extension publications and other literature about our industry, plenty of attention is paid to the appropriate use of equipment

An ergonomic work program should ... lead to a reduction in time lost to accidents — and money lost to medical costs.

and pesticides, the proper ways to plant and maintain trees and turf, and other topics. But what about the ways to properly use and protect the bodies of those who perform these tasks?

Probably the best way to eliminate RMIs that may result from green industry activities is through improvement in work-task comfort and safety. The science of modifying or designing work environments, tools and equipment to suit the worker, rather than forcing the worker to adapt to the design of the workplace or the tools, is called ergonomics.

Development and implementation of an ergonomic program for your business should result in a reduction or management of RMIs before they lead to dis-

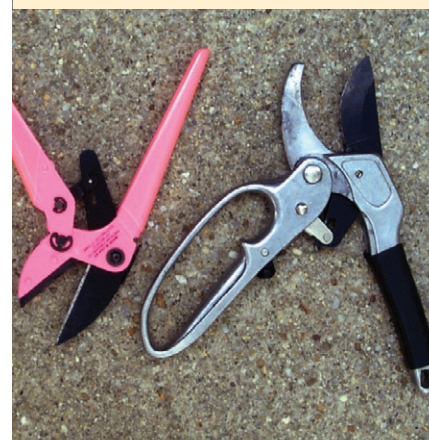
Statistics

At present, the Bureau of Labor Statistics estimates that repetitive motion injuries (RMIs) account for 60 percent of all workplace injuries, while OSHA estimates that more than one-third of all workers' compensation costs result from RMIs. Injuries to the wrists and hands are the fastest-growing and most widespread occupational hazards in the US, according to FLA Orthopedics Inc., Miramar, FL, a leading manufacturer of wrist supports.

Other health hazards

In addition to repetitive motion injuries, there are several other human horticultural health issues to which we should pay attention:

- allergies
- noise
- pesticide and other chemical poisoning
- heat stress
- sunburn and skin cancer
- poisonous plants, insects and spiders
- lighting

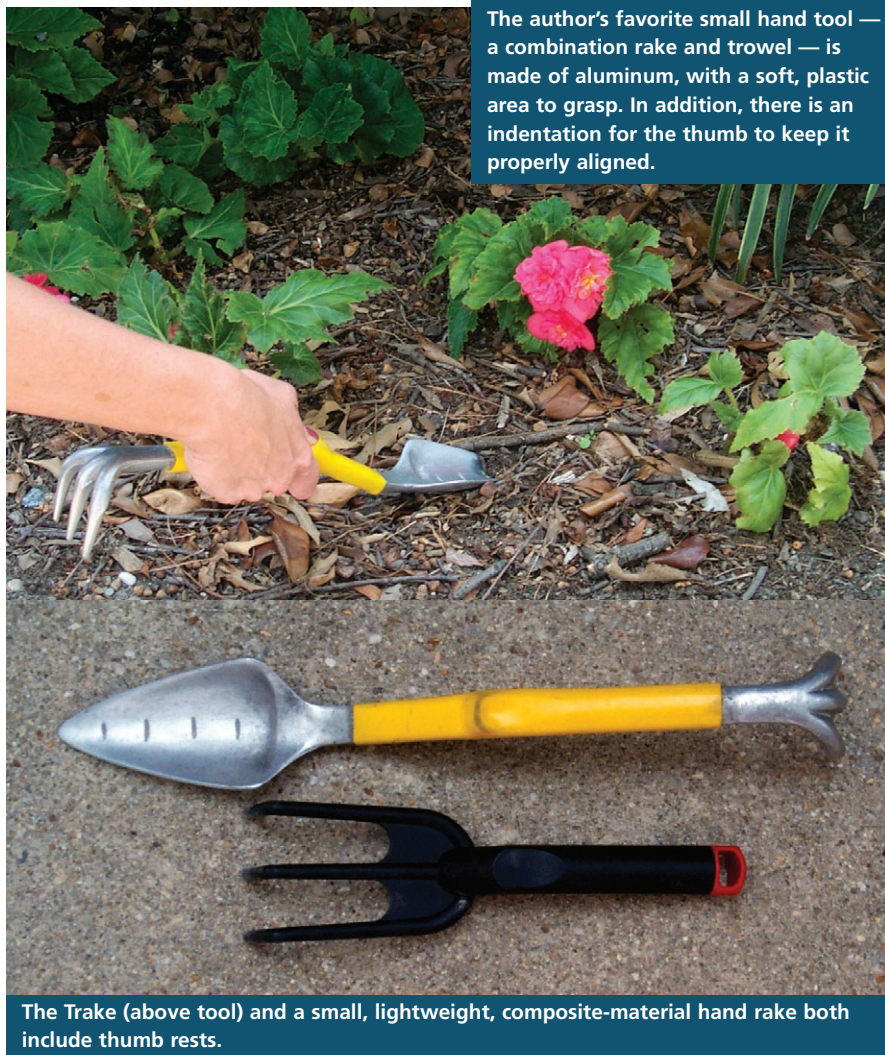


Ratchet pruners are especially good for people with reduced hand strength because they make sequential cuts as you squeeze the handles.

abling injuries with permanent nerve and muscle damage. An ergonomic work program should also lead to a reduction in time lost to accidents — and money lost to medical costs.

