



NCVMA

North Carolina Vegetation Management Association

Fall 2015



Fellow Members,

As I write this, it seems that fall is finally upon us and after a long dry summer we're finally getting some rain and monitoring the movement of our first significant hurricane of the season.

Since our last newsletter, the board has been diligently working in preparation for our upcoming 20th Annual Symposium and I'm pleased to announce we have a full agenda with a lot of interesting and informative topics and as always we encourage you to submit your articles and speaker suggestions throughout the year.

One particular topic that is receiving plenty of attention is the Clean Water Act's definition of "Waters of the U.S."

There has been a lot of concern, as to the possible impacts, and the overly broad and far reaching interpretation of this rule could have for our industry. So I'm looking forward to getting the latest news on this matter.

On behalf of the board, I would like to thank all of you for your continuing support and I look forward to seeing everyone in Greensboro.

Sincerely,

Steve McCorkle, President

NCVMA members are encouraged to send articles or other information that would be of interest to the NCVMA membership. Articles will be considered for publication in the Newsletter by the NCVMA Board of Directors. The Newsletter will be posted on the NCVMA website twice per year: 1) A spring issue prior to the NCVMA field day; and, 2) A fall issue, prior to the NCVMA Annual Meeting.

Articles should be sent via email in MS Word format to the Newsletter Editor. www.ncveg.com

Editor: Roxie Lee, utawgroup@att.net

Come Join Us!**Annual NCVMA Symposium****December 9-10, 2015**

Symposium Registration Site

<http://www.cvent.com/d/mfqnm>

**Koury Convention Center
Sheraton Greensboro at Four Seasons
3121 High Point Road
Greensboro, North Carolina 27407
Phone - 336-292-9161**

Come join us on December 9th @ our annual fight against cancer fundraiser at NCVMA. CWC, Inc. & Asplundh Tree are sponsoring Casino Night to help the fight against specifically childhood cancer and in general cancers of all kinds.



"Don't Give Up . . . Don't Ever Give Up!"[®]

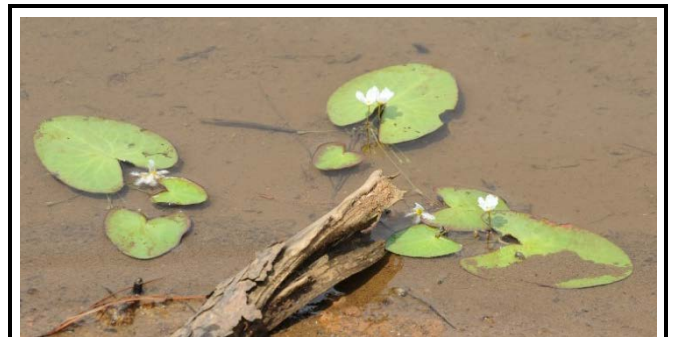
The VIP Column (Vegetation Mgt. Information for the Professional)

Bridget Lassiter, PhD

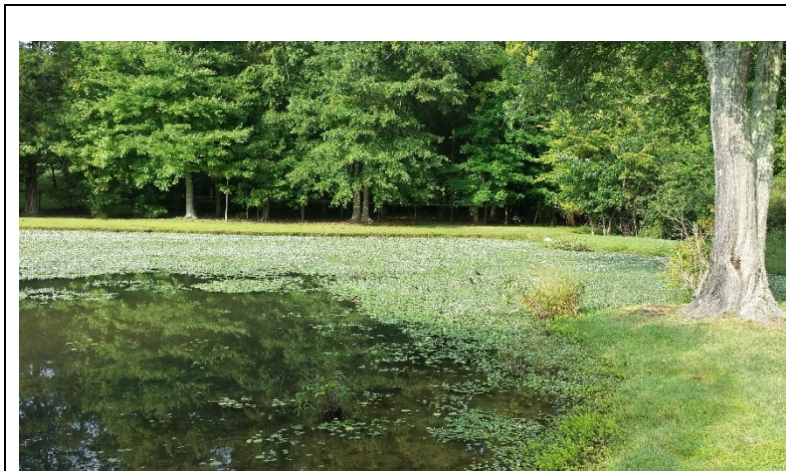
North Carolina Department of Agriculture & Consumer Services

Although most of you work with terrestrial weeds, I want to focus on a couple of aquatic weeds in this article. While you are out doing field work, keep an eye on those farm ponds and lakes!

