



Appreciating Earth

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!

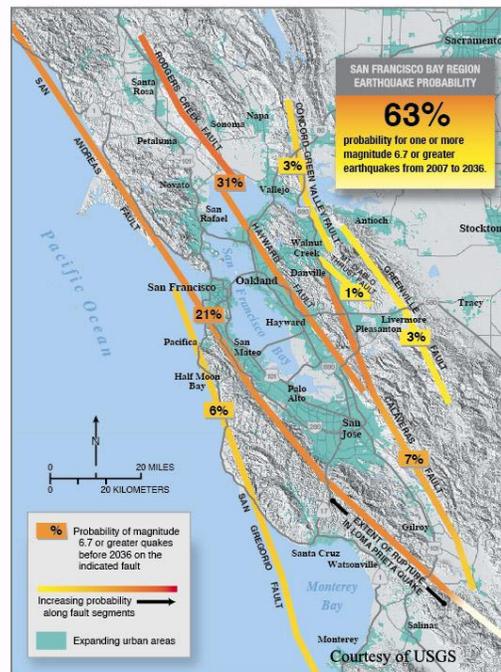
Awareness is a prelude to respect, projected into the world as appreciation

Earthquake Country: San Francisco Bay Area Earthquake Preparedness

On 9/13/22 Santa Rosa and the rest of Sonoma County was shaken by a 4.4 magnitude earthquake. Geologists have been anticipating much larger earthquakes than this. Join me via ZOOM on Friday, November 4th at 1-3pmPST. I will be presenting a geology talk focused on the earthquake history of the San Francisco Bay Area, predications of future seismic activity, and active earthquake preparedness so that we know how to respond when the next tremor rocks our world..

- How have earthquakes affected the SF Bay Area in the past?
- Where are the active faults?
- Which areas are likely to experience the most intense shaking?
- How should you react during an earthquake?
- What do you need to do to prepare for the next earthquake?

[Click here to register for Friday's 11/4 ZOOM class \(\\$20\)](#)



Upcoming Appreciating Earth Geology Walks

Only for Appreciating Earth members! Learn about time, rocks & Earth evolution in Sonoma County

**Geology of Crane Creek
Regional Park in Santa Rosa**

Saturday, October 22nd

10:00am-1:00pm

\$36 per person paid online in advance

7 people max

[Click here to sign up!](#)



Remaining 2022 Appreciating Earth Geology Walks...

November 18th - Helen Putnam Regional Park Geology

December 16th - Sonoma Mountain Regional Park Geology



**Sonoma Mountain Geology at
Lafferty Park**

October 15, 2022 9am-12pm

FREE!

Registration is limited: first come first serve

Join me at Lafferty Ranch for a Geology Walk on Sonoma Mountain! "Please join LandPaths and the City of Petaluma to hike Lafferty Ranch with a friendly group of fellow nature lovers. We'll be joined by Nicole Myers, who teaches Geology at Sonoma State University (see her website at www.appreciatingearth.com) and naturalist Joe Cochrane. Learn about our local geology, including Sonoma Mountain and the Rodgers Creek fault, and how tectonic, seismic, and volcanic events have formed the rocks, valleys, and mountains around us. We will explore Lafferty Ranch lands to learn about geologic processes and climatic trends that shape Sonoma County, including wildfires, floods, volcanism, and earthquakes (as recently as September 13!). Rising to more than 2,000 feet, Lafferty is a 270-acre open space on the western face of Sonoma Mountain offering thrilling views of four counties, San Francisco Bay, the Pacific Ocean, timeless Adobe Creek, abundant wildlife, and unmatched natural beauty. The hiking terrain ranges from broad, gentle meadows to challenging hillsides, and you'll enjoy panoramic vistas, groves of oak and bay trees, and a babbling, perennial stream."

[Register through the Landpaths Website](#)

Appreciating Earth Through Body Awareness

Somatic & alignment focused strength & flexibility movement classes



