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OUT ON A LIMB

SUMMER 2023, VOLUME 43, ISSUE 2



2023 GreatPlants Tree Selection on page 6.

5 ARBOR DAY CELEBRATIONS

1. ARBOR DAY FOUNDATION

Submitted by Lachel Bradley-Williams, Arbor Day Foundation

The Arbor Day Foundation celebrated Arbor Day 2023 in a big way- we kicked off the very first Arbor Day LNK!

On Saturday, April 29, 2023, from 11–2 pm, we hosted a fun, family-friendly, nature-based Arbor Day community celebration hosted at centrally located Antelope Park. We had:

- Sign-ups for 300+ free trees provided by the Arbor Day Foundation and Black Hills Energy, along with free gardening gloves for all
- Live music from The Wildwoods
- Proclamation by Mayor Leirion Gaylor Baird, the Arbor Day Foundation, and Lincoln Parks & Recreation
- Ceremonial tree planting by the Girl Scouts
- Tree ID Talks with certified Arborist of Arbor Day Foundation
- Free fitness in the park, including Yoga with Lotus House of Yoga, Mixxed Fit, Zumba, and POUND classes
- 15+ Exhibitor booths hosted by various local environmental-based organizations
- Food trucks, including vegetarian/vegan-friendly options, free Kona Ice, and more!

Over 1000 community members came out to enjoy the fun in the sun- sharing smiles, laughs, dance moves, love for music, tree planting, and environmental education-based activities. It was a great success we are proud of and plan to host annually.

Continued on page 3...



A QUARTERLY UPDATE OF THE NEBRASKA ARBORISTS ASSOCIATION

INSIDE THIS ISSUE:

- President's Letter P. 2
- Arbor Day Celebrations P. 3
- Arborist Spotlight P. 4
- 2023 GreatPlants Selections P. 6
- NAA New Members P. 6
- 10 Free Trees P. 9
- Newly Certified Arborists P. 9
- Planting Trees Can Save Lives P. 10
- 2023 Great Plains Summer Field Day P. 14

SUBMIT ARTICLES:

If you have anything you would like to submit for inclusion in the Quarterly Update, please contact staff@nearborists.org



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samantharozic1@gmail.com

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(402) 672-0163 | (402) 672.0163
tanderson@wrighttree.com

Tim Crawl, Director

Crawl Tree Service
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(402) 469-3337
treemancrawl@yahoo.com

Michael Seuferer, Director

Asplundh Tree Expert, LLC
4330 W Huntington Ave., Lincoln, NE
(402) 432-1276
michael.seuferer@gmail.com

Phil Pierce, NAA Board Advisor

Consultant Forester
18307 S 132nd St., Springfield, NE
(402) 253-2860
foresterphil@gmail.com

Stacy Hughes, NAA Board Advisor

Terry Hughes Tree Service
15802 Fairview Road, Gretna, NE
(402) 558-8198
stacy@hughestree.com

Alyssa Brodersen

NAA Executive Director
521 First Street
PO Box 10, Milford, NE
(402) 761-2219
alyssa@nearborists.org
www.NEarborists.org

FROM THE PRESIDENT

Hello everyone! I hope you are having a successful summer and enjoying the warm weather.

As we continue into the warmer months, I want to take a moment to mention safety and the importance of caring for yourself while working in this demanding field. I'm sure I'm not the only one with a wife/significant other who constantly reminds me to "stay safe" and "don't forget to hydrate" every morning before I walk out the door.

I know it can be hard to wear chainsaw pants/chaps when it is 100 degrees outside or to drink water when you go home instead of something more fun, but these things are crucial to keeping you safe.

Safety is always critical, but it is even more critical when you are wielding a chainsaw, 60ft in the air, in high winds, swinging on a rope. So, I wanted to remind everyone to wear all their PPE and watch out for their fellow workers. Stay safe out there, have a good summer, and I hope to see you all at our Summer Field Day.

