



Appreciating Earth

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

Join me in the infinite exploration of how we can Appreciate Earth!

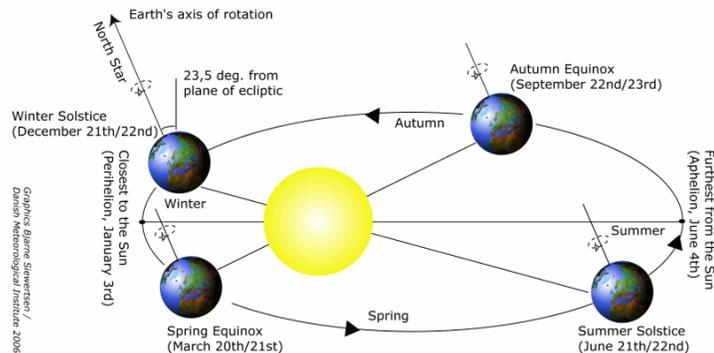
Awareness is a prelude to respect, projected into the world as appreciation.

Estival Solstice at 2:34pmPST Today!

Today, June 20th, 2020 at 2:34pmPST is the Estival (Midsummer) Solstice, a single moment in time when the Sun reaches it's highest annual position in

the northern hemisphere sky, making it the longest day of the year.

However, if you are in the southern hemisphere, today is the shortest day of the year & the longest winter night. The Sun's position in the sky determines the length of a day that a location on Earth experiences, and is dependent on...**READ MORE**



Join me Wednesday, July 29th at 10:00-11:30am for a Virtual Sonoma Mountain Geology Presentation through OLLI!

I will be presenting a 1.5 hour virtual presentation focused on the geologic history of Sonoma County. If you are 50 years of age or better, join me for a journey through deep time to understand how the mountains and valleys formed, and the origin of the rocks that we walk upon. Active volcanoes once dotted this region, and all of this land was beneath the waves until recently. The landscape continues to evolve, and in doing so it leaves behind clues to its geologic past. Join me as I reveal the story of Sonoma County's evolution. **Register at:**



If you missed my June 4th FREE virtual talk through the SSU center for Environmental Inquiry, click here to watch it online

Appreciating Earth on Nature Excursions with Nicole!

It is getting closer! Really, it is. Appreciating Earth is now officially my company name, and once I finish getting the legal aspects of the business in place, I will be able to offer nature excursions outside of the academic environment. I hope you will join me. If you are interested in virtual &/or in person activities go to my website and fill out the **contact form** to be informed about upcoming activities. **I also provide videos & information about geology, deep time, climate, natural disasters, & related areas of interest.**



Responding to Natural Disasters: Wildfires, floods, hurricanes, tornadoes, pandemics...you need an emergency kit

I feel so lucky that my academic career and passion for Earth history has prepared me for the global events we are now experiencing. Though some would argue that pandemics are not natural disasters, it is clear to me that pandemics meet the basic definition of a natural disaster as "a natural event that occurs over a limited time span, within a defined area, and causes damage and/or loss of life". Like all natural disasters, pandemics can be mitigated...**READ MORE**



Fitness Studios Create Community

The isolation we have all experienced during shelter-in-place has confirmed what scientists had already discovered, connection with other humans is an important part of maintaining our health, which encompasses our mental, physical, & social well-being. For many people, including myself, participating in virtual fitness classes has helped me to maintain connection & community through this ordeal, and now as studios re-open we once again get to share space & time. As we return to shared space, protect yourself & your community by wearing a mask to avoid sharing pathogenic hitchhikers. Both virtual & in-person classes are now on the studio schedules, so you can choose how you maintain your health & your connections with others.

In Santa Rosa, join me at

In Penngrove, join me at Blue



Yes, this was in my previous newsletter, and the one before that, and if you haven't downloaded this app yet, do it now.

Prepare before the seismic disaster strikes. California

has a new earthquake early warning system in the form of an app named MyShake. This is one of the only apps on my phone that I allow to use my location even when the app is not in use. When an earthquake occurs in California, the MyShake network will send out a warning through the app. In the best case scenario we may have a few seconds to a few minutes to take cover and hopefully ride out the earthquake safely. California and much of the Western US is earthquake country, so we must be prepared to experience and survive the inevitable earthquake. Any warning is better than no warning at all.



Go to the MyShake website to learn more & to download the app on your smartphone



Contact me at: nicolepele@hotmail.com or via my website