

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

The Evolution of Resourceful Homo sapiens

On Earth, an ecosystem has evolved that includes a wide variety of animals, plants, protists, fungi, bacteria, and Archaea. Earth life is diverse and we Homo sapiens are a result of billions of years of biological evolution that has left behind clues of its transformation in the form of rocks &



fossils...Amazingly we have gathered enough pieces of four and a half billion years of Earth history to sufficiently allow us to understand the evolution of our planet. We learned how the planet formed, oceans evolved, continents grew, generations of plankton died to form oil, animals evolved bones that would be fossilized, and forests evolved and formed layers of coal...We have learned that everything on our planet is a resource, and have developed products using plants, animals, fungi, protists, bacteria, Archaea, minerals, rocks, and fossils...Homo sapiens are resourceful, but we need to be more discerning about which resources we use...READ ON & MAKE SUSTAINABLE CHOICES

WAYS TO REDUCE PLASTIC Carry resulte includes in consider containers Say no to plastic produce higs Carry functes in cresulte containers Diring your own certainers for food Make your own cleaning products Switch to but season includes of final source in the disposable disposable

Plastic Free July!

For one month can you avoid single use plastics? Trying and succeeding will positively affect your health & support environmental sustainability.

Upcoming Appreciating Earth Geology Walks

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

Geology of North Sonoma Mountain Regional Park

Friday, July 29th
10:00am-1:00pm
\$36 per person paid online in advance
7 people max
Click here to sign up!





OLLI How Geology Formed California

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

Thursday, August 4th 10:00am-11:50am via zoom

Summer Registration open!

Register **online** or via phone 707-664-2691
California has great geographic diversity that reflects the geologic history of the state and the formation of western North America. We will take a tour through California, virtually visiting provinces of the state to discover how tectonic plate interactions, earthquakes, volcanic eruptions, and climate change have built the rocky foundation of the state over millions of years. Why are the Sierra Nevadas so tall and when did they begin to grow? What has caused recent volcanism? When did the San Andreas Fault form? Why is the Central Valley so flat? Time travel with a geologist through the evolution of California and learn how the rocks reveal a geologic & climatic history of an evolving landscape in which mountains grow, oceans recede, and environments shift preserving the remains of mammoths, saber tooth tigers, marine reptiles, and dinosaurs.

OLLI Fall 2022 at SSU

The Age of the Reptiles

Fridays 1-3pm September 16th - October 21st

Fall registration date

to be announced soon

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 & Wednesday
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. Talk with those you live with about where to meet if



electronic communication is unavailable, and consider what information you will want access to if the internet, phones, & cell towers are down and there is no electricity. Do you have maps, phone numbers, & emergency items organized in a known & easily accessible location?

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