

# National Tree Day

  
**grow**  
MORE  
JUST ADD NATURE

  
national  
tree day  
PLANET ARK TOYOTA  
1300 88 5000  
#nationaltreeday

treeday.planetark.org

## What is National Tree Day?

National Tree Day is an annual community tree planting event in Australia organised by Planet Ark in partnership with Toyota to encourage a nationwide volunteer nature care initiative. The 2016 National Tree Day will be held on Sunday 31<sup>st</sup> July, however schools are encouraged to participate on Friday 29<sup>th</sup> July.

## Beyond the teenage years....

National Tree Day has been reconnecting nature and the community for 20 years and has involved 3.8 million people and 22.3 million trees and plants.

## and the key to happiness....

Not only does National Tree Day benefit the environment and our local communities, but it also makes you HAPPY! New research undertaken by Planet Ark identified that nature has the ability to influence happiness as it has direct effects on the brain and reduces the body's response to stress.

*"Nature contact is the true elixir of happiness"* says Dr Mardie Townsend, of Deakin University.



*"Spending time outside and in nature is a free and easy way to increase happiness and wellbeing, and incorporating this into the lives of Australian children now could help address the current path that we are on to creating the unhappy generation."*

3.8 million Volunteers  
22.3 million Trees & Plants



## So why Trees?

We don't need to preach to the converted but here are some cool facts about trees to remind you why they are so important:

- Over 120 natural remedies from the rainforest can be used as medicines
- Healthy forests absorb all those nasty greenhouse gases and carbon emissions we create through living our modern day lives

And sadly 80% of the world's forests have already been destroyed.

### Fun Fact

The average Australian produces  
**7.7 tonnes of carbon/year.**

To offset this they would need to  
**plant at least 24 eucalyptus trees and  
nurture them to a circumference of 1m.**

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## Sign me up I hear you say!

You can get involved in National Tree Day by logging in to <http://treeday.planetark.org/find-a-site/> and searching for a community planting event near you.

Alternatively, the following events are taking place near KMH offices:

### Chatswood Office

**Date:** Sunday 31<sup>st</sup> July  
**Time:** 10:00am to 2:00pm  
**Location:** Bicentennial Reserve  
Small Street, Willoughby

This location is important as an urban renewal conservation project. We are aiming to regenerate the area and increase biodiversity. This is a chance to join with your local community to take part in a conservation project and learn about native flora and fauna.

### Newcastle Office

**Date:** Sunday 31<sup>st</sup> July  
**Time:** 9:00am to 1:00pm  
**Location:** Stevenson Park  
Gregson Avenue, Mayfield West

This project will revegetate approximately 300 square metres of the south-eastern section of Stevenson Park with native groundcovers, shrubs and tree species. This project aims to increase public amenity, add to the city of Newcastle's urban forest canopy cover and create a pocket of habitat for native fauna.

## Don't forget SAFETY FIRST!

Please wear appropriate clothing (hat, covered shoes, long sleeved shirt and long pants) and bring drinking water and appropriate sun protection.

You know what to do. Do it. 



ARPANSA 2016

If you can't make it to a community planting event why not hold one in your own backyard with your family or get involved by making a donation to Plant a Tree with the Australian Koala Foundation (<https://www.savethekoala.com/plant-a-tree/plant-form>).



## References

Planet Ark 2016, 'tree day', [ONLINE] Available at: <http://treeday.planetark.org/>

One Tree Planted 2016, 'tree facts', [ONLINE] Available at: <http://onetreepanted.org/pages/tree-facts>

ABC Science 2016, 'what should I plant to balance my carbon footprint', [ONLINE] Available at: <http://www.abc.net.au/science/articles/2008/07/23/2312164.htm>

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ARPANSA 2016, 'sun exposure and health', [ONLINE] Available at: [http://www.arpansa.gov.au/radiationprotection/factsheets/is\\_sunexposure.cfm](http://www.arpansa.gov.au/radiationprotection/factsheets/is_sunexposure.cfm)