

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 Sonoma County Vernal Pools

Vernal pools are ephemeral. They don't last long and only form when the conditions are right, but they are an important haven for



rare plant and animal species in California. Sonoma County is dotted with vernal pools each winter and spring, creating a patchwork of wetlands, when there has been sufficient precipitation. Vernal pools are not limited to Sonoma County, or even California, but here the unique geology allows them to form and the climate makes them critical for rare species....READ ON

Upcoming Appreciating Earth Geology Walks

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

Geology of Tolay Lake Regional Park in Petaluma

Saturday, August 20th

10:00am-1:00pm \$36 per person paid online in advance 7 people max Click here to sign up!



Fall 2022 Geology Walks...

September 25th - Sonoma Valley Regional Park Geology October 22nd - Crane Creek Regional Park Geology November 18th - Helen Putnam Regional Park Geology

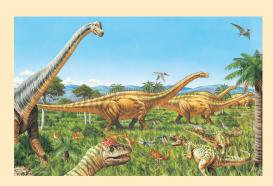


OLLI Fall 2022 at SSU

For those 50 years or better who love to learn No homework or exams

The Age of the Reptiles
Fridays 1-3pm via ZOOM!
September 16th - October 21st

For more than 180 million years reptiles ruled the Earth, dominating the land, sky and seas. Dinosaurs lived alongside Pterosaurs & Marine Reptiles while small mammals evolved underfoot. As the climate changed and the environment evolved, reptiles



diversified into amazing creatures that include the largest land animals to ever evolve, massive marine predators, and flying reptiles with wingspans up to 40ft. Today, paleontological studies are unearthing new and exciting information about Mesozoic life at incredibly fast rates...

Fall registration starts August 17th

Register **online** or via phone 707-664-2691

Appreciating Earth Through Body Awareness

Somatic & alignment focused strength & flexibility movement classes



Appreciating Earth
Virtual Movement Classes
Monday evenings



Blue Door Yoga & Wellness Tuesday & Thursday evenings

Natural Disaster Preparedness

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

Now is a great time to get prepared for future natural

disasters. Take time to consider how you want to react in the case of an earthquake, flood, tornado, hurricane, or fire.

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 or via www.appreciatingearth.com