Floating Heart is a group of three invasive plants that were classified as Class A noxious weeds in NC several years ago. Crested floating heart (*Nymphoides cristata*) is an exotic invasive plant, native to Asia. In 2014 an infestation was reported to the NCDA&CS, and herbicide treatments were made by NCSU Crop Science employees. We made a follow-up visit to the site this summer. The pond is located in Burlington, NC and is privately owned. It is believed that the plant was accidentally brought in by one of the homeowners - either purchased from a nursery or as a wild-collected sample from a waterway in South Carolina. In just two years, it had spread across the whole pond. Several herbicide treatments were made in 2014, and 2015. It is estimated that the infestation is 90% under control at this time. In the photo above, please note that the plant is growing and flowering in less than an inch of water. In fact, we saw plants growing in silt-only locations well above the water line of the pond. Please keep an eye out for this beautiful, but dangerous plant! We hope to keep the infestation out of NC for as long as possible; but this plant is causing a great deal of damage in the Santee Cooper Watershed in South Carolina.



Crested Floating Heart (*Nymphoides cristata*) is a Class A Noxious weed in NC.



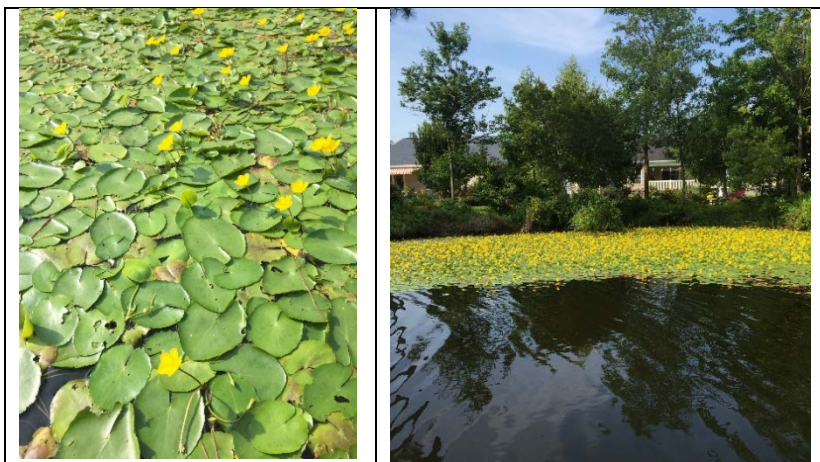
“Before” photo of Untreated Pond, infested with Crested Floating Heart. June 2014. Photo courtesy of Rob Richardson, NCSU Crop Science.

“After” photo of Pond infested with Crested Floating Heart. At least 5 herbicide treatments have been applied. July 2015.

A close relative is Yellow Floating Heart (*Nymphoides peltata*). Several locations have been reported in NC over the years. Just this month, we have received two tips from cooperators of infestations on either ends of the state. The first infestation in Henderson County was discovered by Duke Energy Employees as well as the Wildlife Resources Commission during their annual inspections. Luckily, the infestation was discovered early and the plants were easily controlled. Duke Energy Employees were able to meet with members of the Homeowners Association on the Lake, and they coordinated a work day. All of the plants were removed by hand and disposed of off-site.



Members of an HOA work to remove Yellow Floating Heart from a lake near their home in Henderson County, NC. October 2015. Photo courtesy of Ken Manuel, Duke Energy.



An infestation of Yellow Floating Heart located in New Bern, NC. This infestation will take several herbicide applications to control.

The second infestation of Yellow Floating Heart is older, and will take more work to eradicate. The infestation is located in a private pond in New Bern, NC. A golf course superintendent is working with homeowners who live on the pond to arrange for treatment. This infestation will take several years to eradicate, and is a good reminder that the longer we let invasives grow, the more time, energy and money it will take for complete eradication.

Please remember that I am always available for weed questions. If you think that you know of a State or Federal Noxious Weed population that has not previously been documented by NCDA&CS staff, don't hesitate to contact me at bridget.lassiter@ncagr.gov or (919) 280-0841. Have a great Fall and Holiday Season!

Drop Zone Management and Injury Prevention

**Submitted by
Gordon Spaugh – Carolina Tree Care**



Caption: Justin Miclette and Donald White demonstrate proper communication and drop zone identification.

As we all know, struck-by injuries are one of the greatest hazards faced by arborists. In 2012, roughly 35% of the fatalities in our industry were credited to stuck-by injuries. What can we do to minimize this risk?

Let's start with communication. Effective communication between the trimmer and designated ground policeman is critical in managing the drop zone and preventing injuries. The trimmer's verbal command "Stand Clear" followed by the "All Clear" response from the ground policeman confirms the drop zone is clear and trimming can begin.

