



NEIGHBOR

Published by the Highlands-Douglass Neighborhood Association



Photos by Kara Wedding

HDNA 2022 Tree Planting Event

Benefits of Tree Planting and Tips for Successful Mulching

Barbara Berman
HDNA Board Member

We're excited to announce Highlands-Douglass Neighborhood Association's ninth annual Fall Tree Planting, set for Friday, Saturday, and Sunday, October 7-9th, 2022.

In our first eight years, HDNA planted 1160 trees, and our goal is to plant at least 100 more seven foot trees this year.

1,160

trees planted since 2013

Costs and Benefits

We have 20 tree species from which to choose. Most are canopy native trees. Cost per tree is \$25 for HDNA members and \$35 for nonmembers, so your \$20 HDNA membership pays for itself if you buy two trees. The price includes the tree(s), digging, planting, water bag, and mulch.

Save the Date:

October 7-9th
HDNA Tree
Planting



Status of Tree Canopy

The most recent Louisville tree survey from 2012-2019 shows that the Highlands-Douglass neighborhood tree canopy dropped by 1%. This was commissioned by Trees Louisville and done by the University of Vermont. This is in spite of HDNA having planted 1,160 saplings and points out the need to preserve our older trees. One hundred saplings are needed to replace one mature tree.

Please have a reputable arborist evaluate your tree(s) if you think that removal is necessary. This

could also save you money as tree removal is very expensive compared with pruning.

Mulching Tips

Unfortunately, too much mulch around trees is a common practice and can severely decrease the life of trees and shrubs. Please follow the 3x3x3 rule.

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2022 Tree Planting

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Mulch should always be at least 3 inches away from the trunk. This prevents decay of the bark through moisture and insects. The mulch should always be no more than 3 inches thick. Otherwise oxygen is deprived from the roots. Lastly, spread the mulch to 3 feet in diameter.

Please help us get to our goal of 45% canopy and have a tree or trees planted in your yard this Fall by using the contact information listed below:

barbaraberman2@gmail.com
502-553-6451



Current HDNA Board Members

OFFICERS

Sherry Cornell, President
Stuart Miles, Vice President
Mary Bentley Houk, Secretary
Zach Wedding, Treasurer

BOARD MEMBERS

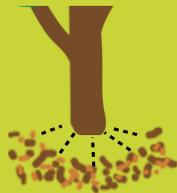
Barbara Berman	Jonathan Hartson
Jay Douds	Ron Loughry
Ed Flynn	Pam Sullivan Masters
Barbara Ford	Shelley Piquard
Brandt Ford	Kara Wedding
Muriel Handmaker	

3X3X3 RULE FOR MULCHING

Remember this rule to help your trees and shrubs thrive and prevent over-mulching



At least
3 inches
away from the trunk



No more than
3 inches
thick

Spread the mulch to
3 feet
in diameter



Graphic by Kara Wedding



AUGUST 28TH, 2022
3-5 PM AT DOUGLASS PARK

HDNA Old Fashioned Ice Cream Social

Come enjoy free ice cream and family fun!
We will be collecting canned goods for Highlands Community Ministries

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Metro Council Update: Healthy Neighbors Workgroup

Cassie Chambers-Armstrong
District 8 Councilwoman

Hello Highlands-Douglass
Neighbors,

It's been a busy spring and summer on Metro Council. One of the things that's kept me busy lately is serving on the Healthy Neighborhoods Workgroup. This group met to consider how to invest our American Rescue Plan dollars to create healthier communities. At the end of that process we put forward an \$87 million package to fund libraries, community centers, parks, brownfield remediation, and more. For example, we invested \$800,000 in reopening the Parkland Library in West

Louisville, \$6 million to expand the Baxter Community Center, and \$2.5 million to restore the Chickasaw Park pond. It's a truly impressive list of projects that will make our community stronger.

Most importantly, the workgroup allocated money, for the first time ever from the city, for early learning and child care initiatives. We know that investing in our youngest citizens is not only the right thing to do—it also makes good financial sense. Research shows that—even as adults—kids with access to high-quality early learning opportunities are more likely to earn high wages, less likely to become justice-involved, and more likely to have better teamwork skills. As a mom of two



Photo by Ben Marcum Photography

little toddlers, I want nothing more than to give them the opportunities to learn, grow, and be successful in life. As a legislator, I want nothing more than to make sure all kids in our community have those same opportunities.

