

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

Earth: Dynamic Planet

This month my time is devoted to preparing & presenting my upcoming OLLI Climate Change class. Within 6 hours I will attempt to explain how climate is recorded, how humans interpret those records, what those records tell us about climate change throughout Earth history, and the current climate change trends that are causing concern in the scientific community.



This short story of Earth History will be a summary of the big picture unveiled by Climatology, a science that started in the early 1800s. The word climate has a 600-year history & is derived from the Greek word "klima" which translates to slope, reflecting observed temperature patterns relative to elevation and latitude. In time climate and weather became integrated terms, indicating that the Earth's climate is largely controlled by atmospheric conditions that are constantly in flux. The modern study of weather and climate involves measuring the variables of atmospheric and climate change over broad scales of time, from seconds to million of years. There are countless variables, everything is changing, the Sun's energy output, volcanic activity, ocean circulation, life... everything is connected to Earth's climate. Climate is the synthesis of all Earth's climate variables and their individual rates and trends of change that cause relentless climate change, and humans are now one of the most influential variables. I hope you will join me on 2/3/23 to learn more

Here are links to 3 of my past blog posts that each delve into some of the aspects of climate change:

The Experience of Time (May 2021)
The Perihelion, Seasons & Climate on Earth (March 2022)

OLLI Winter 2023!

Starting this Friday, February 3rd
Climate Change: A Geological Perspective
of Planetary Evolution

3 week course February 3, 10 & 17, 2023 Fridays 1-3pm via ZOOM **Register via OLLI**



New Video Posted

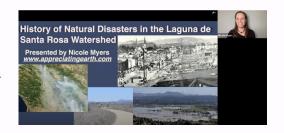
Watch my talk about

History of Natural Disasters in the

Laguna de Santa Rosa Watershed

presented on 11/9/2022 through the

Laguna de Santa Rosa Foundation



<u>Upcoming Appreciating Earth Geology Walks</u>

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

2023 Appreciating Earth Geology Walks...

To be announced soon! Where do you want to explore? As I continue to plan adventures around Sonoma County, to Marin County, & beyond I appreciate your input - **contribute to the Appreciating Earth poll!**

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?

My Laguna de Santa Rosa Foundation presentation "History of
Natural Disasters in the Laguna de Santa Rosa Watershed" is posted

on my website - get inspired to plan & prepare.

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