The Arbor Day Foundation provides a way for individuals to recognize the important milestones in life and share the uplifting joy of trees with others.

**TREES IN CELEBRATION** Through this donor program, trees are planted where needed in one of our nation’s national forests. The donor or honoree receives a beautiful certificate that shows the species planted, the name of the national forest, and the number of trees planted. Trees in Celebration are especially appropriate for birthdays, anniversaries, new births, graduations and at other times where a gift is customary.

**TREES IN MEMORY** This program also helps plant trees where needed in our national forests and provides a means to express sympathy while at the same time providing benefits for future generations. The recipient is reminded with an attractive card telling the recipient what trees are being planted in honor of the deceased and in what national forest. The program is a way to improve a person’s faith, devotion and to memorialize the departed in a living, vital way that grows grander with the years.

**Gift Trees** A similar way to memorialize the loss of a faithful companion or to bring comfort to a friend or relative after the loss of a pet.

**GIFT TREES** Seedlings of a variety of species can be ordered for distribution at Arbor Day celebrations, weddings, graduations and other events. The seedling comes as root plugs in plastic, recyclable containers. An attractive, customized label can be included with a photo and/or wording of your choice.

For more information about any of these programs, please visit arborday.org and enter Trees in Celebration in the search box.

---

**Tree City USA Bulletin ORDER FORM**

Name: ____________________________
Organization: ____________________
Address: __________________________
City: ___________________ State: ______ Zip: _____
Phone: ____________________________

**OTHER BULLETINS**

1. The Right Tree for the Right Place
2. 101 Things Trees Do
3. How to Landscape with Water
4. Tree City USA Growth Award
5. How to Select and Plant a Tree
6. Tree City USA Foundation for Better Mgt.
7. Plant a Value of Trees
8. How to Maintain Trees
9. How to Fund Community Forestry
10. How to Work with Volunteers Effectively
11. Working with Children
12. Selling Tree Programs
13. How to Bring Nature into Community
14. Trunkwork Strengthens Community Forestry
15. Tree Campus USA
16. How to Grow a Small Tree Board
17. Trees and Public Health
18. Community Engagement
19. Trees as Green Space Make Economic Sense
20. Saving Our Heritage Trees
21. Create a Arboretum
22. Maine-Year Tree
23. Embracing Diversity

**Annual Friends of Tree City USA Membership**

- Membership: $15.00
- Tree City USA Builder 3-Year Member: $25.00
- Tree City USA Special Event Ticket: $5.00

**TOTAL PAYMENT**

**Order Tree City USA Bulletin online at arborday.org or send this form and mail with your payment to:**

Arbor Day Foundation • 211 N. 12th Street • Lincoln, NE 68508

**MAIL CHECKS PREFERRED TO Arbor Day Foundation**

908-408-7207

---

**The Healing Power of Trees**

An emotional attachment to trees is deeply ingrained in the human spirit. Whether it is a spiritual connection with something larger and unseen or a practical way to reduce stress and live a healthier life, urban foresters and tree boards would do well to recognize and build upon these important benefits.

Who is not familiar with the good feeling that comes from a pleasant walk in the woods?

The sounds of nature and people are left behind. The cares of work or personal problems are eased as focus shifts to the majesty of trees and their sweet essence fills the air. It is a safe escape and a refreshment of mind and spirit, the very meaning of re-create in recreation. The Japanese have another term for the leisurely woodland walk — forest bathing — and research suggests that it goes beyond being an emotional experience or providing the benefits of exercise. It actually has a psychological effect that can bolster the immune system.

John Muir said of the woodland walk that it is "the clearest way into the universe" and promised that when you go to the woods "Nature’s peace will flow into you like sunshine into trees." Muir and philosophers throughout the ages saw the healing potential of trees, whether in a wilderness, a sacred grove, an urban park or, like the poet Joyce Kilmer observed – a single tree "that looks at God all day, and lifts her leafy arms to pray.”

Although most of us are not philosophers or poets, we all have a favorite tree or special remembrance of it. It was likely to have been part of a life-shaping experience in youth or part of treasured family memories. It may still be a place of solace or relaxation. In the pages that follow, read about what science is telling us of these connections with trees and green spaces and how they can actually help heal us physically and mentally.