

Lisa Beach

From: NEEF Connect <info@neefusa.org>
Sent: Tuesday, November 5, 2019 2:35 PM
To: lisa@lisabeachwrites.com
Subject: Here's to November

NEEF Connect: Practical information about your environment delivered monthly.

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Hello Lisa,

We're only a few weeks away from Thanksgiving and we hope you're getting excited for turkey (or tofurkey), dressing, and cranberry sauce (or whatever your tradition may be). This November, we're focusing on impacts—like the impact weather conditions can have on birds, water quality, and your Thanksgiving dinner. You can also read about the impact this National Public Lands Day made on a southwestern Colorado community thanks to the Mountain Studies Institute, a recent recipient of our Restoration & Resilience Grant.

Health & Wellness

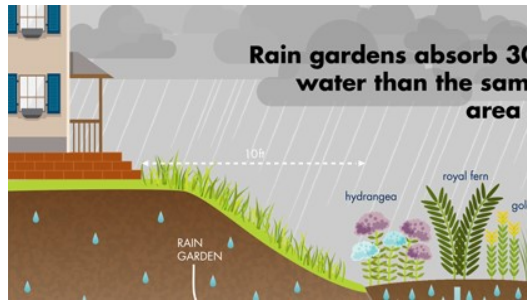


Make an Activity Date with Your National Parks

Back in September, over 150,000 volunteers participated in National Public Lands Day to help protect and preserve America's public lands. Thanks to the careful conservation efforts of the National Park Service (NPS), 330 million visitors enjoy the scenic natural wonders of America's national parks every year. The national park system includes 419 sites covering more than 85 million acres in every state, plus the District of Columbia, American Samoa, Guam, Puerto Rico, and the Virgin Islands.

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How Landscaping Choices Affect Water Quality

According to a growing body of research, landscaping can improve your quality of life. For example, tree canopies and parks are linked to stress relief, decreased crime rates, and reduced noise. Certain landscape improvements can help improve the quality of your water, too—while also protecting delicate aquatic ecosystems.

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Tracking Bird Migration Patterns This Fall

As fall temperatures drop and wind circulation patterns change, you might notice birds flying south, often in a V-shaped pattern. The ideal time for flying typically occurs the day after a cold front passes—northerly winds, sinking temperatures, rising air pressure, and clearing skies pave the airways for good migration conditions.

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Give Thanks to the Weather This Holiday Season

Can the weather affect your Thanksgiving meal? You bet! From wild turkey survival to the life cycle of the apples in your pie, weather conditions have a big impact on the traditional turkey-day fixings. This holiday, impress your dinner companions with these interesting culinary facts.

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Helping a Community Heal Through Environmental Stewardship

In November 2018, NEEF partnered with Toyota Motor North America to award the Mountain Studies Institute with a \$20,000 Restoration & Resilience grant following the devastating 416 Fire in southwestern Colorado that summer. MSI has used these funds to develop a collaborative community resilience plan, organize stewardship activities, and hold innovative outreach events.

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Timely Tip



Fall Family Fun

Take advantage of the crisp, cooler weather to get more involved in your community and reconnect with the environment. Many public lands offer back-to-nature themed activities, perfect for a day outside with family and friends. Look to local farms for pumpkin patches, corn mazes, [apple picking](#), sunflower farm tours, and hayrides. Even in more urban areas you can find autumn-focused special events such as harvest festivals, cycling events, and fun runs—all of which get you outside, get you moving, and get you reconnected to the outdoors.

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