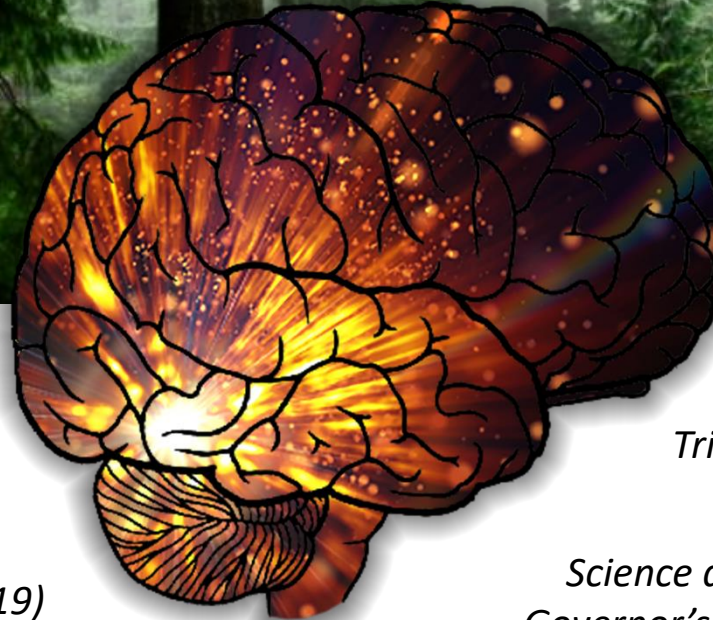


# ***The Old-Growth Forest Network: “Urban Wilds” in Hartford***

***Hartford Tree Commission  
Sept 7, 2022***

**Susan A. Masino, Ph.D.**

***Professor of Applied Science, Trinity College  
Charles Bullard Fellowship in Forest Research  
Harvard Forest/Harvard Medical School (2018-2019)***



***Tri-Chair***

***“Place” subcommittee  
Trinity College Bicentennial***

***Co-Chair, Phase 1***

***Science and Technology Working Group  
Governor’s Council on Climate Change (GC3)***

*Old Growth Forest Network*

*“Urban Wilds”*

*Ten Mile Woods & Olmsted200*





OLD-GROWTH FOREST NETWORK

[ABOUT](#) [FORESTS](#) [GET INVOLVED](#) [RESOURCES](#) [f](#) [@](#) [Q](#)

[DONATE](#)

OUR MISSION

Creating a national  
network of protected  
old-growth forests.

*Founded by Dr. Joan Maloof, Ecologist and Executive Director*

# Old Growth Forest Network:

[www.oldgrowthforest.net](http://www.oldgrowthforest.net)