Dustin Nelson, NAA President



UPCOMING EVENTS

GREAT PLAINS Field Day & ASTI Training

Thursday & Friday, August 10-11, 2023
at Carol Joy Holling in Ashland, NE

2023 Arborist School

Tree ID, Evaluation & Selection, Planting & Establishment Seminar

Thursday & Friday, September 7-8, 2023
at VFW Hall & Wayne Park in Waverly, NE

Pruning, Climbing & Safety Seminar

Thursday & Friday, October 12-13, 2023
at Carol Joy Holling in Ashland, NE

Plant Health & Tree Biology Seminar

Thursday & Friday, November 16-17, 2023
at Carol Joy Holling in Ashland, NE

Nebraska GREAT PLAINS Conference

January 16-17, 2024
at Embassy Suites in Lincoln, NE



2. AMERICAN ARBORIST

Submitted by Jayna Waite, America Arborist

This year's American Arborist Arbor Day giveaway project was for the Strawn family and their son Sammy. Sadly, Sammy has brain cancer and has been battling this diagnosis for a couple of years now. We wanted to give back to this family since they have been in the process of traveling for their son's treatments and were not able to care for their yard the way they wanted to. American Arborist thought it would be the perfect way to give back to them on Arbor Day!

3. CITY OF GORDON

Submitted by Jerry Hardin, Gordon Tree Board

The City of Gordon's Arbor Day celebration had to be postponed, so it could not be held on April 28, 2023. Due to extraordinary circumstances, Gordon's Arbor Day celebration was held on May 4, 2023, at Gordon



Elementary School. Students of the 4th Grade Class observed and participated in planting a "Shade Master" Honey locust tree in honor of their class. City officials, Gordon tree board members, Elementary staff, and students enjoyed a great presentation on the history of Arbor Day and the benefits of trees. They also had a planting demonstration of a new tree. It was a beautiful day and a lot of fun for all!

4. NORTHEAST COMMUNITY COLLEGE

Submitted by Dr. Trentee Bush, Northeast Community College

Northeast Community College planted 100 trees and shrubs in honor of Arbor Day. The Lower Elkhorn NRD Community Forestry Grant assisted in the purchase of these trees and shrubs to help establish a Food Forest on the Northeast Community College Urban Farm.



5. ROOTED TREE SPECIALIST

Submitted by Amy Nakai, Rooted Tree Specialist, Article By Marlo Lundak, WOWT Published: Apr. 29, 2023, at 12:24 PM CDT, reprinted with permission from WOWT

To celebrate Arbor Day, a local business, along with Gretna's Arbor Society, gathered in Lincoln Park to plant 27 new trees, bringing more life to the area.

"I love trees, and I wanted to put together a grant proposal. We are slowly and systematically trying to help encourage and plant more trees in local parks," says Amy Nakai, who spearheaded the operation. Nakai owns Rooted Tree Specialists, the state's first ground-level, female-owned and operated tree company. Nakai also sits on Gretna's Tree Board, and for the fourth year in a row, Nakai received a grant from the Natural Resources District to help plant dozens of new trees around the Gretna community.

"Trees are integral not only in just the tree canopy, but they also provide habitats for wildlife, they help provide shade, they help prevent water runoff, they help reduce your electricity bill," Nakai adds. Many of the 27 trees planted on Saturday in Lincoln Park are native to Nebraska.



"Hackberries, oak trees, sycamore trees, cheery trees, we have a wide variety of different ones which is also critical. You want to be able to plant biodiverse - you don't want to plant just one tree in case an insect or a disease comes by and wipes out a number of trees." Part of Nakai's goal in her role on the tree board and as an arborist is education. She wants to teach community members about the important role trees play in our lives, as well as how to properly plant them. "We had the opportunity to kind of come together and show our girls what I think is a lifelong skill, how to plant a tree so they can help make our community better," says Andrea O'Quin, a co-leader of Girl Scout Troop 48911.

Troop 48911 was there Saturday morning to help plant and to learn. They were also achieving one of their many goals as a scout - the tree promise.

"They do learn about the importance trees have on our environment, and the culmination of that is to actually promise to plant multiple trees, so this is the first step for many of those girls in fulfilling their tree promise," O'Quin adds.