As always, please reach out with any questions. I love hearing from folks, and the summer is the perfect time to chat over a cup of coffee or a walk through the neighborhood.

Best wishes,
Cassie

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Spring Drive Gravel Trail to Increase Park Access

Dr. Stuart Miles & Kara Wedding
HDNA Board Members

The estimated cost of the project is around \$10,000.



Graphic: Google Maps with added trail location

One of the major access points from the Highlands to Cherokee Park is located at the intersection of Spring Drive and Cherokee Road. The existing dirt trail has uneven surfaces, exposed tree roots, and frequent mud puddles. HDNA board member, Dr. Stuart Miles, is spearheading an effort to create easier access along this trail for walkers, baby joggers, bicyclists, and other nature enthusiasts.

Previously, Stuart helped develop and build Putney Pond and Woodlands and Harrods Creek parks in

Prospect. Here, he has seen the benefits of increased access with trail improvements.

Partnering with Olmsted Parks Conservancy, we are spearheading fundraising efforts and volunteer opportunities to improve this path. Olmsted Parks Conservancy will dig a five-foot-wide path along the route of the existing trail and fill it with gravel to improve drainage and level the surface for greater accessibility. This will lead to easier access from Spring Drive to Cherokee Park and the Scenic Loop.

Below is the web address and QR code that will take you to the Olmsted Parks Conservancy web page to learn more about the project and donate. When you make a gift, please type Spring Drive trail in the comment section so the funds are earmarked for this specific project. If you'd like to donate your time, please reach out to Stuart Miles or Matt Spalding (502-456-8125) at Olmsted Parks Conservancy to find out more.

Scan to Donate



<https://secure.donationpay.org/olmstedparks/trails.php>

The darkest line depicts the Spring Drive Gravel Trail's proposed location.



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Good News About Our Community Tree Canopy



Cindi Sullivan
Executive Director, TreesLouisville

TreesLouisville is a local non-profit organization dedicated to improving our overall tree canopy; we accomplish our mission with education programs that raise public awareness of the value of our urban tree canopy, advocacy for solid public policy for preservation and enhancement of the urban forest, collaboration to synergize our work, and funding transformational projects.

Because we need accurate, up-to-date data to drive our

“Tree canopy is defined as the layer of leaves, branches, and stems that provide tree coverage of the ground when viewed from above.”

-2012-2019 Tree Canopy Assessment
University of Vermont Spatial Analysis Lab for TreesLouisville

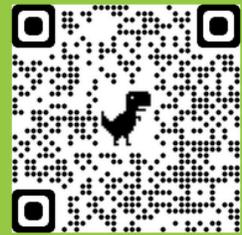
projects, TreesLouisville commissioned a new Urban Tree Canopy Assessment in 2019, funded in part by a generous grant from The Gheens Foundation. The new study analysis was done by the University of Vermont’s Spatial Analysis Laboratory. The study compared 2012 data to the newest available 2019 data. The study took longer than we anticipated because the 2012 data from the original study needed to be re-evaluated since technology has improved, as has interpretation techniques of the data, and of course COVID-19 interrupted the study along with everything else in our world.

The really astounding news is that contrary to a steep decline in canopy that the original study predicted, we have actually improved our urban tree canopy by 1%! That might not seem like much, but compared to the

prediction of a canopy loss of several percentage points in the first study, this is a major improvement.

It is thanks to proactive neighborhood associations like Highlands-Douglass and our other non-government organization partners that we are preserving, planting, and maintaining trees in record numbers.

Scan the QR Code to View TreesLouisville's Urban Tree Canopy Assessment



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NEIGHBORHOOD REFORESTATION past, present, and future

Through past and present efforts to increase the tree canopy, the Highlands-Douglass neighborhood has transformed significantly. Take a look back in time and notice the increased trees in the neighborhood. A larger urban tree canopy is not only aesthetically pleasing, but can lead to health benefits, decreases air pollution, and decrease air conditioning costs.

When a person plants a tree today, they may not be the homeowner that benefits from the shade of the tree, or be the one who will rake large piles of dried leaves from the ground in the fall. Think about where our neighborhood has been, where we are currently, and how planting trees now can benefit those living in our neighborhood not only today, but decades from now.