## Connecticut County Coordinators:

### Hartford County

- Susan Masino
- Ryan Barry

### Tolland County

- Rod Parlee

### Windham County

- Jack Ruddat

### New London County

- Gary Gregory

### Middlesex County

- Richard Barrett-Bates

### New Haven County

- Sean Weir
- Grace Arpie

### Fairfield County

- Dan Levine
- Kitsey Snow
- Courtney Huggins
- Grace Arpie

### Litchfield County

- Harry White

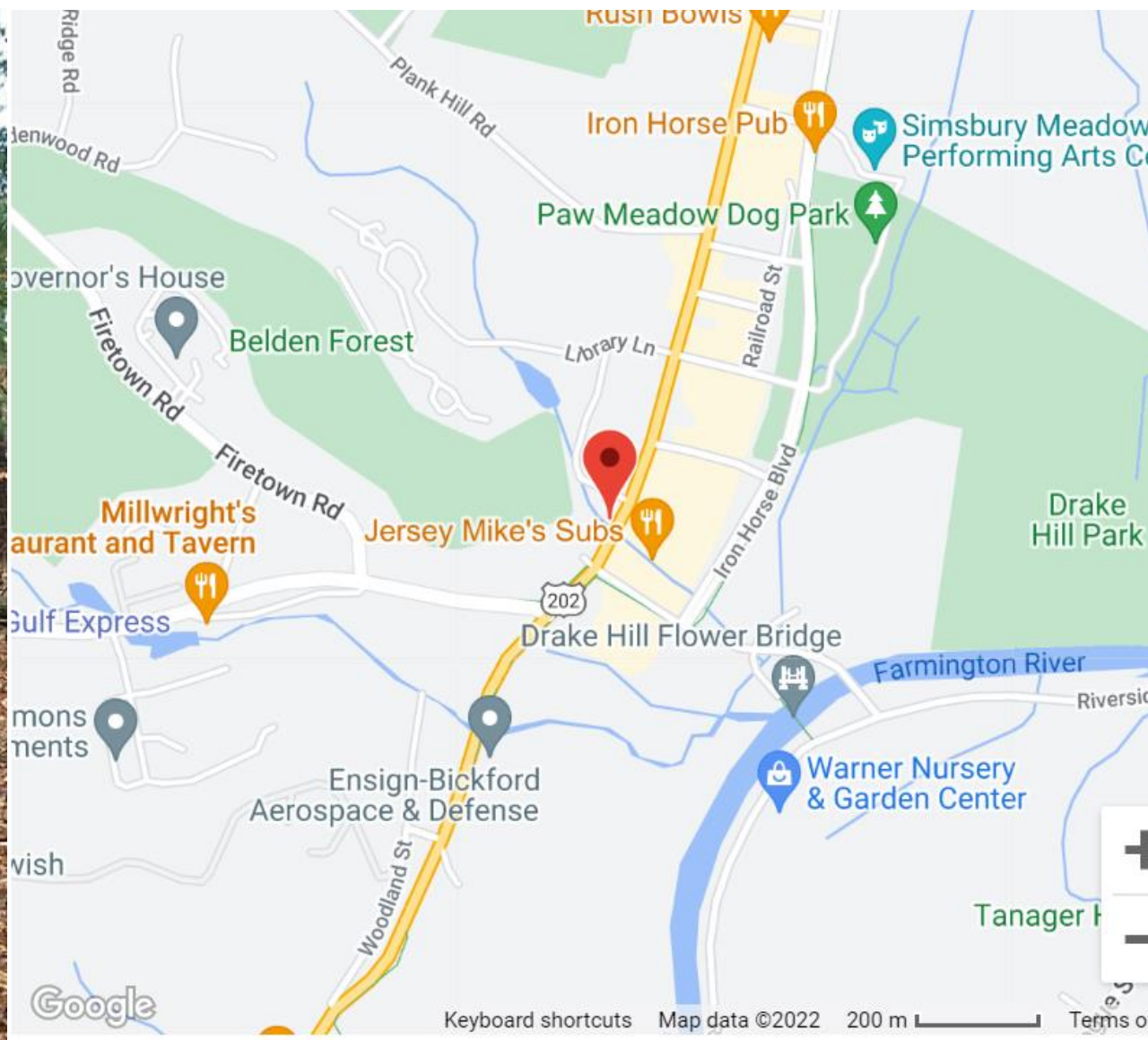
# Old-Growth Forest Network:

[www.oldgrowthforest.net](http://www.oldgrowthforest.net)

The Old-Growth Forest Network ***connects people with nature*** by creating a national network of protected public forests where ***people of all generations can experience biodiversity and the beauty of nature.***

- 170+ forests in 32 states
- Currently 4 forests in Connecticut, 2 pending











# Proposed: Olmsted's Ten Mile Woods ... others?

## *Keney Park has a full range of experiences*



[HOME](#) [ABOUT](#) [URBAN ECOLOGY](#) [WELLNESS](#) [GALLERY](#) [EVENTS](#) [CONTACT](#)

## URBAN ECOLOGY WELLNESS CENTER AT KENEY PARK

An integrated community initiated program that combines wellness and urban ecology services to reconnect people to the healing power of nature



# *The Ten Mile Woods in Keney Park is a unicorn.*

- 1) The Ten Mile Woods is an exemplary older urban forest in an Olmsted park. It's well on its way to old-growth. The most pressing issues are trash and invasives, especially barberry.



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- 2) Keney Park is a public, accessible urban space for all ages, in a community that would benefit tremendously from celebrating and protecting this unique asset.





