



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 to Appreciate Earth!

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

Wednesday, March 10th at 5:00pm

Sit back & take a trip into the geologic past as delve into the **Geologic**



Origins & Evolution of the Petaluma Watershed during a **FREE** virtual **Riverside Chat**. I will be focusing on the origin of the rocks that underly the Petaluma Watershed, the tectonic toils that have mangled those rocks, & how the river's sway has molded the landscape.

Zoom Meeting ID: 771 1317 3288

Zoom Passcode: 3V79Hk

Zoom Link! Click here to join the meeting on 3/10 at 5pm

Nature Restores the Mind

The first Tolay Lake Geology Walk was awesome, so upon request I am offering an encore! Take a nature break & learn about time, rocks, & evolution in Petaluma, CA region.



Friday, March 26th 12pm-2pm

Appreciating Earth Geology Walk

Tolay Lake Regional Park!

\$35/person paid online at time of reservation

5 people max (to respect masked social distancing)

Exercise Restores the Mind

Join me for strengthening, flexibility, breath & posture focused fitness &



Appreciating Earth
Virtual Movement Classes

Monday & Wednesday
afternoons & evenings

Blue Door
Yoga & Wellness

Tuesday & Thursday
evenings

Preparedness Restores Calm

Practice preparedness skills you need to interact with the environment at its most chaotic. What do you need to do feel less anxious about, & more aware of, natural disasters.

- Step #1 pack your go bag**
- Step #2 make an evacuation plan**
- Step #3 practice your emergency plan**
- Overcome the overwhelm
- Book a 30-minute for \$25**
- Natural Disaster Preparedness Consult*
- with Nicole*

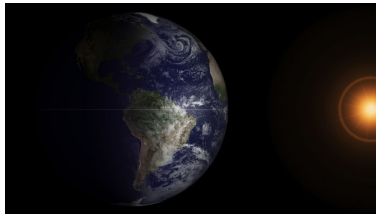


Emergency Go Bag

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, 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
- and companies, important phone numbers, emergency contact numbers, do
- documents (Apple ID, cloud back-up, smartphone)
- passwords (Apple ID, cloud back-up, smartphone)
- take videos of the property at least & store
- for video purposes



Appreciating Earth Blogs

An archive of my past blogs are **available on my website**. In addition to various articles about the science of the seasons you can read about...

- Geology of Sonoma County Vernal Pools
- Preparing for Natural Disasters: Geological, Meteorological, & Biological
- Responding to Natural Disasters
- Go Bags & Breath
- Geostory: Iceland
- The Timeline of a Pandemic
- Change: the intersections of science, time, Yoga & environment
- Focus: the intersections of science, time, Yoga & environment



Contact me at: nicolepele@hotmail.com or via www.appreciatingearth.com