Hand signals such as a thumbs up and eye contact add to the effectiveness of this verbal communication. It is important to remember that the use of a ground policeman does not eliminate the requirement to communicate the "Stand Clear...All Clear" commands. The "Stand Clear" request must be made to the ground policeman every time the trimmer starts working. If at any time the trimmer stops working, the "Stand Clear" request needs to be communicated, followed by an "All Clear" response from the ground policeman before trimming resumes.

Clearly marking the drop zone and staying out of the drop zone is another key to preventing struck-by injuries. Having a well-defined drop zone helps to ensure that our employees and the general public are aware of the dangers above and maintain a safe distance. Cones, signs and or other warning devices should be used to identify the drop zone. Special attention is needed for easy access points such as sidewalks and entrances to homes to prohibit unauthorized entry. During tree trimming and sectional removals, the ground workers shall be at least one tree length away from the base of the tree. When felling a tree, workers other than the saw operator shall be at least 1.5 tree lengths away from the base of the tree.

Through good communication and drop zone establishment, we can avoid struck-by injuries and go home from work safely each day. All associates are encouraged to hold each other accountable to following these important safety practices.

Pesticide Storage

Storage, Safety and Security

Compiled by Dr. Wayne Buhler, EPA

Secure the building and storage site. Only you and your authorized employees should have access to the storage area. Keep the storage unit locked at all times, except when it is under the direct supervision of a person authorized for entry. For extra security, install a fence around the storage area and lock the gate. Consider installing security lighting and an alarm system.



Basic Safety Guidelines:

- Never let anyone eat, drink, or smoke in the storage facility.
- Store pesticides in their original, labeled containers. Never store pesticides in milk jugs, soft drink bottles, fruit jars, or medicine bottles.
- Do not store pesticides with or near food, medicine, cleaning supplies, fertilizers, seed, or animal feed.
- Do not keep gasoline, kerosene, or other combustible materials with the pesticides.
- Make sure pesticides are not kept near operations which present a fire hazard, such as burning and welding.
- Do not leave any pesticide container in full sun or next to a heater.
- Store pesticides on metal shelves with a lip or on wood shelves covered with plastic or chemically-resistant epoxy paint. Leak-proof plastic trays on shelves work well. Do not store pesticides on the floor. Use pallets under large containers/bags.
- Keep the storage area neat and clean at all times. Keep the area free of debris such as waste paper, rags, or used cardboard boxes, which may provide an ignition source. Clean up any spills immediately.
- Store dry formulations on the highest shelves. Store liquids and glass containers on the lowest level. This will prevent contamination in case a liquid container leaks.

Warning/Emergency response signs. Place signs indicating "Danger Pesticides- Keep Out- No Smoking" at all storage entries. Consider posting signs in Spanish as well as English. Some state laws require additional signage indicating who is responsible for the pesticide storage and who to call for emergencies. This type of sign should have at least two emergency phone numbers - the owner should not be the sole contact in an accident. The National Fire Protection Association (NFPA) 704 standard provides a way to communicate the potential hazards of storing hazardous chemicals through the posting of a diamond shape or square-on-point shape sign. The sign addresses the health, flammability, instability and related hazards associated with short-term exposures that are most likely to occur as a result of fire, spill, or similar emergency.

The 704 standard is applicable to industrial, commercial, and institutional facilities that manufacture, handle, or store hazardous materials. For more details on this standard, refer to the following Web site: <http://www.nfpa.org/faq.asp?categoryID=928>.

Inventory. Keep an up-to-date written inventory of all stored pesticides, and save a copy in a place away from the storage area. Some states require that this inventory list be updated annually and sent to the local fire department (see **Plan for Emergencies**). The inventory is very useful in a fire and flood emergency, in settling insurance claims, and in estimating future pesticide needs.

Separation. Read the label or MSDS to find out whether a product interacts with other materials and should be stored separately.



Three Things You Can Do with a Tree Growth Regulator Besides Regulate Growth:

Brandon Gallagher Watson

Rainbow Treecare Scientific Advancements



On a hot day in late summer, an observant city forester noticed something different between two groups of linden trees planted along opposite sides of the street. The lindens growing along one side were showing the typical symptoms of late-season drought: yellowish-green colored leaves, scorched edges, and an overall wilt-y appearance. Along the opposite side of the street, the linden trees were growing under utility lines and generally looked pretty good. While the leaves appeared slightly smaller, they were still green, darker green, in fact, than would be expected, and they had no scorched

edges. Despite the same difficult growing conditions as the trees across the way, why were trees on this side of street thriving while the others suffered?