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- 3) Stewarding the Ten Mile Woods as an old-growth forest completes and ensures the full spectrum of urban ecology and sustainability at Keney Park.



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- 3) Stewarding the Ten Mile Woods as an old-growth forest completes and ensures the full spectrum of urban ecology and sustainability at Keney Park.
- 4) Inaugurating **Urban Wilds Hartford** and dedicating Frederick Law Olmsted's childhood landscape in the Old Growth Forest Network would achieve national recognition and honor his legacy.





# Old-Growth Forest Network:

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Recent scientific recognition of climate and biodiversity benefits, but local forests are fundamental, sacred places for *health* and for *cultural values*.



SCIENCE | JANUARY 2022

# The Old Man and the Tree

Ecologists thought America's primeval forests were gone. Then Bob Leverett proved them wrong and discovered a powerful new tool against climate change





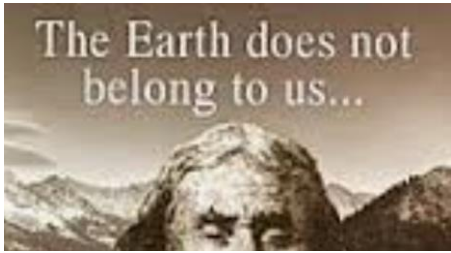


Old and old-growth forests are our main library of evolution in New England. Many unknowns . . .

“National Parks” and similar areas protect the “library,” have fewer invasive plants and more carbon, and enable natural adaptation and evolution

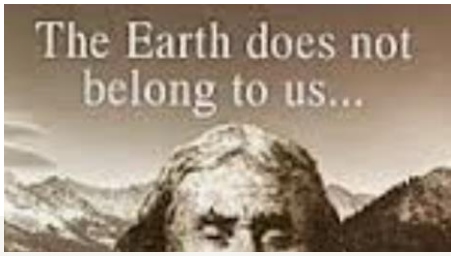






NATIONAL  
ASSOCIATION *for*  
OLMSTED  
PARKS





NATIONAL  
ASSOCIATION for  
OLMSTED  
PARKS

**FREDERICK LAW OLMSTED**

# Landscape Architect, Author, Conservationist (1822-1903)

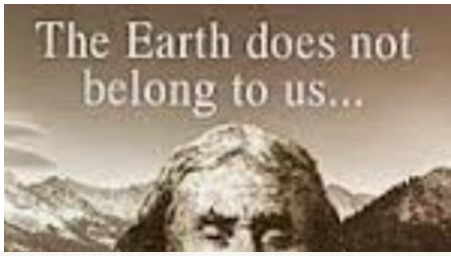
Frederick Law Olmsted was born in Hartford, CT, in 1822. Not until he was 43 years old did he decide to devote himself fully to landscape architecture. His experiences as a farmer, journalist for *The New York Times*, administrator and public servant all influenced his later thinking and career.





## *Frederick Law Olmsted:*

- General secretary in the civil war – duty to protect soldier's health
- Preventative medicine – sunlight, foliage, clean water, “recharge our battery”
- Nature engages yet relaxes the mind; power of beauty
- Everyone deserves access to nature – city parks, national parks
- Democratic spaces – meandering, organic interactions
- Service must precede art (functional is beautiful)
- Profound and effective antidote to stress of urbanization



NATIONAL  
ASSOCIATION for  
OLMSTED  
PARKS

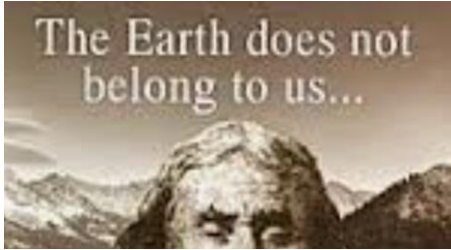
FREDERICK LAW OLMSTED

# Landscape Architect, Author, Conservationist (1822-1903)

*".... to conserve the scenery and the natural and historic objects and the wild life . . . . for the enjoyment of future generations."*  
*Organic Act of 1916, National Parks*



