



Leading Urban Forestry Since 1968

{ newsletter }



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March 6, 2013

Hello Urban Forestry Friends,

Here's what's happening in urban and community forestry:

- [California Arbor Week is March 7th-14th - Join the celebration!](#)
- [Strategic Growth Council Callout for Grantees](#)
- [Forest Bathing - the latest trend!](#)
- [2013 Partners in Community Forestry Call for Proposals](#)

Thank you for all you do for urban forestry!



Sonali Shah
Communications Manager
California Urban Forests Council

California Arbor Week - March 7-14th!



Did you know that California celebrates Arbor Day a little differently than most other states? We celebrate trees for an entire week –March 7th-14th!

Visit arborweek.org to find or register an event near you (arborweek.org/events) or to discover new ways to celebrate (arborweek.org/tools).

Join us in the celebration!



Strategic Growth Council (SGC) Callout for Grantees

[JOIN US](#)

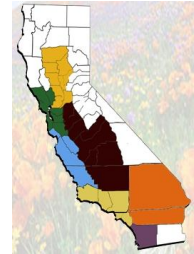
CaUFC membership is the best way to protect our environment. Click the button above to join /renew today!

Thank you to Tree Fresno for their membership!



[GET INVOLVED](#)

See what's happening at our 7 Regional Councils



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Learn more about

The Third and Final Round of SGC's Proposition 84 - Urban Greening Grant Program is Now

[Click here](#) for eligibility and program requirements can be found at:

All concept proposals for Urban Greening projects must be completed electronically via this [link](#).

Deadline: Friday, April 5, 2013.

If you have difficulty completing the online process, please call (916) 653-2812.

Forest Bathing - the latest trend!

The Japanese practice of shinrin-yoku, translated as forest bathing, is the practice of going out into a forested area (park, backyard, etc.) to commune with nature. The idea is to absorb the peace and tranquility of your forested surrounding, taking in the smells, the textures and the general environment.



Positive effects of Shinrin-yoku include:

- Decreases in cortisol (stress hormone) levels, sympathetic nervous activity, blood pressure and heart rate.
- Increases in levels of white blood cells that release anticancer—

What's more is that the benefits that stays with you for a month after the activity. It's so popular in Japan that the country has designated 48 official Forest Therapy trails, which are used by more than 2.5 million people each year. [Read more](#)

2013 Partners in Community Forestry Call for Proposals



The 2013 Partners in Community Forestry National Conference is looking for presenters. This year's event will feature a variety of presentation opportunities including general session and concurrent/breakout sessions, as well as expanded opportunities to present in the new "Lightning Round" format.

The Partners in Community Forestry National Conference serves as the annual, national gathering for urban forestry professionals and advocates.

Save the date: The 2013 Conference will be held November 6-7 at the Westin Convention Center Hotel in Pittsburgh, PA.

Visit www.arboday.org/pcf to learn more about the conference and the types of presentations being considered for the program.

[Submit a Proposal](#)

Deadline: March 29, 2013

Submissions will be notified by May 15 regardless of the status of the proposal

[Contact Us](#)

the [Invest From the Ground Up](#) campaign - Growing Trees Makes Great Neighborhoods!

VISIT US ON:



Welcome to Sophia Lark Ravdin!

Kelaine and Bill Ravdin (Vargas) recently announced the arrival of Sophia Lark Ravdin!

With a mom like Kelaine she's sure to be a tree lover and the more of us the better!

Welcome Sophia!



The Mariposa Grove of Giant Sequoias

Check out The Mariposa Grove of Giant Sequoias, the largest of three sequoia groves within [Yosemite National Park](#), contains approximately 500 mature giant sequoias.



The significance of this grove was recognized by Abraham Lincoln when he signed the Yosemite Grant on June 30, 1864, a landmark bill that set aside and protected Yosemite Valley and the Mariposa Grove.

The giant sequoias are among the largest and oldest living things on earth!

California Urban Forests Council is the nation's oldest urban forest council...sustaining and expanding California's urban forests to make our communities healthier and stronger.