Curious, the forester looked into the history of the site and learned the trees growing under the power lines had been treated with the tree growth regulator Cambistat. The product had been used to minimize the rate at which pruned trees would grow back into utility lines. While this would account for the smaller leaves he observed, it didn't seem to account for these tree's ability to better withstand the stressful growing environment of this street scape.

This serendipitous observation would eventually lead to scores of research trials over several years that would show tree growth regulators were doing much more in trees than just reducing growth.

The study and use of plant growth regulators began with agricultural crops in the 1930's. Broadly defined, a growth regulator is simply any chemical used to alter the growth of a plant or a part of the plant. While one could technically argue water and nutrients are chemicals that alter the growth of plants, growth regulators more specifically work with plant hormones to achieve their result. There are growth regulators that can stimulate accelerated growth by promoting the formation of auxins, ones that can decrease fruit production by affecting the formation of cytokinins, and ones that can ripen fruit by increasing ethylene. The growth regulator mentioned earlier, paclobutrazol, decreases vegetative growth by inhibiting the formation of gibberellins, which are the group of hormones responsible for cell elongation. When applied to, say, a tree under a power line that had just been trimmed, these treatments can reduce the length of regrowth the tree would naturally respond with. The tree still produces the same number of cells, only those cells do not stretch out as far. Over a three year period, treated trees grow at a rate 40-70% less than the growth rate of the untreated trees. So, how does a product that is known to reduce cell elongation result in trees being seemingly more drought and stress tolerant? That answer would come through research aimed at better understanding the secondary effects growth regulation was having on trees. Trees produce their energy by photosynthesis, which takes place in the leaves. Thus, it should follow that smaller leaves should result in lower photosynthesis rate and less energy. However, research was showing trees treated with gibberellic acid inhibitors were producing the same amount of energy as untreated trees. As it turns out, gibberellic acid is made from some of the same base compounds as chlorophyll. Thus, reducing gibberellic acid formation results in an increase in chlorophyll production. This accounts for the trees photosynthesizing at the same rate despite smaller leaves. It also accounts for the darker green appearance trees treated with paclobutrazol display. Which leads us to our first "Things You Can Do with a Growth Regulator Besides Regulate Growth" -- greener leaves.



Untreated Oak Leaves



Treated Oak Leaves



One of the uses our tree care company has found for growth regulators, such as paclobutrazol (Cambistat) is for greening up trees suffering from mild chlorosis. Chlorosis is a condition where a plant cannot properly manufacture chlorophyll. It can be related to micro-nutrient deficiencies, poor soil habitats, or other factors that can affect a plant's ability to thrive. While growth regulators have no nutrient value, we have observed trees go from a pale green color to a richer green simply through an application of paclobutrazol. Chlorosis resulting from nutrient deficiencies can be corrected in two ways: provide the plant with the nutrient (like when we inject soluble iron into a tree suffering from a lack of iron) or by improving the tree's ability to obtain nutrients from the soil. It appears that growth regulation is doing two things that can help with chlorosis management: increase chlorophyll production resulting from the decrease in gibberellic acid production, as well as help the tree better mine nutrients from the soil. This leads to our second "Things You Can Do with a Growth Regulator Besides Regulate Growth"-- improve root systems.

As we discussed earlier, trees treated with growth regulators produce an equal amount of energy as untreated trees, but where they put that energy differs. Think of energy like funds in your bank accounts, the more you allocate to one account, the less you have to allocate to another. With plants, the less energy they are spending on vegetative growth, the more they have to allocate to other resources such as defense compounds, reproductive structures like flowers, carbohydrate storage, and fibrous root growth. This last one, root growth, has myriad uses in tree care. Arborists will often employ these treatments on trees that will be enduring root damage during an upcoming construction project as a means of pre-stress conditioning. They are also utilized after root loss or damage has occurred to encourage the tree to form new roots. It has been shown they can help trees adapt to poor soil conditions better. However, it should be noted that these treatments will not help roots grow in compacted, cement-like soils. Success rates go up significantly when these treatments are combined with physical remediation such as Air-spade work or vertical mulching. Basically, if you can improve the soil conditions for roots, a growth regulator can encourage roots to grow into it.