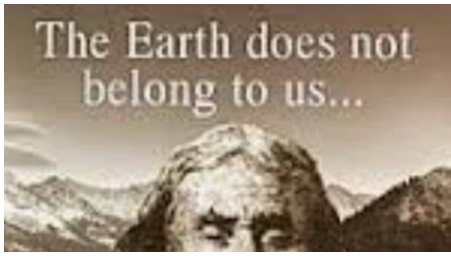




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OLMSTED  
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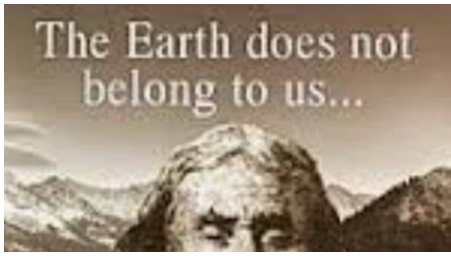
A child's world is fresh and new and beautiful, full of wonder and excitement.

...for most of us that clear-eyed vision, that true instinct for what is beautiful and awe-inspiring, is dimmed and even lost before we reach adulthood.

*The Sense of Wonder*







NATIONAL  
ASSOCIATION for  
OLMSTED  
PARKS

***"First Do No Harm"***

**Decrease** Anxiety, Depression

**Promote** Creativity and Awe

**Consider** "existence value"





- *We have no strategic plan to protect our lifelines to the best future.*
- *We have insufficient understanding of the natural world.*

# Current Land Use / Allocation in New England





New England



CT



ME



MA



NH



RI



VT



Developed Unconserved Agriculture Conserved Agriculture Unconserved Forest Woodland (conserved)  
Wildland (conserved) Other (some conserved)

Current



Developed Unconserved Agriculture Conserved Agriculture Unconserved Forest Woodland (conserved)  
Wildland (conserved) Other (some conserved)

Current



# When It Comes to the Climate, Older Trees Do It Better

Scientists long assumed that as trees got older, they grew slower—just like us. But a new study underscores the climate benefits of the oldest, biggest trees

## In a warming world, New England's trees are storing more carbon

---

25-year study traced forest carbon through air, trees, soil and water



## Wilderness areas halve the extinction risk of terrestrial biodiversity

Moreno Di Marco<sup>1,2\*</sup>, Simon Ferrier<sup>3</sup>, Tom D. Harwood<sup>3</sup>, Andrew J. Hoskins<sup>4</sup> & James E. M. Watson<sup>5,6</sup>



# Multisolving . . . .

*There are common solutions with multiple benefits . . .*



[climateinteractive.org/multisolving](https://climateinteractive.org/multisolving)

# Multisolving in Boston since 1976:

## URBAN WILDS PROGRAM

*Urban wilds are an essential part of the City's open space system. They play an important role in Boston by lessening the impacts of climate change.*

- Currently 29 properties: Ecology, History Education, Health, Advocacy etc
- **“a quiet natural respite within the dense urban setting.”**
- <https://www.boston.gov/departments/parks-and-recreation/urban-wilds-program#about-the-program>



# **URBAN WILDS STEWARDSHIP GUIDE**



*Forests boost the immune system, decrease blood pressure & stress hormones*

**Prevent “Nature-Deficit Disorder”**

# Exploring the relationship of human–nature interaction and mindfulness: a cross-sectional study

Pooja Sahni   & Jyoti Kumar

Pages 450-462 | Received 20 Jan 2020, Accepted 10 Feb 2021, Published online: 17 May 2021

 Download citation




 <https://doi.org/10.1080/13674676.2021.1890704>



*Exposure to nature as a child results in increased mindfulness as an adult*



# Benefit of woodland and other natural environments for adolescents' cognition and mental health

[Mikaël J. A. Maes](#) , [Monica Pirani](#), [Elizabeth R. Booth](#), [Chen Shen](#), [Ben Milligan](#), [Kate E. Jones](#)  & [Mireille B. Toledano](#) 

[Nature Sustainability](#) **4**, 851–858 (2021) | [Cite this article](#)

- 3,568 adolescents aged 9 to 15 years at 31 schools across London, UK
- natural space was distinguished into **green** and **blue** space
- **green space** was further distinguished into woodland and grassland

