



CLEAN & GREEN COMMISSION



Tuesday, April 10, 2018 8:00 a.m.

Green Committee – Final Approved Minutes

In attendance: Diane Beyer (Asst Dir Public Works), Aaron Simmons (Supt. Parks & Maint.), Carl Banks (Public Works), Gary Johnson (Public Works), Mike Ward (Dept. of Parks & Rec.), Lisa Durham, Joni Wilson, David Dorsey, Sally Hall, Karen Hedelt, Anne Little, Carl Little, Steve Gaske, Michael Roberson, Mike Worsham, and Frank Widic (Chair).

The regular meeting of the Green Committee was called to order by Chair Frank Widic at 8:00 a.m.

Frank Widic called for additions or corrections to the Draft 3/13/2018 Green Committee Minutes. The minutes were approved by the unanimous consent voting method since no corrections were offered.

- Public Comments (5 mins.): No public comments were presented.
- Discussion items (30 mins.):
 - Subcommittee Goals: Diane Beyer indicated that she has discussed with the City IT department the possibility of adding a tree canopy layer to the City's Geographical Information System (GIS) data base. This would then be used to assist in developing a master tree plan during the next 12 months. She also announced the beginning of a project to compile a tree inventory during the next 12 months beginning with street trees and then park trees.

Anne Little indicated that there may be USDA grants for tree inventories.
 - FY 2019 Street Tree Planting: Frank Widic asked members to visit areas on the list of potential areas for FY 2019 planting and return any comments to him. He also recommended that the proposed 2019 program should begin with areas from the previous year's plan that were not planted this year, as well as some areas requested by Councilman Frye and Altoona Drive which was requested by a homeowner. He suggested that planting trees for shade at FRED bus stops should be a priority in the upcoming year. Anne Little indicated that the Mercedes dealer on Fall Hill Avenue has requested that a row of street trees be planted in front of the dealership, but it would need to pay for a re-zoning plan to be developed before the planting could occur.
 - Recording of Green Hours: Frank Widic announced that a form had been developed for members of the Green Committee to record their volunteer hours. He recommended that members report their hours monthly. Diane Beyer indicated that a record of volunteer hours can be used as part of grant applications.
 - Healing Grove Proposal: Frank Widic indicated that Mental Health America-Fredericksburg requested that City parks consider planting a mental health grove of

trees in Memorial Park. He handed out a design plan for the grove, and indicated that this proposal was already discussed at the Clean and Green Commission meeting where concerns were expressed that it not interfere with the open space used for play. Mr. Widic also indicated that increasing the density of trees in this area of the park would help absorb water runoff from a nearby hill. The Committee voted to recommend this initiative to the Clean and Green Commission.

- Parks Commission Update (5 mins.)
 - Cossey Park: David Dorsey reported that the City had decided not to fund a native plant garden at Cossey Park. He indicated that the present group can still plant native plants in the park, but the expected funding source would not be available. He suggested that they could reach out to local groups for opportunities to use the park as a teaching resource. Anne Little indicated that Tree Fredericksburg and the Master Gardeners could start an arboretum in the park and suggested that they begin mulching the grounds to improve the soil quality. Diane Beyer indicated that she planned to meet with Jane Shelhorse, the Director of Parks, Recreation and Events, to discuss the park.
 - Face the River Project: David Dorsey indicated that he and Tom Smith of the Maine Street Coalition recently had worked with other volunteers to clear the brush and vines behind the Happy Clam along the river. They also installed a row of shrubs, a trench, and berm to stop direct runoff of water into the river. He indicated that there is still a need for the City to line the erosion ditches along the river. Diane Beyer indicated that the cost of lining the ditches would be in the range of \$150,000 - \$200,000.
- Tree Fredericksburg Update (10 mins.): Anne Little announced several upcoming events and recent initiatives including:
 - Plans to hold an Arbor Day celebration at Hugh Mercer Elementary School and have the first and second graders do a Tree Happy Dance in celebration. Also plans to have each of 16 classrooms plant a redbud tree, with funding provided by Dominion Energy;
 - Planting trees along the widened stretch of Fall Hill Avenue, and planting shrubs at the train station;
 - Bartlett Trees will be giving away 1,000 trees in Old Mill Park on Earth Day;
 - Marstel-Day will be removing the poison ivy growing in Memorial Park near the Mary Washington Monument;
 - Tree Fredericksburg will be planting trees in Mayfield; and,
 - Tree Stewards will be trimming trees at the High School.
- Tree Steward Program: Sally Hall announced that Tree Stewards have worked 145.5 hours during the calendar year to date. Michael Roberson will be transitioning to become the new President of the Tree Steward Program.
- Member Comments/Recommendations (5 mins.): None.
- Next Meeting: Tuesday, May 8, 2018 @8:00 a.m.