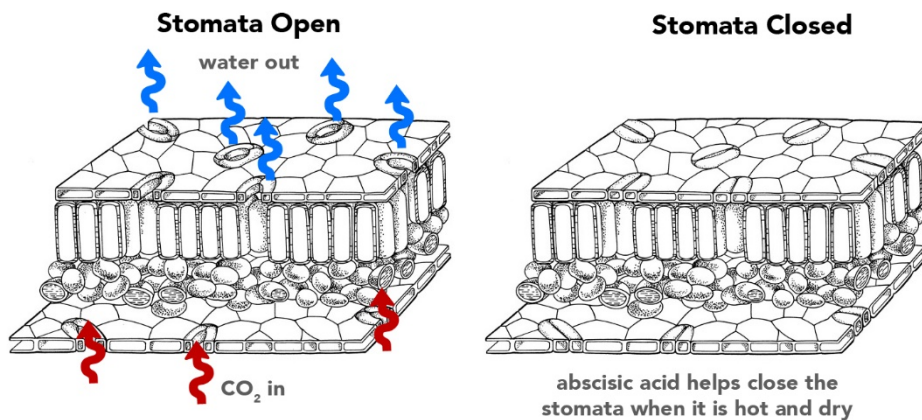


**Root Development in a Small
Hardwood Untreated**



**Root Development in a Small
Hardwood Treated**

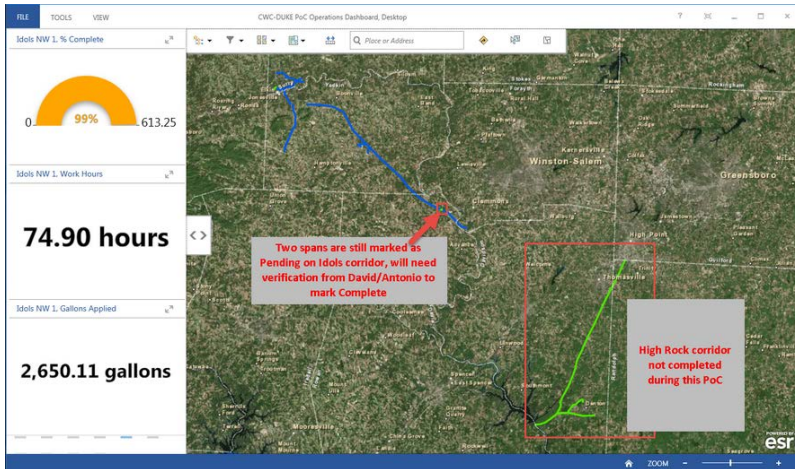
The forester who noticed growth regulated trees were looking better come late summer stumbled upon our third “Thing You Can Do with a Growth Regulator Besides Regulate Growth’: increase drought tolerance. As we have discussed in previous articles on drought and trees, plants respond to drought by utilizing abscisic acid to close their stomata and reduce water loss. It turns out, just like we saw with chlorophyll, that gibberellic acid is made from some of the same base compounds as other plant hormones like abscisic acid. So by reducing the amount of gibberellic acid the tree is producing we are increasing the amount of abscisic acid. This slower growing tree will be putting more energy into root production than shoot production, and with the increased abscisic acid, it can be more responsive to urban tree stress conditions. These treatments also trigger changes in leaf morphology, such as a thicker waxy cuticle layer and increased trichomes – the leaf hairs that help protect the stomata. While nothing will help a tree through drought times better than water, growth regulators represent one of a small number of tools arborists have to help trees along when it’s dry.



Fifty years ago when these products were first being developed no one could have envisioned all the ways they would be used to benefit trees. Growth regulators are a good example of where astute observation, lab and field research, and innovative arborists intersect to forward the science and practice of tree care.

New research is leading to new uses for growth regulators with insect and disease management, as well as extending the service life of urban trees. It’s a good reminder to stay observant of our management actions and to always be curious about the results you are seeing, because you never know where arboriculture’s next breakthrough is coming from.





In the illustration above, the widgets on the left depict percent complete, hours worked, and gallons applied. The progress of work is tracked in the map with visibility into pending work and completed work.

Taking Control -- One Utility's Alternative Approach to Tracking Herbicide Application

There are many ways to manage vegetation growth inside and along the transmission right-of-way (ROW) and utilities are constantly looking for ways to improve the process.

Before the recent herbicide spraying season, one major utility in the Southeast began looking at tracking right-of-way conditions to assist in reducing brush density with the goal of improving outcomes and reducing total herbicide use over the long term. They chose to conduct a LiDAR survey on a handful of transmission corridors to calculate the height and density of brush in and along the transmission corridor. An Austin-based firm, McKim and Creed,

participated in collecting and analyzing LiDAR data that was used to model brush inside the transmission ROW. Using GIS software, McKim and Creed then created polygons for each span containing brush height and density data, which could be overlaid with asset, land and imagery layers within a mapping software tool.