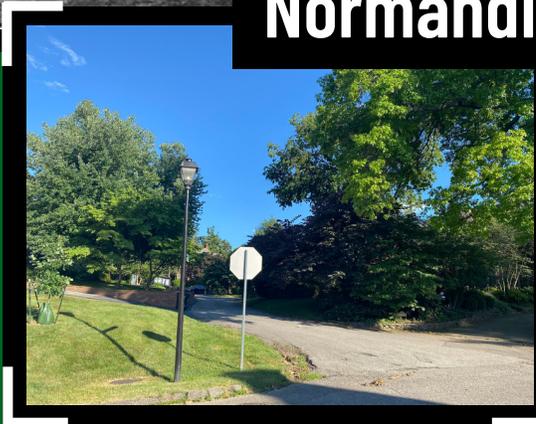


THEN

Normandie Village

"A society grows great when old men plant trees whose shade they know they shall never sit in,"

-Greek Proverb



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NOW



The annual tree planting event will take place October 7-9th, 2022. Can you help HDNA reach the goal of at least 100 7-foot trees planted in 2022?

Since 2013, the HDNA Reforestation Project has planted over 1,160 trees in our neighborhood.

To learn more, visit highlandsdouglass.com/trees/

THEN



Village & Eleanor

NOW

THEN



Broadmeade & Woodbourne

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Then Photos: University of Louisville Archives

Contributors to Research and Now Photos: Barbara Berman, Kara & Zach Wedding

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2022 Upcoming Events

August 28th, 3-5pm
 HDNA Old Fashioned
 Ice Cream Social



Join us at Douglass Park for free ice cream from Haywood Dairy, live music, and family fun. We will be collecting canned goods to donate to Highlands Community Ministries.

October 1st
 Neighborhood Yard Sale
 Conveniently timed prior to Fall junk day.



October 7-9th
 HDNA Tree Planting
highlandsdouglass.com/trees/



November 19-20th
 HDNA Fall Charity Drive



HDNA will be collecting coats to donate to the Free Coat Exchange.
<http://www.freecoatexchange.org/home>

December 6th, 7-9pm
 HDNA Happy Hour
 Great Flood Brewing- Highlands



Recurring Events

HDNA Board Meetings: First Wednesday of every month at 6:30 pm. Location is updated monthly.

Douglass Loop Farmer's Market: Saturdays 10am-2pm,
<https://www.douglassloopfarmersmarket.org/>

Douglass Community Center: Daily activities, check Facebook page for updates on scheduling.
<https://www.facebook.com/TheDouglassCommunityCenter/>



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GREEN HEART

Planting with a Purpose

Green Heart Research Explores the Effects of Urban Tree Planting on Health in Communities

Kandi Walker, Ph.D.
Green Heart

Green Heart Louisville is exploring connections between green space in a neighborhood, air quality, and human health. This is the first clinical trial to use trees as "medicine" to help show the connections between our environment and residents' health. Specifically, the study examines how increased greenness (i.e., trees) may result in improved air quality and thus improved health.

The importance of city tree canopy cannot be overstated—it is beneficial in numerous ways. Plus, as mentioned above, exposure to green areas has important mental and physical health benefits as well as benefits to communities overall. Beyond its primary focus (i.e., connections between greenness, air quality, and health), Green Heart also includes several additional areas of work, ranging from biodiversity (e.g., birds, bats) to noise exposure.

HEAL PROJECT

HEAL—or Health, Environment and Action in Louisville—is Green Heart's human health study. It investigates how neighborhood greenness impacts the health of the people in six South Louisville neighborhoods. HEAL is currently inviting people, ages 25-70, to participate. We hope that previous participants will return and that new participants will join. In addition to asking participants to complete questionnaires about health, stress, and lifestyle, the researchers will collect biological samples to help assess overall health. Stay tuned for results of the research. We are excited to begin sharing the health results soon.

URBAN GREENING

Besides adding aesthetic appeal to a neighborhood and city, urban greening has positive benefits that impact people. Urban greening helps reduce the heat island effect that occurs in cities. Urban greening can also help us live healthier and happier lives. For example, a growing body of research shows that overall well-being is improved when people are exposed to green spaces. Green Heart Louisville wants our city to be a healthy place to live and we are happy to work toward increasing the tree canopy.