ARBORIST SPOTLIGHT

This quarter's Arborist Spotlight goes to Aaron Thiessen of Omaha, NE. Aaron was nominated by Brian Hoffman (Central Community College) & Korey Lofy (Arborjet) for the work that he did as a Groundskeeping Supervisor at the Central Community College Hastings Campus. During his time at Central Community College, Aaron and his crew were integral to the campus' landscaping and Arboretum, being recognized in 2020 by The Tree Campus Higher Education program. And for the campus receiving the Affiliate Excellence Award from the Nebraska State Arboretum in 2022. Brian Hoffman noted, "Before he (Aaron) was hired, there was a missing passion for the trees and landscaping on our beautiful campus." Korey Lofy also commented, "Aaron's attitude and enthusiasm for trees and landscapes is extremely contagious. Aaron has not only helped train new employees on the importance of proper management and maintenance of trees, but he has also secured numerous grants for young tree installation on campus." Along with these accomplishments, Aaron also received the 30 Under 30ish Award from the Hastings Young Professionals group in 2021, the ISA Gold Leaf Award for Outstanding Landscape Beautification Activities from MW-ISA in 2022 and was accepted into the Central Community College Leading with Excellence Class in 2023.



Left to Right: Dad, Bob, brother Brian and younger James Thiessen

Aaron's interest in trees began as a young boy in rural northeast Nebraska; most were cottonwoods in sandy soil, right on the edge of the rolling Nebraska Sandhills. Aaron would go out "exploring" the trees surrounding his house, looking at them and trying to figure out how old the trees were. His passion for trees and the outdoors grew throughout his childhood. Being from a rural community, Aaron learned the importance of working hard, being authentic, and keeping true to his morals and values. His arboriculture journey started in 2012 when he began working in the Facilities Management Department in college. Here, he connected with Pat Evans,

who taught him about trees and how they grow. He also began to understand why it's essential for trees to be pruned appropriately, planted at the correct depth, and placed in the right location. He learned that when planting a tree, it is important to be a visionary and understand the obstacles the tree may face in the next generation. Pat introduced him to John Anderson on the Hastings Campus and took him to a few educational events where he met Graham Herbst and Justin Evertson with the Nebraska Forest Service. Since then, each individual has continued to mentor Aaron over the years.



Aaron has also done his own exploring and learning over the years. In 2022, he attended the ArborFest Expo in Asheville, NC, and a Basic Tree Climbing Conference outside of Seattle, Washington. He has also participated in Arborist School hosted by the Nebraska Arborists Association and events hosted by the Nebraska Forest Service. Through this time, Aaron said that his passion, love, and understanding of trees continues to grow as he ages. Aaron feels that one of his most significant accomplishments is networking, learning, and sharing his passion and knowledge about trees and Green Industry with people who are curious about the same topics.



2023 GREATPLANTS SELECTIONS

LINCOLN, Neb. (March 2, 2023) – As we continue to battle with drought and warming temperatures across most of Nebraska, this year’s GreatPlants selections, a joint program of the Nebraska Statewide Arboretum and the Nebraska Nursery and Landscape Association, offer gardeners and landscapers plant, tree and shrub choices that are tolerate of a variety of conditions as well as aesthetically pleasing and beneficial for pollinators. From the vibrant ‘Tor’ birchleaf spirea to the resilient shingle oak and the prolific pollinator ‘Iron Butterfly’ ironweed, this year’s GreatPlants selections each offer multiple benefits to gardens and landscapes. Here are the 2023 GreatPlants selections:

Perennial of the Year: ‘Iron Butterfly’ Ironweed (*Vernonia lettermanii*) – Also classified as an herbaceous perennial, ‘Iron Butterfly’ ironweed prefers medium to dry, well-drained soil in full sun. Its bright purple, long-lasting flowers appear in mid- to late summer and attract hummingbirds, butterflies and other pollinators. With a height of 2-3 feet, this perennial would work well at the back of a border garden.

Tree of the Year: Shingle Oak (*Quercus imbricaria*) – This central United States native and member of the red oak family is a medium-size deciduous tree that typically grows in conical form. One might not guess at first glance that it’s an oak tree, as its lustrous, narrow, dark green leaves are not lobed but alternant, broadest near the middle, with a slight wavy pattern. The shingle oak thrives in medium to dry, well-drained soil and full sun. Settlers discovered that it split easily and could be used for shingles or shakes, which is how it got the common name shingle oak.