Higher daily exposure to woodland (not grassland), was associated with:

- ***higher scores for cognitive development***
- ***lower risk of emotional and behavioral problems***



ELSEVIER

Contents lists available at [ScienceDirect](#)

# Environment International

journal homepage: [www.elsevier.com/locate/envint](http://www.elsevier.com/locate/envint)



Full length article

## The influence of early-life residential exposure to different vegetation types and paved surfaces on early childhood development: A population-based birth cohort study

Ingrid Jarvis<sup>a</sup>, Hind Sbihi<sup>b,c</sup>, Zoë Davis<sup>a</sup>, Michael Brauer<sup>b</sup>, Agatha Czekajlo<sup>d</sup>, Hugh W. Davies<sup>b</sup>, Sarah E. Gergel<sup>a</sup>, Martin Guhn<sup>e</sup>, Michael Jerrett<sup>f,g</sup>, Mieke Koehoorn<sup>b</sup>, Lorien Nesbitt<sup>d</sup>, Tim F. Oberlander<sup>b,h</sup>, Jason Su<sup>i</sup>, Matilda van den Bosch<sup>a,b,j,k,l,\*</sup>



**Birth cohort, zip codes, and local tree cover, grass cover, pavement**

**Assessed in kindergarten using Early Development Instrument (EDI):**

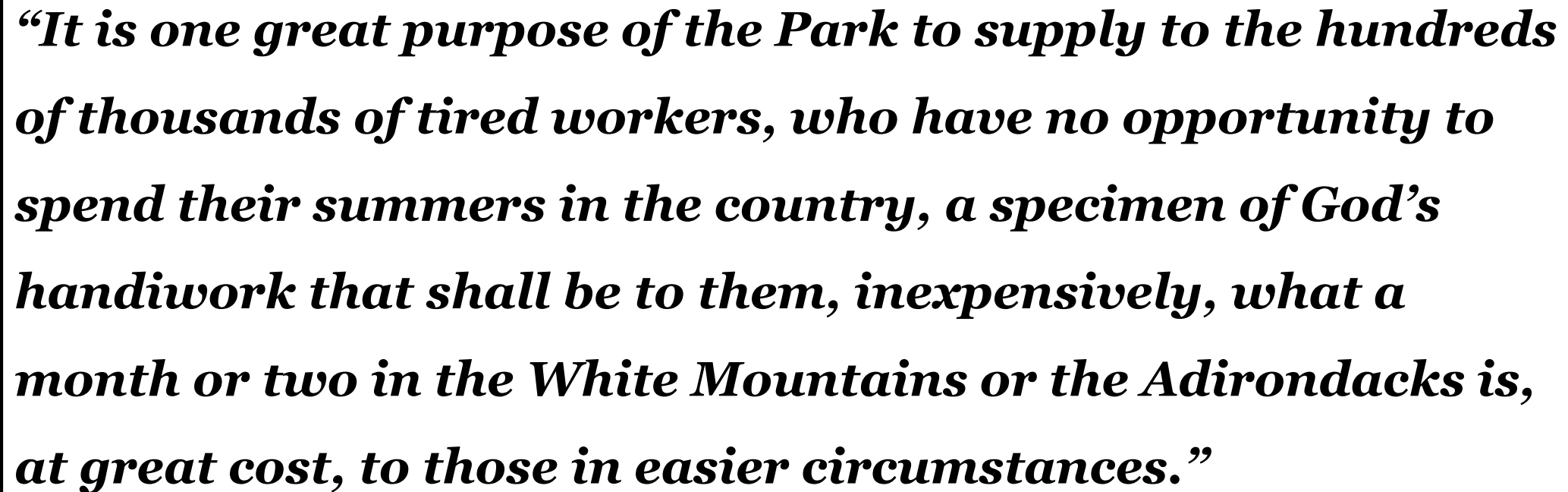
**(1) physical health and well-being; (2) social competence; (3) emotional maturity; (4) language and cognitive development; and (5) communication skills and general knowledge.**

**Tree cover > grass cover > pavement; aligns with other recent work.**



Olmsted wanted nature across the landscape, for everyone. . . .