One of the major places we can start an ergonomic program is with changes in the tools we use. Luckily, many manufacturers have made significant ergonomic changes to either existing or new tools. Ergonomic tools are:

- appropriate for your body size — some tools have adjustable handle lengths or come in more than one size (especially true in hand pruners);
- lighter in weight — tools made of plastic, aluminum or composite materials



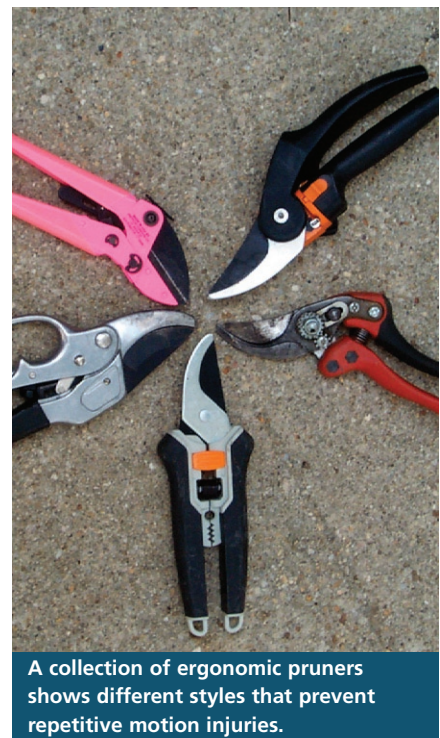
One of the major places we can start an ergonomic program is with changes in the tools we use.

- put less strain on the body than steel or wood;
- made with larger handles or shafts, and may be made or padded with plastic, foam or rubber;
- better balanced — so they don't pull your body or arms out of position;
- helping keep the wrist in the neutral position — many tools have bent handles or shafts, or some may have handles attached at 80- to 90-degree angles that will better position your hands;
- made of handles that are larger and contoured to fit your hands and fingers;
- designed with extensions to allow you to change positions — some hand rakes and trowels have extensions that allow you to use them while standing instead of squatting;
- ambidextrous — so you can use them in either hand;

- made with on/off switches (such as hose nozzles) — so you don't have to keep applying pressure to use the tool;
- made of parts that move (such as pole pruners with rotating heads), rather than forcing the body to change position; and
- designed for reduced noise and vibration.

Some of your existing tools can be made more ergonomic by putting foam or other soft padding on the shaft of the tools in the areas where you clasp them. You can also buy T- and D-handle attachments that can be put on tool shafts to help keep your wrist in the neutral position.

Wearing a wrist support will help, as well, not only by keeping the wrist in the neutral position, but even by modifying how the entire arm moves. A properly selected wrist brace will not cause dis-



comfort or a reduction in dexterity, but will keep the wrist protected. There are many on the market, so be aware of uncomfortable or poor designs when picking a model.

While using ergonomically designed tools and wearing wrist supports may help prevent RMIs for those not already suffering, other forms of treatment may be prescribed by your physician if you already have CTS or another RMI. Medications for the problem range from doses of anti-inflammatory drugs to injections of cortisone into the wrists. For some, hand-strengthening exercises will help, while others get relief using a variety of massage and heat-and-cold therapies. What you want to avoid, if possible, is having surgery.

Don't let your quest for ergonomic tools stop with your horticultural tools. Use the fatter, padded pens and pencils that are becoming commonplace, and use an ergonomic chair if you must sit for long periods of time. In other areas of your life, you may need to make more changes, like to the handles on your bicycle or the paddles of your kayak. I speak from personal experience: Having made some of these adjustments — and always trying to use the most ergonomic tool or equipment possible — has helped to minimize my CTS symptoms dramatically.

Bonnie Lee Appleton is a professor of horticulture at the Virginia Polytechnic Institute and State University Hampton Roads Agricultural Research & Extension Center, Virginia Beach. She can be reached at (757) 363-3906 or bapple@vt.edu. ♥



From the Editor's Desk by Paul Johnson

TREES AND MONEY: MADE IN THE SHADE

It is amazing how connected these two issues are. Some of us make a living from trees—we grow them, we sell them, we harvest them, we care for them, or we teach about them.

