



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*

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### **The Perihelion, Seasons, & Climate on Earth**

Why are temperatures cooler in the winter? The Sun feels more distant and fails to warm our skin, so many assume that the Sun is further away from the Earth during winter, but that is not true for those of us living in the northern latitudes. On average, you are about 93 million miles away from that stellar source of sunlight, and it takes ~8.33 minutes for sunlight escaping from the Sun to reach the Earth's surface. But in January, the sunlight reaches Earth a little sooner due to the perihelion. On January 4th, 2022 you were only...**READ ON**



### **Appreciating Earth Geology Walks**

Learn about time, rocks & Earth evolution in Sonoma & Marin Counties **I hope to offer more geology walks in May...I am in the middle of moving so my spare time and energy is entirely dedicated to the effort. No worries, I am staying in the area & hopefully in the near future I will have more time to offer Appreciating Earth events.**

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**Starting in 2 weeks!**

**OLLI Story of Earth  
Conveyed by Rocks**



For those 50 years or better who love to learn  
*No homework or exams*

**April 14th - May 19th (6 weeks)**  
**Thursdays 3:00-5:00pm in person**  
**in Darwin 103 at Sonoma State**  
**University**

**Registration open now!**

Register **online** or via phone 707-664-2691

The Story of Earth exceeds 4 billion years of time, and much of planetary history is forever lost. Together we will take a trip through space and time to investigate what is known of the formation and evolution of Earth, and seek the locations where ancient clues have been unearthed. We will delve into how time & events leave their marks in minerals & rocks, and analyze how scientists unravel the chemical clues. As we explore planetary-scale events that have changed the Earth, we will also follow in the footsteps of biological evolution. Our focus on unraveling hundreds of millions of years of natural history will be told by the rocks, and the signatures of life embedded within.



## **13th Annual Point Reyes Birding & Nature Festival**

### **April 21st-24th**

The Environmental Action Committee of West Marin (EAC) has organized an amazing weekend for nature and bird lovers. Join us and support local environmental education, protection, and appreciation.

I will be offering 2 activities for the festival!

- **Friday 4/22 (9:00am-2:00pm) Geology Time Travel at Point Reyes field tour.** I will provide a walking tour of the Point Reyes Lighthouse area to share how observing the rocks and landscape has allowed Geologists to unravel the story of how Point Reyes peninsula has traveled along fault lines for millions of years. *There are a couple spots still open if you want to join me!*
- **Saturday 4/23 (12:00pm-2:00pm) Birds are Dinosaurs! classroom talk.** I get to talk about how Paleontologists know that birds evolved from dinosaurs, and what dinosaurian traits we can still observe on our feathered friends today. Kids and adults are welcome!

**Online registration open now!**

## Appreciating Earth Through Body Awareness

Somatic & alignment focused strength & flexibility movement classes



**Appreciating Earth**  
**Virtual Movement Classes**  
Monday & Wednesday  
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. Talk with those you live with about where to meet if electronic communication is unavailable, and consider what information you will want access to if the internet, phones, & cell towers are down and there is no electricity. Do you have maps, phone numbers, & emergency items organized in a known & easily accessible location?



### **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 r  
☐ documents, important phone numbers, emergency contact numbers, smartphone  
☐ documents (Apple ID), cloud back-up, smartpho  
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**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](mailto:nicolepele@hotmail.com) or via [www.appreciatingearth.com](http://www.appreciatingearth.com)