With digital span polygons and brush areas from the LiDAR analysis in development, the team began looking ahead at how best to execute the spray work in these corridors. Printing maps with this information was feasible but came with many of the common limitations in working with paper maps and records. With paper, trying to calculate the amount of chemical mix used and creating a daily report is cumbersome and fraught with the potential for errors. Spot checking work is difficult because the herbicide crews move rapidly through the service territory. And addressing customer refusals and work exceptions is extremely challenging because paper maps containing this information from the spray crews often don't reach the utility until after the work is completed and the crews have moved to other areas.

To address these limitations of paper maps and work reports, CWC Chemical recommended using mobile spray tracking software that was recently used by a nearby utility. CWC and Clearion Software set up a proof of concept to load the transmission line information, the polygons from the work plans (brush density and height), and the utility background asset data and imagery into a mobile mapping software that would permit the spray crews to view the data and create electronic work records. The herbicide applicator vendor, Superior Forestry, agreed to try the Spray Tracker software, provided it was simple to use and didn't slow down their crews.

The Superior Forestry spray crew received a GPS-enabled Windows Surface Pro 3 tablet loaded with a digital map of the span and brush polygons, aerial imagery, roads and land layers, and the utility access routes layer. After a day and a half of in-field training, the crew leader began recording work progress in the mapping system, documenting the mix type applied, the number of hours worked in each span, the date and time of work, the herbicide drum number and any refusals or exceptions. Initially, crews recorded gallons applied by chemical mix and application method at each span polygon but later decided to record gallons applied at the end of each day to speed up the process.

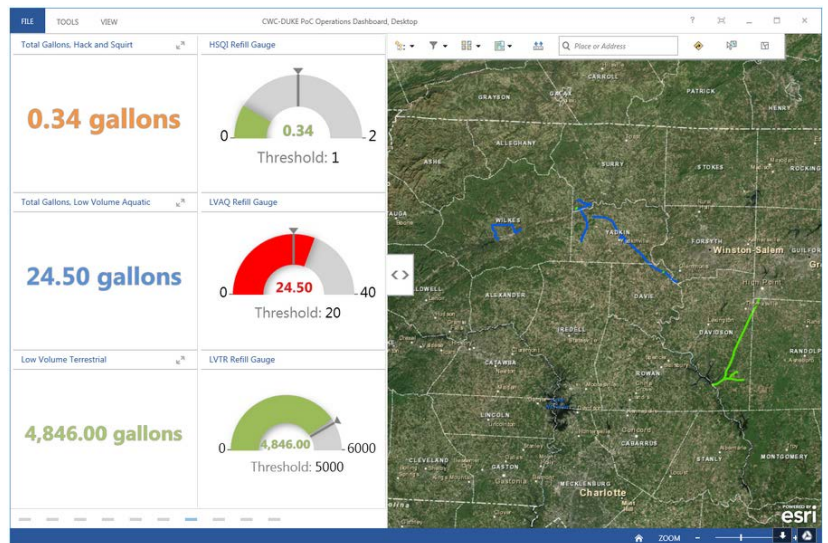
Throughout the day, the crew leader reviewed the work he had recorded and then synchronized the data to a secure server managed by Clearion. Each time the crew leader clicked the Sync button, the information was instantly available on the server.

Clearion also configured a web portal that provided real-time access to the work that the crews posted throughout the day. Both CWC and the utility management received logins to the portal and could monitor work progress, herbicide consumption, and customer refusals in a map with a summary of gallons and acres in an operations dashboard. Having visibility into the daily crew activity streamlined the herbicide tracking and reporting process. The utility was able to track the 'refusals' and quickly send a forester to the land owner's property to get permission while crews were still in the area. This isn't possible with a paper process where it takes weeks to receive the customer refusal report.

Overall, the following results and benefits were realized:

- The design has to be simple and easy to use by the crew leader so the process doesn't hinder crew productivity.
- The digital map / mobile tool includes valuable information like polygons depicting brush density, aerial imagery, and access points that aren't available on paper maps.
- Crews were able to record gallons applied by chemical mix and application method (hack and squirt, aquatic, and terrestrial) based on brush density (from LiDAR project).
- The tool enforces consistency / standardization; digital notes are more legible than hand written notes.
- The applicator has the ability to generate a report and compare completed work to totals, improving time to invoice.
- The operations dashboard allows utilities to track and locate crews in near real time for field visits -- not possible with the paper system.
- The utility is able to spot check, review skips, investigate customer refusals and other notes from the crews in near real time. The utility can connect with landowners, resolving issues while crews are still in the area.
- The utility has an electronic chain of custody record for herbicide that can be archived and available for future reference to better manage brush control by comparing results of chemical mix and application methods.