Shrub of the Year: ‘Tor’ Birchleaf Spirea (*Spirea betulifolia*) – This small, rounded shrub blooms small, flat clusters of tiny white flowers in the late spring, while in the fall, its dark green, birch-like leaves transition to a mosaic of red, orange and purple. ‘Tor’ birchleaf spirea prefers moist, well-drained soil and full sun and would make a great addition to a pollinator garden, as its flowers attract a multitude of butterflies and other pollinators.

Conifer of the Year: Korean Pine (*Pinus koraiensis*) – A member of the white pine group, the Korean pine is very versatile in that it can tolerate a wide range of soil conditions, from sandy to clay to rocky. It grows in full sun or part shade and reaches a height of between 30 and 50 feet. When young, the Korean pine typically grows in a narrow pyramidal form, and as it matures, it takes a loose pyramid shape with a rounded crown and branches spreading horizontally and often reaching the ground. Its 3-inch cones contain large, edible seeds that can be harvested and sold as pine nuts.

Grass of the Year: Blue Zinger Sedge (*Carex flacca*) – Also known as blue-green sedge, this evergreen sedge prefers medium to wet soil in part shade to full sun. It thrives well in rain gardens but can also tolerate dry shade in hot summer climates. This cool season sedge does much of its growing during chilly weather, forming attractive clumps of fine-textured, arching, blue-green foliage that blooms in late summer.

For more information about the 2023 GreatPlants and a full list of GreatPlants selections since 1999, visit plantnebraska.org/great-plants.



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Josh Ault
Luis Cisneros
Desiree’ Greise

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Adam Klingenberg
Jacob Maslonka
Rick Moreno

Curt Price
Spencer Thompson
Scott Walker
Jacob Williams

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10 FREE TREES FOR YOUR COMMUNITY

Ten Free Trees Applications will be available July 1, 2023.

Thanks to a collaborative effort of the Nebraska Forest Service and Nebraska Statewide Arboretum, we are able to offer free trees for approved public projects and events. This program offers up to 10 trees per project. Trees are available to plant in the fall.

Projects can be quite variable, but do need to be on public property and provide clear public benefit. The only match requirement is that the recipient conduct public outreach efforts (community tree celebration, volunteer planting, newspaper article, social media, etc.) and report activities back to us. We are especially interested in and encourage applicants to consider street tree plantings and neighborhoods of highest need.

We pre-purchase a diverse list of high-quality trees to be distributed just prior to fall planting on a first come, first served basis. We determine which trees go where depending on recipient's location and tree availability. Most of the trees are in the 4-8' size range —small enough to be manageable by volunteers, but big enough to have an impact.

If interested, complete and electronically submit the application by July 31 (electronic applications will be available on July 1, 2023). Applications will be reviewed as a group at that time, but remember, the earlier the application is submitted, the higher priority it receives on the first come, first served list. Late applications will be considered.

Send any questions or completed application to Kendall Weyers - kweyers2@unl.edu

NEWLY CERTIFIED ARBORISTS

Corbin Augustine

Jorge Cardenas

Benjamin Doyle

Josef Erickson

Aud Koch

David McLarnan

Rick Moreno

Sarah Occhiuto

Curt Price

Michael Seuferer

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PLANTING TREES CAN SAVE LIVES

BY BARCELONA INSTITUTE FOR GLOBAL HEALTH (ISGLOBAL) JANUARY 8, 2023

The research was conducted as part of a 30-year tree-planting campaign in Portland.

A study in Portland, Oregon has found that planting trees on streets can lead to a decrease in mortality rates and that the impact becomes stronger as the trees mature and grow.

A new study conducted in Portland, Oregon has found that the non-profit organization Friends of Trees' tree planting campaign, which has been ongoing for the past 30 years, has been associated with significant decreases in non-accidental and cardiovascular mortality (20% and 6%, respectively, for trees planted in the preceding 15-30 years).

The research, conducted by the Barcelona Institute for Global Health and the USDA Forest Service and published in the journal *Environment International*, also estimates that the annual economic benefits of planting trees far outweigh the cost of their maintenance.

Evidence pointing to an association between exposure to nature and lower mortality is accumulating. "However, most studies use satellite imaging to estimate the vegetation index, which does not distinguish different types of vegetation and cannot be directly translated into tangible interventions," says Payam Dadyand, ISGlobal researcher and senior author of the study.

