



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

Geology of the National Parks

The US national parks were created to "preserve areas of natural & cultural interest", and many of these areas are interesting because they are uniquely beautiful, the result of millions of years of geologic evolution. Each park contains the clues to its own geologic history, a story that can be told only after many years of intensely studying the landscape and the rocks it is made of. We have learned that Yosemite NP was once a deeply buried liquid magma chamber, the layers of Zion NP formed as sea level rose & fell, Isle Royale NP contains volcanic rocks erupted when the continent almost tore in two, and Acadia NP contains rocks that formed at the depths of continent as the Pangaea supercontinent formed. Take a virtual geologic tour of the national parks with me this fall via Zoom...



OLLI Geology of the National Parks

For those 50 years or better who love to learn

No homework or exams

Online 6-week course via Zoom

September 15th - October 20th

Wednesdays 3:00-5:00pm

[Register in advance - click here to learn more](#)

Upcoming Appreciating Earth Geology Walks

Learn about time, rocks & Earth evolution in Sonoma County

Friday, September 3rd 11am-2pm

Appreciating Earth Geology Walk

Crane Creek Regional Park!

\$35/person paid online in advance

5 people max - [click here to reserve your spot](#)



Upcoming Geology & Environment Presentation

What shaped the Laguna de Santa Rosa? Was it once a lake (laguna)?

Laguna Wetland Geology Through Time

Wednesday, September 15th

6:00pm-7:30pm online

[Register in advance - click here](#)



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?

Fire season in Sonoma County officially began on May 17th, 2021. We would all like to avoid another harrowing fire season, but our only realistic choice is to be prepared, be aware of weather patterns (wind & humidity) & make sure you will receive hazard alerts in a timely manner. You can watch the recording of my "**Wildfire Links to Earthquakes (Sonoma County Geology)**" presentation to learn about local natural hazards so that you can better prepare for events we hope we will not have to experience. Be hopeful, & get prepared anyway.

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



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 other disaster. 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 backpack 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
□ documents, important phone numbers, emergency contact numbers, do not
□ -and companies (Apple ID, cloud back-up, smartphone)
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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