For HEALTH. For BEAUTY.



*“It is one great purpose of the Park to supply to the hundreds of thousands of tired workers, who have no opportunity to spend their summers in the country, a specimen of God’s handiwork that shall be to them, inexpensively, what a month or two in the White Mountains or the Adirondacks is, at great cost, to those in easier circumstances.”*

- Coordinated, evidence-based action on climate, biodiversity and health.
- Nature has not received sufficient attention. (*It's our lifeline.*)

## Call for emergency action to limit global temperature increases, restore biodiversity, and protect health

Wealthy nations must do much more, much faster

Lukoye Atwoli,<sup>1</sup> Abdullah H Baqui,<sup>2</sup> Thomas Benfield,<sup>3</sup> Raffaella Bosurgi,<sup>4</sup> Fiona Godlee,<sup>5</sup> Stephen Hancocks,<sup>6</sup> Richard Horton,<sup>7</sup> Laurie Laybourn-Langton,<sup>8</sup> Carlos Augusto Monteiro,<sup>9</sup> Ian Norman,<sup>10</sup> Kirsten Patrick,<sup>11</sup> Nigel Praities,<sup>12</sup> Marcel G M Olde Rikkert,<sup>13</sup> Eric J Rubin,<sup>14</sup> Peush Sahni,<sup>15</sup> Richard Smith,<sup>8</sup> Nicholas J Talley,<sup>16</sup> Sue Turale,<sup>17</sup> Damián Vázquez<sup>18</sup>



Do we always need to “do” more?  
Or be patient . . .

**UN report: Value of nature must not be overridden by pursuit of short-term profit**





Be it known that these  
Lands and Woods  
are sacred to Gould Farm.

They have kindled the healing in many, and  
by God's will, may they continue to do so in  
many more to come.

Be open to their blessings and please  
treat them with respect.

*Out in the sugarbush by Rawson Brook, this sign hangs on the door to the nature center. In the center are many educational posters and pamphlets where community members can come to learn about the natural world.*

## SAMPLE MEMORANDUM OF AGREEMENT

### To include a forest in the Old-Growth Forest Network

***Recognizing*** that less than 1% of the eastern US forests, and less than 5% of the western US forests, have remained undisturbed long enough to develop old-growth characteristics.

