



# ACT Newsletter

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## Earth Day Event!



### Celebrate **EARTH DAY**

with your local land trusts!



*Kennebunk Land Trust*

**April 16**

**5:30 - 8p.m.**

**GRAVES LIBRARY**

KENNEBUNKPORT



Learn how various climate policy solutions work to stabilize the climate, and impact sustainability, justice, trade, energy and income disparity.

This event features an interactive policy workshop using MIT's EN-ROADS Climate Policy Simulator and local climate change knowledge partners.

**5:30 p.m.**

Welcome + snacks

**6 - 8p.m**

Interactive Simulator with Peter Dugas

*EN-ROADS Climate Ambassador*

Empowering Future Leaders with Leia Lowrey

*The Climate Initiative*

Q&A with Presenters



**Registration Required!**

Limited space available:

[kennebunklandtrust.org](#)



**The Climate Initiative**



## Birds of Arundel

by Nikki Schlie

Connecting with nature, including observing and appreciating birds, has positive effects on mental and emotional well-being. Birdwatching encourages mindfulness, reduces stress, and fosters a sense of connection to the natural world, promoting a healthier lifestyle. Organizations like the Arundel Conservation Trust play a vital role in preserving these habitats, ensuring that future generations can continue to enjoy the beauty of our land and local bird population.

Birds play a key role in maintaining ecological balance by controlling insect populations, pollinating plants, and dispersing seeds. Protecting land ensures that these ecological interactions remain intact, contributing to the overall health of ecosystems. The variety of bird species reflects the health of the environment they inhabit. Whether it's insects, seeds, or other prey, protected habitats provide the necessary resources for birds to forage and thrive. **Over 50 bird species have been observed on or within a short distance of the Arundel Community Trails, and 14 different tree species have been identified on the property as well.**



Pileated Woodpecker

This long list of birds includes the magnificent **pileated woodpecker**. These woodpeckers thrive in habitats with undisturbed forest and they feed on a range of insects found in many deciduous trees, such as beech, oak, maple and pine trees, all of which can be identified on our property. The **hairy, downy, and red-bellied woodpeckers** have also been spotted nearby and enjoy pecking away at the same trees for insects to eat.

[Read the Full Article...](#)

**If you are interested in helping us steward our land,  
become a volunteer today!**

Does this type of article interest you?

Yes!

I'd prefer other content

## Meet Our Volunteers



### Meet Joan

**Joan Hull** is a founding member of the ACT, and current Vice President of the Board of Trustees. She is currently involved in several ACT committees including the Trailblazers, Events, Development, and Land

Management. She also serves as a liaison ACT Board member on the Board of the Kennebunkport Conservation Trust. Joan enjoys the people she has met through ACT and collaboratively building

community and pride in Arundel.

**Joan says "ACT has enabled people to connect to each other and to nature, getting outside in nature, and making a difference."**

Joan's education in nursing and later business, as well as her career which grew from community nursing to CEO of a large non-profit health care company have given her experience in all aspects of the nonprofit world. Her love of the outdoors and training as a Master Naturalist have given her ways to connect to her community and the beauty of Arundel's special places. Joan enjoys a variety of nature-based pursuits including woodworking, small boat building and long-distance walking which she has enjoyed with her husband Sam in faraway places including Spain, England, and Italy.

**Volunteer with ACT!**



*How Can We Prepare for the  
Future in Arundel Maine?*

*by Keelan Wackman*



**The irony was palpable** as 400,000 Mainers lost power due to a storm of epic proportions on Cyber Monday. As it turns out, what most of us needed on that day wasn't on the internet. What we needed were neighbors that understood where the river banks were strong and where the riparian areas were washed out and the banks would break and flood. What we needed was neighbors who could dress appropriately and use a chainsaw. What we needed was people who knew how to regulate their emotions in a crisis and be steady as they were quickly and collaboratively developing solutions. Since then ...

[Read the Full Article ...](#)

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# Where ?? in Arundel



Where in Arundel... this is a beautiful stretch of trail that spans from Kittery to South Portland. Every year in September ACT holds a trail walk/run that takes participants along this scenic route! **Know where this is!?**

Where in Arundel?

## Community events



|  |   |                           |
|--|---|---------------------------|
| <a href="#">Spaghetti Supper</a><br>Arundel Heritage Society | Saturday, March 16<br>4:30-6:00pm           | M.L.Day School<br>Arundel |
| <a href="#">Monthly Nature Walks</a>                         | Saturday, April 6th,<br>10-11:30am, Monthly | Kennebunk Land Trust      |

|   |   |                                  |
|---|---|----------------------------------|
| <a href="#">Earth Day Event</a>                             | Tuesday, April 16,<br>5:30-8:00pm               | Graves Library,<br>Kennebunkport |
| <a href="#">Opening Day<br/>Seashore Trolley<br/>Museum</a> | Saturday, May 4                                 | Seashore Trolley<br>Museum       |
| <b>ACT Community<br/>Celebration</b>                        | Friday, May 31<br><b>Save the date!</b>         | Arundel Community<br>Trails      |
| <a href="#">2024 ACT TrailFest</a>                          | Saturday, September 21<br><b>Save the date!</b> | Arundel Community<br>Trails      |

## Connecting Conservation with Community

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