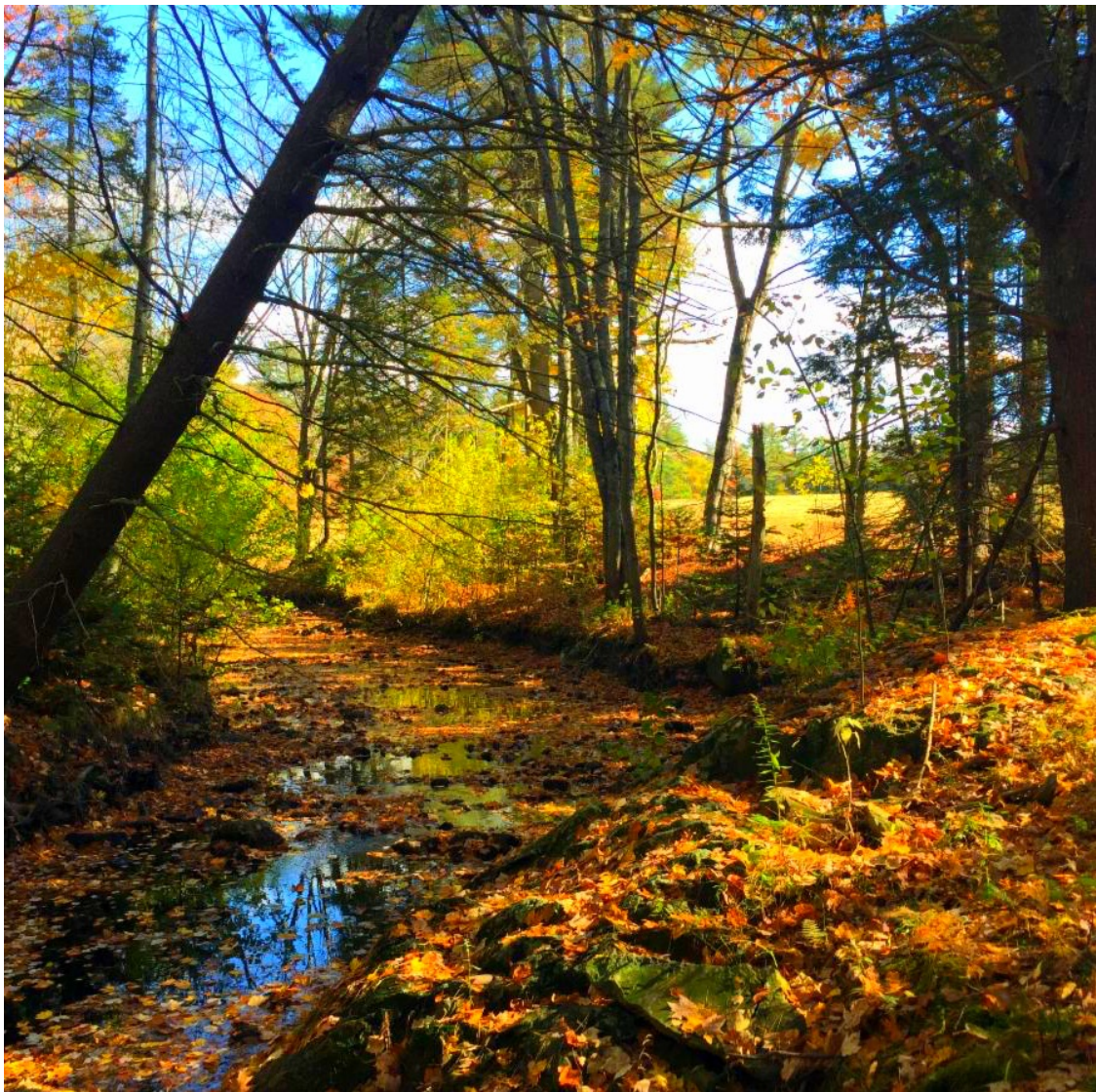


Volume 11|November 2023
Connecting Conservation with Community



ACT November Newsletter

**Celebrate the season by supporting what's
valuable with the gifts you give.**



During this time of year it's easy to get caught up in the swirl of indoor activities and the bustle of consumerism. Yet it is impossible not to notice the beauty of the season's first snowfalls, or the wonderful feeling of the sun shining on your face. At its best, the holiday season asks us to consider what matters, what is valuable, how we show appreciation, and how meaningful connection is in our daily life. Holidays can also be about a quiet moment away from houses full of extended family and walking off a big meal before a piece of pie. Whatever type of holiday you have, we hope that you will make ACT a little part of it.



Did you know that there is ample scientific evidence regarding how time spent in nature reduces depression and anxiety while improving physical and emotional wellness? We hope to see you out on the trails, enjoying nature with your friends and family, with your dog, your bike, or your snowshoes, because we all know how enjoyable and important these public green spaces and trail access points are in keeping all of us that live around here connected to each other and the land, and keeping us grounded during the holidays.



You can help steward and sustain Arundel's preserved wild spaces, right here in your backyard, with a charitable donation for Giving Tuesday. It matters less how much you give than that you do. Every gift of every size makes a difference in bolstering the Arundel Conservation Trusts efforts to maintain publicly accessible natural land.

Give \$50 or more between now and midnight on Tuesday, November 28th and be entered to win a Nemo tent. Celebrate the season with ACT by connecting in nature, showing gratitude, and supporting what's valuable with the gifts you give.

If you have already donated, we are grateful and thank you for your generosity and for your investment in your community.

Click to Donate Today!

Arundel community members are connected to the land and to one another through the use, enjoyment and appreciation of our conserved natural resources.

**Warm up with ACT at the Christmas Prelude
Street Fair and Fireworks**



Stop by ACT's booth at the Kennebunk Savings Bank branch at 10 Western Avenue in Lower Kennebunk Village on Friday, December 9. ACT will be serving up and selling hot chili (as long as it lasts) during the Prelude Family Street Festival, beginning at 4 PM, through the Annual Christmas Fireworks Display.

What: ACT Christmas Prelude Booth

Where: 10 Western Ave, Lower Village
Kennebunk. Kennebunk Savings Bank Parking Lot

When: 4PM through 7:00 (*or until the chili runs out!*)

Looking for holiday gift ideas? Shop for NEMO/ACT Sleeping Bags & Tents!

You can support ACT and purchase top quality sleeping bags and tents by shopping on Geartrade.com. The NEMO Equipment company made a generous donation of new sleeping bags and tents to ACT, to help raise funds for future Arundel trails and more. ***Purchase a NEMO product for a holiday gift that gives twice!***



[Click to Shop for ACT NEMO Sleeping Bags & Tents](#)

We hope that you have enjoyed the ACT Newsletter. Please consider a donation to help ACT continue its mission of preservation.

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