Continued on next page...



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Thus, the authors took advantage of a natural experiment that took place in the city of Portland: between 1990 and 2019, Friends of Trees planted 49,246 street trees (and kept records of where the trees were planted and when). So, the research team looked at the number of trees planted in a given area (specifically, a census tract where approximately 4,000 people live) in the preceding 5, 10, or 15 years. They associated this information with mortality due to cardiovascular, respiratory, or non-accidental causes in that same area, using data from the Oregon Health Authority.

The results show that in neighborhoods in which more trees had been planted, mortality rates (deaths per 100,000 persons) were lower. This negative association was significant for cardiovascular and non-accidental mortality (that is, all causes excluding accidents), particularly for males and people over the age of 65.

Furthermore, the association got stronger as trees aged and grew: the reduction in mortality rate associated with trees planted 11-15 years before (30%) was double that observed with trees planted in the preceding 1-5 years (15%). This means that older trees are associated with larger decreases in mortality and that preserving existing mature trees may be particularly important for public health.

This study doesn't provide direct insight into how trees improve health. However, the finding that large trees have a greater health impact than smaller ones is telling, because larger trees are better at absorbing air pollution, moderating temperatures, and reducing noise (three factors linked to increased mortality).

“We observed the effect both in green and less green neighborhoods, which suggests that street tree planting benefits both,” says Geoffrey H. Donovan, from the USDA Forest Service and the first author of the study. The analysis took into account other factors that may influence mortality, such as income, education, and racial composition of the neighborhoods.

Finally, according to the authors' estimates, the benefits of tree planting greatly outweigh the cost: the annual cost of planting and maintaining one urban tree in each of Portland's 140 census tract areas would range somewhere between 3,000 and 13,000 USD, while it would generate around 14.2 million USD annually in lives saved.

“Our results provide an important evidence base for tangible interventions (e.g., planting trees) to increase the longevity of urban residents,” concludes Dadvand.

Reference: “The association between tree planting and mortality: A natural experiment and cost-benefit analysis” by Geoffrey H. Donovan, Jeffrey P. Prestemon, Demetrios Gatzjolis, Yvonne L. Michael, Abigail R. Kaminski and Payam Dadvand, 30 October 2022, *Environment International*. DOI: 10.1016/j.envint.2022.107609



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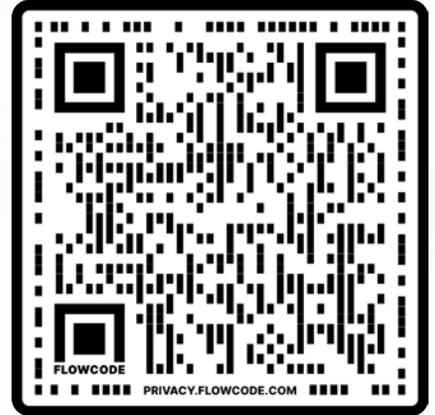
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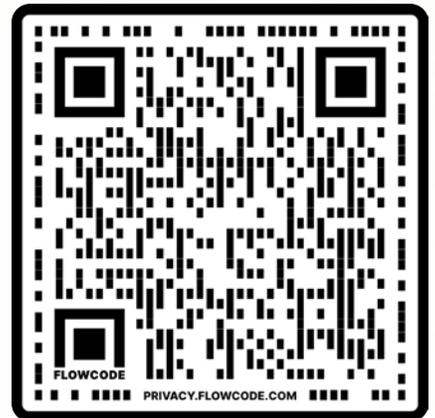
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MORE INFORMATION ON 2023 GREAT PLAINS SUMMER FIELD DAY...

COURSE DESCRIPTIONS

THURSDAY, AUGUST 10, 2023

EHAP - FULL DAY - 7:50 AM - 4:30 PM

EHAP (Electrical Hazards Awareness Program) is designed to provide workers with convenient, online training to recognize electrical hazards.

This course covers:

- ANSI-based required safety training for arboricultural operations.
- Easy-to-use documentation for OSHA-required electrical-hazards training.
- Online structure and support for employer certification of line clearance arborists and tree workers who work near energized lines on residential properties.
- References including the ANSI Z133 Safety Standard.
- Online access to all required videos.

