

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

# Pt. Reyes Birding & Nature Festival April 21-23, 2023

The Environmental Action Committee of West Marin (EAC) has organized their annual fundraiser with 40+ field events for families, bird lovers, plant enthusiasts, photographers, & nature lovers across Marin, Sonoma, & Contra Costa Counties



Join <u>me</u> On Saturday, April 22nd 9am-2pm <u>Geology Time Travel at Point Reyes Kehoe Beach</u>

Registration for each event is limited and first come first serve **Public Registration Begins Monday, March 6th at 8am!** 

## A Global Perspective of Climate Adaptation

Imagine, you are in a space ship. Below is a world with oceans and land, volcanic eruptions, swirling clouds, dust storms, and carpets of green where plants thrive. You prepare to send a shuttle to the surface to explore this new world. What weather will you encounter? What conditions might you have to survive? How will you prepare for



the range of conditions you observe from above? How fast might those conditions change? The longer you can observe the surface spectacle from above the better you understand the chaotic conditions you might contend with upon landing. Humans and all other Earth life have evolved on Earth's surface without this global perspective. Our recent space and satellite technology affords us a view through which we can observe the changing surface conditions, and we have become dependent on it. We

forget that our ancestors did not have the benefit of weather predictions and warnings...they adapted to a changing world. **READ ON** 

## **Upcoming Appreciating Earth Geology Walks**

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

#### 2023 Appreciating Earth Geology Walks...

The paperwork is in the works & a series of geology walks will be announced soon! In the meantime, inquire about a private group Earth exploration. Where do you want to explore as I continue to offer adventures around Sonoma County, to Marin County, & beyond?

Contribute your wish list to the Appreciating Earth poll!

#### **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" is posted

on my website - get inspired to plan & 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