Here in Texas shade may have one of the biggest impacts. We all know that the most popular parking space at the mall is the space with the most shade. It doesn't really matter how far you have to walk to get into the mall. It is all about how hot the car will be when you come back.

Shade is a challenge in many urban environments for several reasons. There are natural challenges to growing trees and there are economic challenges. Sometimes challenges combine and make shade a precious commodity.

Water is probably the biggest natural challenge. When natural water is scarce, you have to irrigate. It costs

money to irrigate, hence fewer trees are planted or those that are planted don't get enough water and don't thrive. A tree growing under great stress is less likely to provide the shade we need.

Shading just 30% of a home's roof could save the owners approximately \$100 a year. Planting the right tree in the right place can save money. Combine those savings with the increase in air quality and property values, and trees just make 'cents.' All we need are more of the right trees.

Many people need help investing in new trees. In San Antonio, we are getting ready to launch the Green Shade tree rebate program. Customers of CPS Energy will be able to buy and plant up to three new trees on the west, south, and/or east side of their air conditioned building and apply for a \$50 rebate per tree. It must be at least a #5 (5-

gallon) size and must be from the approved species list. Approximately 8000 trees will be planted through this program. This investment will save energy, save money, and add to our urban and community forest. It will also create more business for arborists in a few years.

What programs are available in your area? Do you work with the local tree board, tree planting non-profit, or regional urban forestry council? More tree planting means more trees to care for in the future.

Trees really do mean business. I hope you will join us for the Texas Tree Conference in College Station.

Have an idea for the newsletter? Have something you would like to say? Send it to me.

– Paul Johnson, 210-494-4771
pjohnson@tfs.tamu.edu

ISAT's exhibit at the Texas Nursery & Landscape Association Expo

Oscar Mestas chats with two Expo attendees about the benefits of proper tree care.

L to R: Paul Johnson, David Vaughn, David Hintz, Mark Duff, Keith Brown, Oscar Mestas, and Jim Carse.





YOUR WINDOW OF OPPORTUNITY IS OPEN WIDER THIS FALL

There is still time to fertilize your trees.

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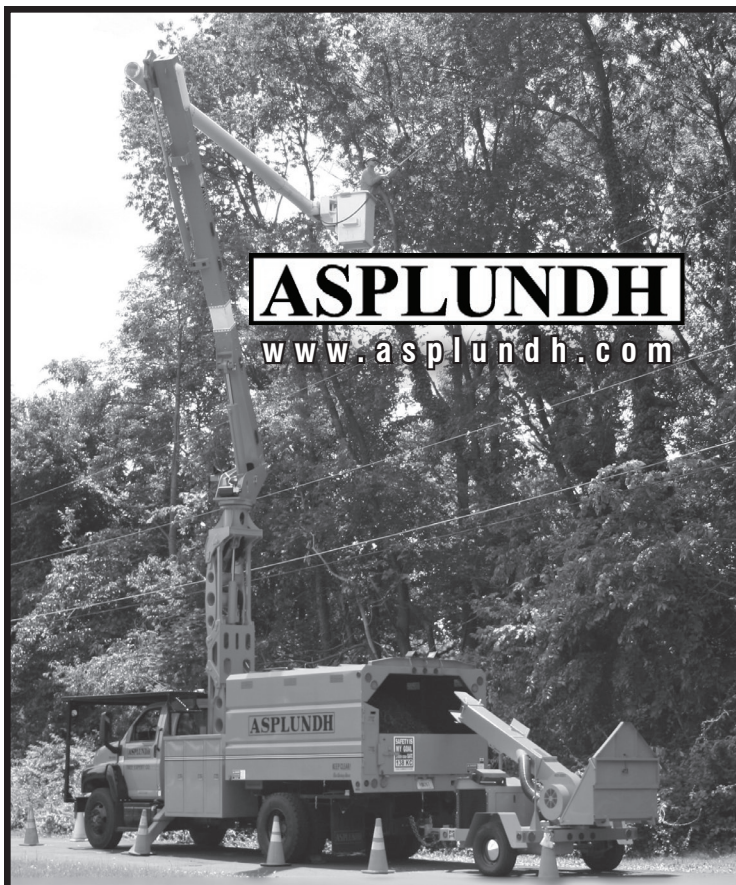
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Allen LeBlanc

Vice President

Corpus Christi, Texas

Phone: 361-289-0052

leblanc@asplundh.com

Lance Vining

Branch Manager

Burleson, Texas

Phone: 214-505-1341

lvining@asplundh.com