GREENPRINT

We care about the environment, our city, and our neighborhoods. And most importantly, we care about the people who live in our city and neighborhoods. Our goal is to develop a "greenprint" for creating healthier neighborhoods. This greenprint might guide planting and urban planning in other areas of Louisville, other cities in the US, or other places around the globe.

FUN FACTS

Green Heart Louisville has planted around 8,000 trees in South Louisville with the Eastern Red Cedar being one of the most frequently planted. In all, nearly 40 different species have been planted. A few fun facts: The tallest tree we planted is 22 feet. The largest root ball was over five feet in diameter. And, some of our bald cypress trees weighed over 12,000 pounds.

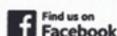
HOW TO GET INVOLVED

We hope that people from Highlands-Douglass and other neighborhoods across Louisville will get involved. People can follow Green Heart on social media to learn about project progress and volunteer opportunities. There's an annual Art & Literature Showcase where anyone can submit their work from photography to poetry. Green Heart also hosts virtual community conversations featuring researchers who discuss environmentally-related topics and field questions.

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Highlands-Douglass



Neighborhood Scavenger Hunt

By: Kara Wedding, HDNA Board Member

Our neighborhood has so many special things you can find!
Can you work together with your family (make sure an adult is with you) to find these outdoor/nature items in our neighborhood?

A Scenic Mural



Hint: This is at Douglass Park.

A Mosaic Mural



This mural also has a bird and a wolf painted in bright colors!

A Magnolia Tree



These leaves are smooth and waxy.

A Tall Tree



How old do you think this tree is?

A Small Tree



Do you think this is a younger tree?

A Pine Tree



These have prickly pine needles that stay green all year!

A Flower



What colors can you find?

An Oak Tree



The white oak tree is the official neighborhood tree, and it's on our logo.

The HDNA Logo



Maybe at a business or you might have to look up to see it on a banner

Old Iron Gates



These gates have been around since the 1800s!

Once you've completed the scavenger hunt, you can tag @highlandsdouglass on Facebook or Instagram, @HDNA40205 on Twitter, or email us at highlandsdouglass@gmail.com, with a photo of the completed form. Your family will be entered to win a family Louisville/HDNA prize package!



HDNA

BUSINESS MEMBERS

Look for the HDNA decal displayed on the front door or window of local businesses. The decal indicates that the establishment is a Business Member of the HDNA. It represents their financial commitment to the neighborhood and support of the programs and activities of the HDNA. Be sure to thank them for their civic spirit and generosity.

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Become a Business Member of HDNA

If you are a business owner with customers who reside in the Highlands-Douglas Neighborhood, you might wish to become a Business Member.

Benefits include:

- Growing your customer base among area residents.
- Gaining exposure through our biannual newsletter, the Neighbor.
- Complimentary presence on the HDNA website.
- Showing your support of HDNA's activities with a business membership decal.
- Gaining exposure at HDNA events and activities.

For business membership details, email us at: highlandsdouglass@gmail.com



hello NEIGHBORS

Q: What is your favorite thing about living in the Highlands-Douglass Neighborhood?

"I love being able to walk to local shops to meet friends and neighbors."
-Sherry C.

"Walking through quiet tree-lined streets to the park, community center basketball, and local shops."
-Michael S.

"The walkability to local businesses!"
-Chris G.

"I love living close to the park and how active everyone is in the neighborhood. We have met so many neighbors just from walking our dogs."
- Zach W.

Check social media for the next question for "Hello Neighbors!"

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www.highlandsdouglass.org

- HDNA as an Organization
- Committees and Meetings
- Our Bylaws
- Douglass Community Center
- Events and Activities
- The Neighborhood Plan

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Join HDNA Today!

For just \$20 per household per year, you can become a member of the Highlands-Douglass Neighborhood Association.

Your membership will help us serve our community by:

- Working with your Metro Council representative to improve our neighborhood.
- Promoting safety and security in our area.
- Bringing neighbors together by sponsoring events and activities such as the Old Fashioned Ice Cream Social, and reforesting the neighborhood.
- To join, please mail your check for \$20 to the Highlands-Douglass Neighborhood Association, P.O. Box 5194, Louisville, KY, 40255 or go online to highlandsdouglass.org/membership and pay with PayPal.