In the illustration, the widgets on the left depict gallons applied by application method as well as a refill gauge with the remaining volume of mix, indicating time to reorder.



The Industry leaders that teamed for this proof of concept include a Southern Utility Co., CWC Chemical, Clearion Software, McKim & Creed, and Superior Forestry.



**FOR IMMEDIATE RELEASE
THURSDAY, SEPT. 10, 2015**

*Phillip Wilson, plant pest administrator
NCDA&CS Plant Industry Division
919-707-3753*

Entire state now under quarantine for emerald ash borer

RALEIGH – Agriculture Commissioner Steve Troxler signed an emergency order today expanding the quarantine for emerald ash borer to include the entire state, following the discovery of borers in several more counties across the state.

“We have surveyed the state to see if we could find evidence of this highly destructive pest in previously undetected counties,” said Agriculture Commissioner Steve Troxler. “Our staff has now turned up evidence of emerald ash borers in the central, eastern and western parts of the state, including areas near the borders with Virginia, Tennessee and South Carolina.”

The quarantine allows for the in-state movement of hardwood firewood and plants and plant parts of the ash tree, including living, dead, cut or fallen, green lumber, stumps, roots, branches and composted and uncomposted chips. However, movement of these items outside the state into non-quarantined areas would be prohibited. Firewood that has been treated, certified and labeled in accordance with federal regulations can be moved outside the quarantine area.

North Carolina becomes the 15th state in the country with a statewide quarantine. The beetle was first detected in the United States in Michigan in 2002. It is responsible for the death or decline of tens of millions of ash trees across the country.

“This is a devastating pest to ash trees, eventually killing the trees where the insects are found,” Troxler said. “We are not surprised to find more infestations in the state, particularly along the borders with Tennessee and Virginia, two states where borers have previously been found. Virginia also has a statewide quarantine in effect, and Tennessee has quarantines in nearly half of its 95 counties.”

The Plant Industry Division and the N.C. Forest Service are working in cooperation with the U.S. Department of Agriculture’s Animal and Plant Health Inspection Service. Contact the USDA State Plant Health Director for more information on federal quarantine regulations and firewood certification at 919-855-7600.

Symptoms of emerald ash borer in ash trees include a general decline in the appearance of the tree, such as thinning from the top down and loss of leaves. Clumps of shoots, also known as epicormic sprouts, emerging from the trunk of the tree and increased woodpecker activity are other symptoms. The emerald ash borer is not the only pest that can cause these.

Emerald ash borers overwinter as larvae. The adult beetle is one-fourth to a half-inch long and is slender and metallic green. When the adults emerge from a tree, they leave behind a D-shaped exit hole. The larvae can also create serpentine tunneling marks, known as feeding galleries, which are found under the bark of the infested trees.

Home and landowners are encouraged to report any symptomatic activity in ash trees to the NCDA&CS Plant Industry Division hotline at 1-800-206-9333 or by email at newpest@ncagr.gov, or by contacting their local N.C. Forest Service County Ranger. To find your county ranger, go to http://ncforestservice.gov/contacts/contacts_main.htm. Rangers can also suggest treatment options for homeowners.

The pest can affect any of the four types of ash trees grown in the state.

Pollinator Protection

NCDOT Pollinator Habitats



The pollinator habitat effort is an extension of the popular NCDOT Wildflower Program focusing on sustaining the state's strong agribusiness community. The NCDOT Roadside Environmental Unit is establishing pollinator habitats across the state. By utilizing land along the right-of-way to plant specific species of flowers, NCDOT is able to provide habitats for the dwindling pollinator population and enhance the traveling experience.

Starting in April, crews will seed for beds of pollinator friendly and visually appealing plants. The roadside effort will utilize the same planting techniques, equipment and agronomic protocols associated with the Wildflower Program.

NCDOT will plant hybrid sunflowers and canola with the objective to work in partnership with industry leaders to make the pollinator habitat project self-sustaining. These are extremely pollinator friendly species and popular with the traveling public.

Pollinators are crucial to the success of North Carolina's \$78 billion agricultural economy. Up to a third of the food that we eat can be directly attributed to the work of pollinators. According to the USDA-NRCS, habitat loss, disease and environmental changes have contributed to the decline of pollinators. The best way to reverse this is a multi-step approach to support pollinators by expanding and protecting habitats.

NCDOT partnered with the N.C. Department of Agriculture and Consumer Services to make 2015 the "Year of the Pollinator." In addition, sponsors are joining in the effort. Bayer CropScience has pledged \$150,000 to NCDOT to establish these pollinator habitats along state roadways and the Bayer CropScience's Bee Care Program will monitor the roadside plantings to determine the diversity of pollinator species that forage and collect pollen.