***Recognizing*** that many species of plants, animals, and fungi are most successful in older forests.

***Recognizing*** that the older forests are best at purifying the air and the water, and creating fertile soil.

***Recognizing*** that most humans consider older forests to be the most beautiful forests, and will travel to see them.



***Recognizing*** that ecotourism is economically beneficial for nearby communities.

***Recognizing*** that all people, but especially the younger generations, need contact with natural areas.

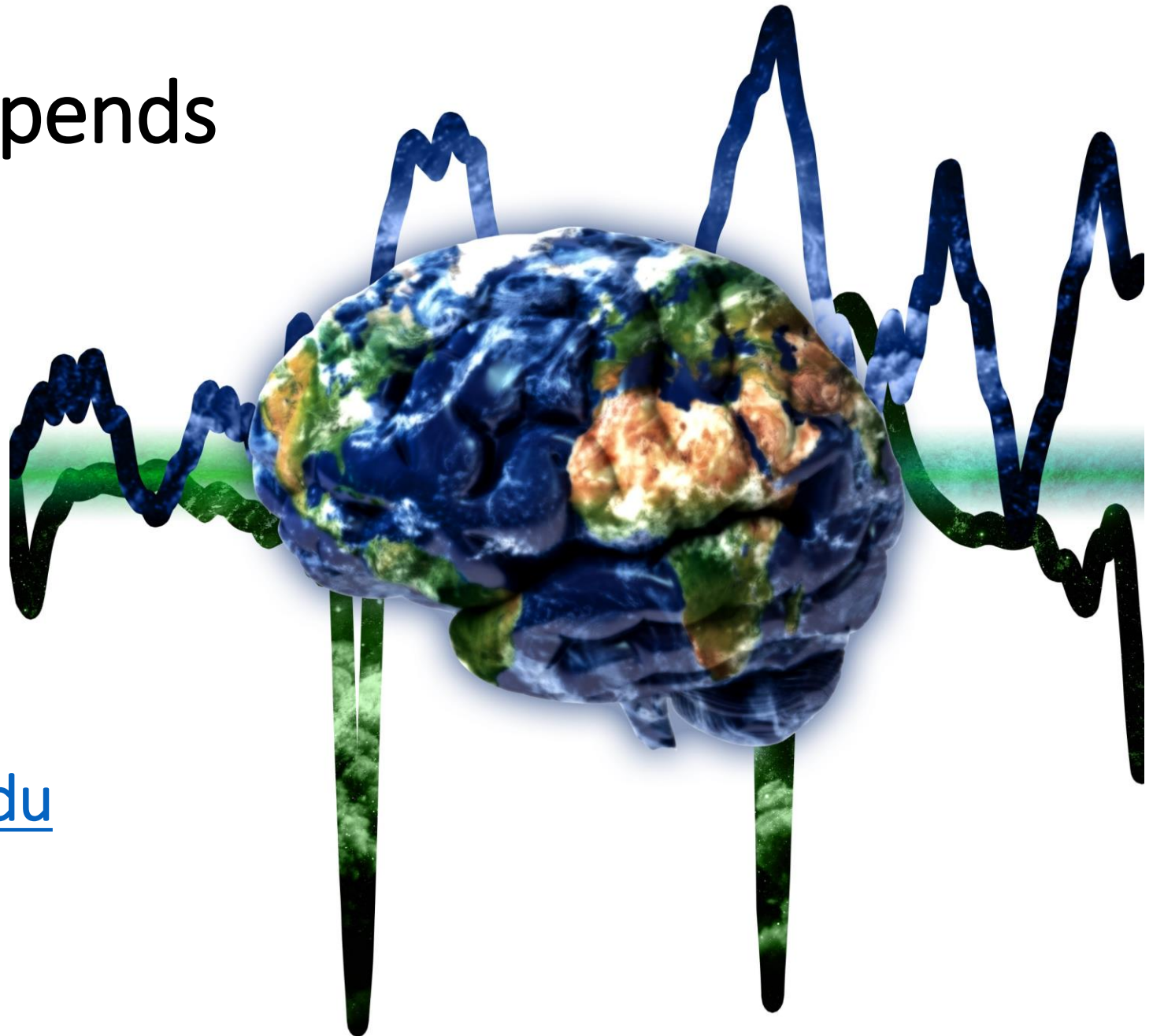
**Therefore**

The ***Old-Growth Forest Network*** shall be established. Every county where forests can grow will be invited to designate at least one forest to be part of the network. These forests shall serve as examples of baseline conditions and allow old-growth characteristics to develop naturally. These forests will be open to visitation by all ages.

Ukranian theoretical physicist Dr. Anastassia Makarevia  
*(forests regulate themselves and the water system of the entire planet):*

*“The biosphere is divided between  
**natural ecosystems that work for stability and**  
**disturbed ecosystems that cannot do that work.**”*

Our best future depends  
on truth, love,  
our (brain) health,  
and on much  
more than 1%.



[Susan.Masino@trincoll.edu](mailto:Susan.Masino@trincoll.edu)



# Dossiers for “Community Wilds” and/or the Old Growth Forest Network

## **Ten Mile Woods, Keney Park**

History, Evaluation and Rationale

- Including Best Practice: Natural Area Stewardship
- Additional information and links

[https://docs.google.com/document/d/1tb2VrZrwhm-EwkHxDwsYb6\\_I3DhGWsKuniTuPHFBgEQ/edit](https://docs.google.com/document/d/1tb2VrZrwhm-EwkHxDwsYb6_I3DhGWsKuniTuPHFBgEQ/edit)

## **Goodwin’s Wilds**

[https://docs.google.com/document/d/1ZZobh9k10P\\_nZcfJx2VLqIk0gJ0kVo71AP4uua2zc6o/edit?usp=sharing](https://docs.google.com/document/d/1ZZobh9k10P_nZcfJx2VLqIk0gJ0kVo71AP4uua2zc6o/edit?usp=sharing)

Note: these are living documents and may be updated periodically.