

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!

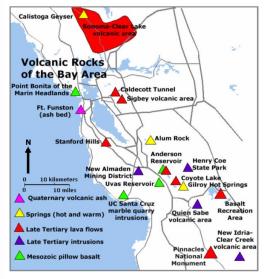
Awareness is a prelude to respect, projected into the world as appreciation

Volcanic Planet: San Francisco Bay Area Volcanic Rocks

Join me and the **San Francisco Gem & Mineral Society** this Friday,
September 2nd at 7pmPST via Zoom. I
will be presenting an ~1hour geology
talk focused on Earth as a volcanic
planet, and the San Francisco Bay
Area volcanism of the past.

- How is Earth a volcanic planet?
- What kinds of volcanic rocks are found in this region?
- Why are there so many volcanic rocks in the Bay Area?
- What kinds of eruptions occurred?
- Will there be more eruptions in the future?

Click here to register for Friday's 9/2 meeting at 7pm (free)



Map showing the location of volcanic rocks in the San Francisco Bay region.

Upcoming Appreciating Earth Geology Walks

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

Geology of Sonoma Valley Regional Park in Glen Ellen

Sunday, September 25th

10:00am-1:00pm

\$36 per person paid online in advance

7 people max Click here to sign up!



Fall 2022 Geology Walks...

October 22nd - Crane Creek Regional Park Geology November 18th - Helen Putnam Regional Park Geology December 16th - Sonoma Mountain 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

Recordings will be available each week

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 open now!

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

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