Keeping Your Body Fit

Jacqui Shive of Jacqui Shive Wellness



Do you like what your body can do for you? Do you enjoy the range of movements you can make and the strength you have? Would you like to keep it that way as you grow older? Your 40's? Your 50's? 60's and beyond??? YES! Then you must start taking care of your body now while things are working the way you would like them to. Don't wait until you've hurt yourself or until you realize that you are having a hard time "bouncing back" to the way you used to be. And regardless of what stage you are in your life, NOW is the time to start and here's how...

Properly warm up your body BEFORE you start physical labor.

STEP 1: Think about where you are feeling tight in your body and try to stretch and open those areas. Start with small and easy movements first and then you can gradually make them larger.

STEP 2: Think about the movements you will be doing during the specific job, especially the movements you will do repeatedly. Simply do the opposite movement before you start. Hold for 15 to 30 seconds. For example, if you know you will be pulling heavy equipment towards you, before you start, straighten your arms out to the sides and a little behind you, rotating your wrists, opening your forearms, biceps, and chest.

Take a moment to stretch during and after the job.

STEP 1: If you begin to feel muscles getting tight while you are working, take a moment to stretch and open those muscles just as you did at the start of your job. It will only take a few seconds and it may give your body the relief it needs to prevent an injury later on.

STEP 2: After finishing a job, take a moment and think about where you feel tight and sore. Just like you did before the job, take 15 to 30 seconds to stretch those muscles and open up any tight areas.

Stretch at home after work.

STEP 1: Once you are home, showered, and have a fully belly, hopefully you will have time to sit and relax a little. After a little while you may start to notice areas in your body that feel tight and sore. Take time, just as you did before, to move, stretch, and open these areas.

STEP 2: When you wake up in the morning, once again, notice any tight areas and take the time to stretch in a way that feels good to you.

BOTTOM LINE: Listen to your body and work WITH it instead of against it. Your body can only “bounce back” so many times before it’s had enough. Injuries that last a lifetime are often those that happen slowly from not taking the time to reverse the day-to-day strains we put on our bodies. Don’t wait until you are hurt or injured to take action. Do it NOW with a healthy and strong body so you can KEEP it healthy and strong. Some companies provide stretch and strengthen routines that are created specifically for the day-to-day movements required for your specific job. If you are lucky enough to have one of these programs offered to you at your work, take advantage of it! In 20 years you will be happy that you did. www.jacquishivewellness.com

Calendar of Events

Southern Chapter ISA

Upcoming Workshops and Meetings

October 20 - 23, 2015 - ElectroCities of North Carolina will host a "Line Clearing/Tree Trimming School" at the North Carolina Army National Guard (345 Hartness Rd. Statesville, NC). This school is designed to enhance the attendee's knowledge of the following topics: OSHA regulations on line clearing, ANSI standards, tree top rescue, personal protective equipment, chain saw and pole circular saw safety, minimum approach distances, knot tying, removing limbs hanging over single and three-phase conductors and trimming around energized conductors. Contact [Michael Byrd](#) at (919) 760-6297 for more information.

October 22 & 23, 2015 - Duke Gardens will host "Branching Out in the South:Pruning and Garden History Workshops," sponsored by the North American Japanese Garden Association at the Sarah P.Duke Gardens, Culberson Asiatic Arboretum in Durham, North Carolina. Contact [Jan Little](#) at (919) 668-5309

December 9 & 10, 2015 - The North Carolina Cooperative Extension will host an "Annual ISA Certification Review and Exam" at the Sheraton Greensboro at Four Seasons (3121 Gate City Blvd., Greensboro, NC). All speakers will be doing a review of the chapters and expanding upon that information. Contact [Karen C. Neill](#) at (336) 641-2400 for more information.

Trees SC

October 29 & 30, 2015 - Trees SC will host the "Trees SC Annual Conference: It Takes a Village: Partners in the Community Forest" at Tides Folly Beach (1 Center St, Folly Beach, SC). Contact [Karen Hauck](#) at (843) 814-4620 for more information.

SCVMA

January 6 & 7, 2016!

Wild Dunes Resort on the Isle of Palm, SC

2016 GVMA CONFERENCE

April 6-8, 2016

The Classic Center / Athens, GA

Georgia Vegetation Management Association

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NCVMA
PO Box 26784
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NCVMA could use a few good women and men to serve on the board of directors.

Please contact an Officer or Board member with any questions that you may have or any input that you can provide regarding all NCVMA activities and programs.

NCVMA

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