The course blends online learning with on-the-job skills demonstrations. Upon successful completion of the program, you will receive a certificate demonstrating your ability to learn and retain valuable industry knowledge.

FRIDAY, AUGUST 11, 2023

AERIAL LIFT 1 - 7:50 AM - 12:00 PM

The objective of Aerial Lift 1: Fundamentals is to introduce you to general safety and best practices for aerial lift operation.

This course covers:

- Potential hazards associated with operation of an aerial lift device.
- Safety precautions for working from an aerial lift.
- Pre-trip inspection of an aerial lift device.
- Proper aerial lift device positioning and work site set up.
- Operation of an aerial lift device.
- Starting and operating a chain saw from an aerial lift device.
- Lowering and cradling/securing of boom in a safe and efficient manner.

The course blends online learning with on-the-job skills demonstrations. Upon successful completion of the program, you will receive a certificate demonstrating your ability to learn and retain valuable industry knowledge.

TREE BIOLOGY, INSECTS & DISEASES - 1:00 PM - 4:30 PM

This course will review tree biology. It will also provide an update on common insects and diseases found in Nebraska & surrounding states. This is a great refresher course for arborists looking to brush up on the basics and stay informed about insects and diseases in the area.

2023 ASTI TRAINING & FIELD DAY

Thursday, August 10, 2023 (6.5 CEUs)

- 7:30 a.m. – 7:50 a.m. Registration & Breakfast
- 7:50 a.m. – 8:00 a.m. NAA Board President – Welcome
- 8:00 a.m. – 10:00 a.m. "EHAP Training" – John B., Korey C. & Ryan E.
- 10:00 a.m. – 10:15 a.m. Break
- 10:15 a.m. – 11:45 a.m. "EHAP Training" – John B., Korey C. & Ryan E.
- 11:45 a.m. – 12:45 p.m. Buffet Lunch (**Additional Fee**)
- 12:45 p.m. – 2:00 p.m. "EHAP Training" – John B., Korey C. & Ryan E.
- 2:00 p.m. – 2:15 p.m. Break
- 2:15 p.m. – 4:15 p.m. "EHAP Training" – John B., Korey C. & Ryan E.
- 4:15 p.m. – 4:30 p.m. Closing Remarks

Friday, August 11, 2023 (7 CEUs)

- 7:30 a.m. – 7:50 a.m. Registration & Breakfast
- 7:50 a.m. – 8:00 a.m. NAA Board President – Welcome
- 8:00 a.m. – 10:00 a.m. "Aerial Lift Operations" - John B., Korey C. & Ryan E.
- 8:00 a.m. - 12:00 p.m. CPR/First Aid Certification* (**Additional Fee**)
- 10:00 a.m. – 10:30 a.m. Break with Vendors & Demonstrations
- 10:30 a.m. – 12:00 p.m. "Aerial Lift Operations" - John B., Korey C. & Ryan E.
- 11:45 a.m. – 12:45 p.m. Buffet Lunch (**Additional Fee**)
- 1:00 p.m. – 2:00 p.m. Tree Biology, Insects & Diseases - John Ball
- 1:00 p.m. – 5:00 p.m. CPR/First Aid Certification* (**Additional Fee**)
- 2:00 p.m. – 2:30 p.m. Break with Vendors & Demonstrations
- 2:30 p.m. – 4:00 p.m. Tree Biology, Insects & Diseases - John Ball
- 4:00 p.m. – 4:30 p.m. Closing Remarks

*CPR/First Aid Certification - does not count towards CEUs.

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- Verbal recognition during the welcome remarks prior to the keynote

BRONZE LEVEL - \$100

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HOW TO REGISTER:

- ONLINE** registration via NAA Website
EMAIL registration to staff@nearborists.org
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Registrations via telephone
will NOT be accepted

www.nearborists.org

The NAA is not liable for any injury or damage resulting from willful acts of attendees. Attendees assume all risk and danger relating to the ASTI Training & Field Day event, whether occurring prior to, during or after the event.





Nebraska Arborists Association
521 First Street
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www.NEarborists.org

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