

Autumn is Here - Strengthen Your Tribe This Fall

Demian Dunkley
September 23, 2019



Break out those windbreakers -- the autumn equinox is here!

As the summer officially comes to a close in 2019, get ready to delight in one of the most festive seasons of the year: a season of apple cider donuts, hiking boots, knitted scarves, warm colors, crisp air, spooky celebrations and pumpkin spice everything.

There are many ways to enjoy this time of year together with your tribe. Here are a few ideas:



Walk Amongst the Colorful Trees

As the seasons change, so do the leaves. The sweep of sparkling yellows, vibrant oranges, bright reds, and

deep browns can take your breath away. Grab your tribe, friends or family and go marvel at the fall foliage in the mountains or the park.

Also, if you feel inspired, pick some of your favorite leaves to take them home and stick in the middle of a book. After a couple of weeks, they will be preserved and you can use them as decorations or in scrapbooks beside pictures of your favorite fall memories.



Run For Fun (Draising)

Running can be extremely beneficial for your health and for supporting a good cause. You don't have to be fast -- if you feel inclined to walk, that's okay, too. The important thing is to be active, spend time with your tribe and support a good cause.

[Read here](#) about some running fundraisers, and find one happening near you.

Pumpkin Carving, Apple Picking and Corn Mazes



These are all classic fall activities and great ways to spend a Saturday afternoon. Find an apple orchard or public cornfield nearby, and invite your tribe to come along.

Pumpkin carving has become an established Halloween tradition– but you can do it any time during the fall. Carve something simple, creative, beautiful or perhaps scary– and put it on display for others to enjoy. If this is your first time, [click here](#) for some helpful carving tips.

So get out there y'all, and enjoy the fall!