

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: Volcanic Planet

There are ~1,350 potentially active volcanos on Earth. In 2022 people flocked to see the spectacle of volcanic eruptions in Iceland, Hawaii, Tonga and Indonesia, 4 of the 74 confirmed eruptions of the year. Earth has been volcanically active since it formed 4.6



billion years ago, and the Earth as we know it would not exist without the volcanic activity that continues to this day. Volcanologist's Maurice and Katia Krafft traveled to world documenting volcanic eruptions and teaching the world about volcano, and their story has finally been told in the documentary 'Fire of Love'. They studied Mauna Loa in Hawaii, which is once again producing rivers of lava, and building spatter cones as lava flung into the air falls down around the vent. A pyroclastic eruption similar to the event that killed the Kraffts in 1991 just occurred on December 4th, 2022 at Mt. Semeru on the island of Java in Indonesia. The largest eruption of the 21st century occurred in January 2022 destroying the island of Hunga Tonga-Hunga Ha'apai and causing a tsunami, and all this volcanic activity is producing carbon dioxide, but how much compared to human activity?...READ ON

Upcoming Appreciating Earth Geology Walks

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

Geology of Sonoma Mountain Regional Park in Santa Rosa Friday, December 16th

11:00am-2:00pm \$36 per person paid online in advance 7 people max Click here to sign up!



2023 Appreciating Earth Geology Walks...

Stay tuned! Adventures around Sonoma County, to Marin County, and beyond are in the works and will be announced via this newsletter.

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" (11/9/2022) will be posted on my website soon - get inspired to plan and 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