



Through Appreciating Earth I foster environmental awareness, scientific knowledge, & planetary appreciation. We all consciously & unconsciously change the environment through our actions. Earth education helps us understand how we impact our planet.

Join me in the infinite exploration of how we can Appreciate Earth!

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



Appreciating Earth with Nicole!

Crane Creek Geology Walk - Appreciating Earth member trip #1!

Friday, September 25th 11am-1pm

\$35/person paid online at time of reservation

5 people max (to accommodate masked social distance)

*Membership is free, & required to participate in excursions & classes. Click on "**Appreciating Earth Member Log In**" on the website and "**Sign Up**" to become a member. If you have questions, fill out my website **contact form** or send me an email.*

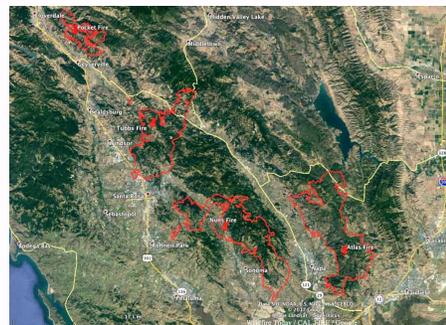
Happy Autumnal Equinox 2020!

Today (Tuesday, September 22nd) is the first official day of autumn for the northern hemisphere. The word autumn simply indicates the season following summer, the origin of the word is lost to time as far as I can tell, but this day marks the moment when...**continue reading**

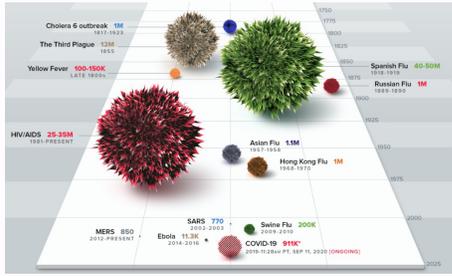


Did you miss my CEI Wildfires & Earthquakes Presentation?

No worries it was recorded! **You are welcome to watch the presentation posted on my website, and review the associated sources I have posted.** The **Center for Environmental Inquiry**



(CEI) at SSU has so many great presentations and programs focused on interesting topics, such as algae blooms, insects, photography, writing, oak trees, patterns in plant lives, animal tracking, climate change, herpetology, ticks, grasslands, invasive plants, & lichen. And most are free, just sign up!



The Timeline of a Pandemic:

It feels like we are still just waiting for the pandemic to be over...but we should be preparing to live within this for a few years. Sorry, no one wants to hear this but that doesn't mean it is not true. The compiled history of pandemics provides data we can

use to help us develop realistic expectations when planning how to make it through this disastrous pandemic...**READ MORE**

Disaster Prep Step #1

Having trouble getting your emergency go bag packed and emergency planning place? Start with choosing a bag (preferably a small backpack) and make a list of 3 important things you want to remember if you have to quickly evacuate. Attach this list to the bag and place it in a location accessible near an exit. It's a good first step...or **Book a 30-minute Natural Disaster Preparedness Consult with Nicole**



Emergency Go Bag

Prepare for an eventual emergency by gathering the following and packing it into a Go Bag, to quickly evacuate after an earthquake, landslide, flash flood, coastal tsunami evacuation, or evacuation. This bag stays packed at all times, and stays near an exit or another important carrier. This may be the only thing you have time to grab, so plan accordingly.

Go Bag: Minimal 72-hour survival (a small back-pack is ideal)

- Copies of personal documents in water tight folder/bag (color copies of IDs preferred)
- medical information, immunization records, allergies list, proof of address, deed/lease
- birth/marriage/death certificates, social security card, driver's license, insurance policy
- documents, medical consent forms, contracts, deeds, stocks & bonds, bank account n
- important phone numbers, emergency contact numbers, do
- and companies, passwords (Apple ID, cloud back-up, smartphone)
- make videos for purposes

**In Santa Rosa, join me at
BikerBarre Fit
(formerly The Dailey Method)**

Monday 4:30pm Barre
Wednesday 6pm Gentle Basics
Barre



**VOTE NOW! BikerBarre Fit
Best of Sonoma County**

Body in Motion Break

Have you been sitting for way too long? Take a few moments to stand up, stretch, march in place, whatever, just move.

Of course it would be better if you moved for more than a couple minutes, so commit to taking a walk, a hike, a bike ride, or an exercise or yoga class this week (virtual or in-person).



**(Real Life)
Virtual Exercise 2020**

Your vote can make a big difference for this studio this year...pretty pretty please!

**In Pennngrove, join me at Blue Door
Yoga & Wellness**

Tuesdays 6pm - Core Strengthening
Starting Oct 1st! Thursday 6pm - Alignment
Based Yoga

*Yes, this was in my previous newsletter, and the ones before that...I'm not giving up! If you haven't downloaded this app yet, do it now. **Prepare before the seismic disaster***



strikes. California has a new earthquake early warning system in the form of an app named MyShake. This is one of the only apps on my phone that I allow to use my location even when the app is not in use. When an earthquake occurs in California, the MyShake network will send out a warning through the app. In the best case scenario we may have a few seconds to a few minutes to take cover and hopefully ride out the earthquake safely. California and much of the Western US is earthquake country, so we must be prepared to experience and survive the inevitable earthquake. Any warning is better than no warning at all.

Go to the MyShake website to learn more & to download the app on your smartphone



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