



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*

### The Experience of Time

Time is a mystery, and after this last year it seems more mysterious than ever. We exist in time, it is ongoing and seemingly changes with every experience, but we don't understand it or even know what it is...Geologists study the passage of time by studying the marks of change in rocks, planetary features, and Earth chemistry...Humans decided to "measure time" in meaningful ways to help us communicate with each other & mark events on the timeline of existence....**READ MORE**



### Upcoming Appreciating Earth Geology Walks

Learn about time, rocks & Earth evolution in Sonoma County

#### Friday, May 28th 11am-1/2pm

Appreciating Earth Geology Walk

**Crane Creek Regional Park!**

\$35/person paid online to reserve

5 people max (to respect masked social distancing)



#### Friday, June 11th 11am-1/2pm

Appreciating Earth Geology Walk

**Helen Putnam Regional Park!**

\$35/person paid online to reserve

5 people max

**Appreciating Earth Through Body Awareness**



**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?

Fire season in Sonoma County officially began on May 17th, 2021. We would all like to avoid another harrowing fire season, but 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. Hope, & get prepared anyway.



### **Emergency Go Bag**

Prepare for an eventual emergency by gathering the following and packing it into a Go Bag, to quickly evacuate after an earthquake, landslide, flash flood, coastal tsunami evacuation, or evacuation. This bag stays packed at all times, and stays near an exit or another important carrier. This may be the only thing you have time to grab, so plan accordingly.

### **Go Bag: Minimal 72-hour survival (a small back-pack is ideal)**

- ☐ Copies of personal documents in water tight folder/bag (color copies of IDs preferred)
- ☐ medical information, immunization records, allergies list, proof of address, deed/lease
- ☐ birth/marriage/death certificates, social security card, driver's license, insurance policy
- ☐ documents, medical consent forms, contracts, deeds, stocks & bonds, bank account n
- ☐ -not companies, -passwords (Apple ID), cloud back-up, smartphone
- ☐ -take videos of the property at least & store
- ☐ -purposes

**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**



Contact me at: [nicolepele@hotmail.com](mailto:nicolepele@hotmail.com) or via [www.appreciatingearth.com](http://www.appreciatingearth.com)