The meeting was adjourned at approximately 8:48 a.m.

ATTACHMENT: Healing Grove Proposal.

Healing Grove Proposal

Introduction:

Approximately 1 in 5 adults experience some type of mental illness in any given year, and it is estimated that 1 in 5 youth aged 13-18 will experience a severe mental disorder at some point in their lifetime. Many of us have had to cope with or know someone who has had to deal with issues with mental health, whether it be anxiety, depression, ADHD, PTSD, or even bipolar disorder.

Mental Health America of Fredericksburg (MHAF) has made it part of its mission to address the needs in our area in order to improve the mental health and wellness of all people in our community. MHAF fulfills this mission in part by filling in the gaps of services and support in our community.

A gap that MHAF would like to address is one that will offer those who have been affected by any mental health issue an opportunity to heal in a natural setting. Research is increasingly showing that nature can provide healing benefits that you cannot receive elsewhere. Studies have shown that being in nature can reduce anger, fear, and stress, and make you feel better emotionally and physically. According to some scientists, being in nature can even reduce pain. In one study in *Mind*, 95 percent of those interviewed claimed that being in a natural setting, changed their mood from depressed and anxious to more calm and balanced.

In order to meet this need in our community and improve the overall mental wellbeing of those living here, MHAF would like to propose a Healing Grove that will offer our community a place of hope and healing where they can come to be with nature.

Description:

In collaboration with the Fredericksburg Parks, Recreation, and Events Department, MHAF proposes the creation of a Healing Grove in a space at Memorial Park. The space we propose to use has already been used as a place of healing for others. As of now, there is a bench and a tree in the space we plan to use. MHAF would like to include another bench with a plaque dedicated to those affected by mental illness and plant trees to create more of a natural setting with the help of Tree Fredericksburg. Each year a tree will be planted as we grow the space into a grove that offers a naturally supportive and nurturing space for those to come, reflect, and heal. The grove will eventually consist of no more than 8 trees which have been chosen because of their symbolism in ancient lore. The River Birch and Bald Cypress were also selected to help

dry out the soil a bit and pull out extra moisture flowing down from Washington Avenue as the area can be a bit wet. Proposed tree species include the following:

