

intended for geo-beginners and self-proclaimed-geology nerds alike, and will provide insight into the natural disasters that have both created & destroyed the natural beauty we enjoy. We can use our knowledge of past natural events to help us prepare for earthquakes and wildfires that will continue to occur in the future, as the landscape continues to evolve. **Register through the Center for Environmental Inquiry website.**



Geostory:

Iceland is a volcano on steroids. Not only is it the highest peak of the longest mountain chain on Earth (the mid-Atlantic ridge), it is also a volcanic hot spot. This volcanic island is building up as deep sources of magma rise from great depths and erupt on to Earth's surface.

At the same time Iceland is being torn apart as the..**READ MORE**

Go Bags & Breath:

The present is the key to the past and the path to the future...so we all need to be prepared for future natural disasters. Take time in the present to focus on how you want to react in a future stressful moment. Too many of us once again experienced the dread of a natural disaster in progress, too close to home. In those first few moments when you realize that a disaster is unfolding, do you feel prepared to enact the plan you have in place? Too many are not prepared & do not have a plan. If you are prepared your plan might look something like this...**READ MORE**



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, 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 polic
- ☐ documents, medical consent forms, contracts, deeds, stocks & bonds, bank account n
- ☐ and companies, important phone numbers, emergency contact numbers, do
- ☐ passwords (Apple ID, cloud back-up, smartphone)
- ☐ to take videos of the property at least & store
- ☐ for purposes

Book a 30-minute Natural Disaster Preparedness Consult with Nicole



**In Santa Rosa, join me
at BikerBarre Fit
(formerly The Dailey
Method)**

Don't Stop Moving!

The vast majority of us are more physically stagnate now than we were a year ago, & the compounding effects are taking their toll on our bodies & our minds. Not moving consistently, affects the integrity of our muscles & joints, the endurance of our cardiovascular system, the stability of our mind, & the



**In Penngrove,
join me at
Blue Door
Yoga &**

VOTE NOW!
BikerBarre Fit Best of
Sonoma County
(Real Life)
Virtual Exercise 2020

Your vote can make a big difference for this studio this year...& you can vote for us 20 times

strength of our immune system. Both virtual & in-person classes are on fitness & Yoga studio schedules, so you can choose how you maintain your health & stay connected to a community while sheltering in place or joining in-person socially distanced classes.

Wellness

Yes, this was in my previous newsletter, and the ones 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



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