

Through Appreciating Earth I foster environmental awareness, scientific knowledge, & planetary appreciation. We all consciously & unconsciously change the environment, Earth education helps us understand how we impact our planet.

#### Join me to Appreciate Earth!

Awareness is a prelude to respect, projected into the world as appreciation

### **Geology of the National Parks**

The US national parks were created to "preserve areas of natural & cultural interest", and many of these areas are interesting because they are uniquely beautiful, the result of millions of years of geologic evolution. Each park contains the clues to its own geologic history & the



history of North America, a story that can be told only after many years of intensely studying the landscape and the rocks it is made of. We have learned that Yosemite NP was once a deeply buried liquid magma chamber, the layers of Zion NP formed as sea level rose & fell, Isle Royale NP contains volcanic rocks erupted when the continent almost tore in two, and Acadia NP contains rocks that formed at the depths of continent as the Pangaea supercontinent formed. Take a virtual geologic tour of the national parks with me next week via Zoom...

OSHER LIFELONG LEARNING INSTITUTE

## **OLLI Geology of the National Parks**

For those 50 years or better who love to learn No homework or exams Online 6-week course via Zoom September 15th - October 20th Wednesdays 3:00-5:00pm

**Register in advance - click here to learn more** Online registration closes 5pm on Monday 9/13 Phone registration closes 5pm on Tuesday 9/14

# **Upcoming Geology & Environment Presentation**

What shaped the Laguna de Santa Rosa? Was it once a lake (laguna)?

Laguna Wetland Geology Through Time Wednesday, September 15th 6:00pm-7:30pm online Register in advance - click here



Upcoming Appreciating Earth Geology Walk

Learn about time, rocks & Earth evolution in Sonoma County

Friday, October 1st 11am-2pm Appreciating Earth Geology Walk Tolay Lake Regional Park \$35/person paid online in advance 5 people max - <u>click here to reserve your spot</u>



## Appreciating Earth Through Body Awareness

Somatic & alignment focused strength & flexibility movement classes



Appreciating Earth Virtual Movement Classes Monday & Wednesday evenings



**Blue Door Yoga & Wellness** Tuesday & Thursday evenings

## Natural Disaster Preparedness

Are you prepared to interact with the environment at its most chaotic?

The fall season is upon us & seasonal winds will soon bring warm continental air flowing at ground level from the northeast, increasing the risk of wildfire spreading. Fire weather is defined as conditions favorable for the start and spread of wildfires, it is weather



conducive to the spread of whennes, it is weather conducive to the spread of fires that are already burning or are sparked during the weather event. We cannot avoid fire season anymore than humans can avoid hurricane or thunderstorm seasons. Our only realistic choice is to be prepared, be aware of weather patterns (wind & humidity) & make sure you will receive hazard alerts in a timely manner. You can watch the recording of my **"Wildfire Links to Earthquakes (Sonoma County Geology)**" presentation to learn about local natural hazards so that you can better prepare for events we hope we will not have to experience. Be hopeful, & get prepared anyway. Step #1 pack your go bag Step #2 make an evacuation plan Step #3 practice your emergency plan Step #4 create a comprehensive packing list When stress levels are high, our memory is less reliable, so use near future low stress moments to plan, prepare & consider what items are important to you. Your list will be more reliable than your memory. Overcome the Overwhelm - Book a 30-minute Natural Disaster Preparedness Consult with Nicole for \$25



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