River Birch: symbolic of new beginnings

Cherry: symbolic of awakening and rebirth of spirit

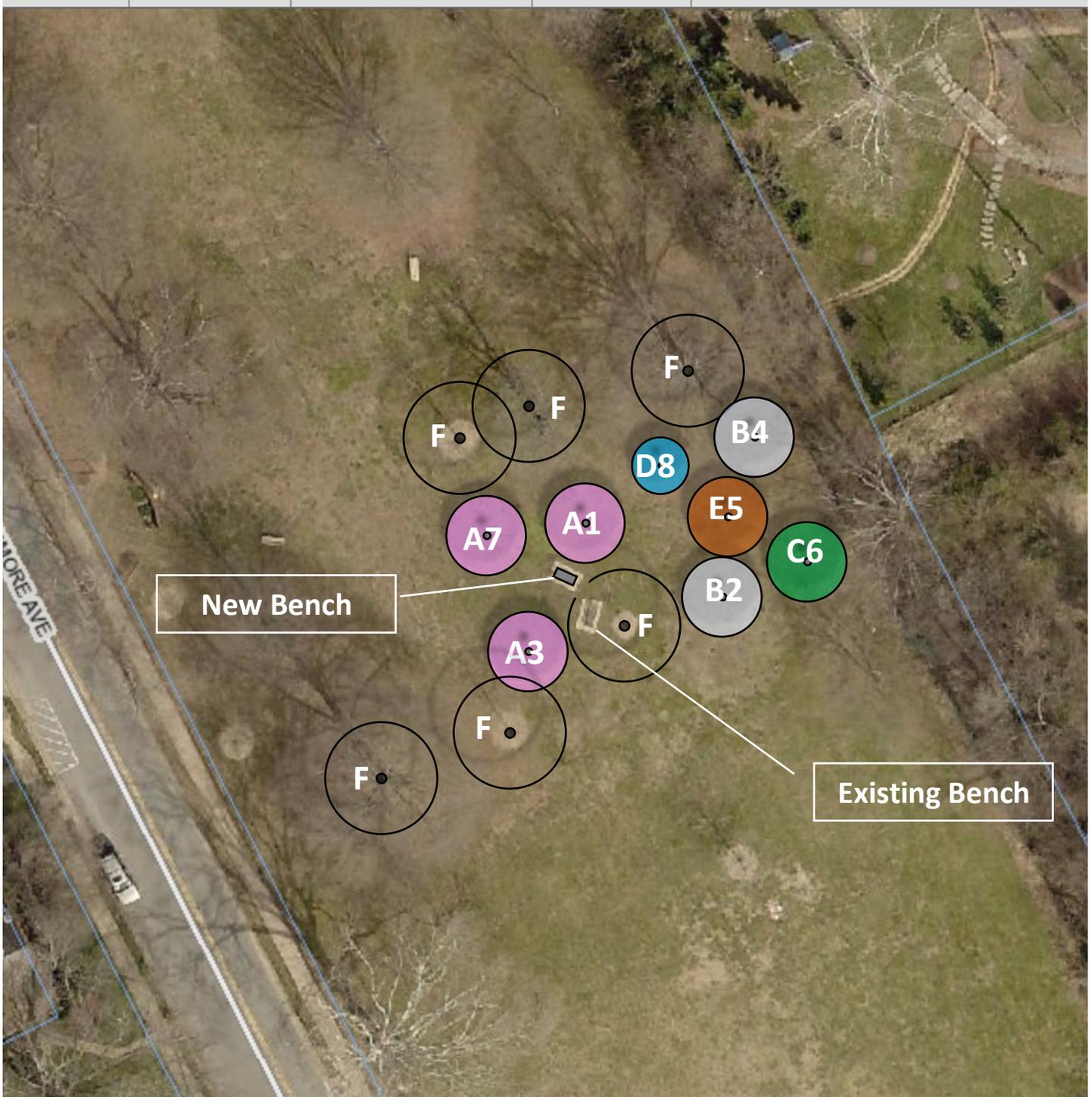
Holly: symbolic of overcoming anger and hurt

Witch Hazel: symbolic of healing

Bald Cypress: symbolic of sacrifices in our lives

Specifics:

The space that we propose to use already has a large tree and bench. It is on the pickleball and tennis court sides of the park. The trees we would like to plant will have a special significance and there will be a mixture of canopy trees (4) and understory trees (4) for no more than a total of 8. The amenities to the park will be donated to the Fredericksburg Parks, Recreation and Events Department, and because it will remain a part of Memorial Park, it will continue to be maintained by the city. The bench will match the one already there, and the plaque will offer a dedication to those lost. Please see the document *Healing Grove Plan-Rev 2* for the specific proposed locations of the trees.



Healing Grove Plan In Memorial Park

- A. Cherry – Symbol of awaking and rebirth of the spirit
- B. River Birch – Symbol of new beginnings and cleansing of past sorrows
- C. Holly – Symbol of overcoming anger and hurt
- D. Witch Hazel – Symbol of cleansing and healing powers
- E. Bald Cypress – Symbol of the role of sacrifice in all our lives
- F. Existing trees

NOTE: The number following the letter designator for each tree indicates the order of planting.

**Healing Grove
Mental Health America**

Fredericksburg Memorial Park

Planting Year	Tree	Symbolism	Location (Facing into the Grove)
1	Yoshino Cherry	Awaking and rebirth of the spirit	Behind new bench
2	River Birch	New beginnings and cleansing of past sorrows	Behind old bench
3	Yoshino Cherry	Awaking and rebirth of the spirit	To the right of old bench
4	River Birch	New beginnings and cleansing of past sorrows	Behind new bench & Yoshino
5	Bald Cypress	The role of sacrifice in all of our lives	Between 2 River Birch
6	American Holly	Overcoming anger and hurt	To the right of the river birch
7	Yoshino Cherry	Awaking and rebirth of the spirit	To the left of the new bench
8	Witch Hazel	Cleansing of the soul and healing powers	In front of Bald Cypress