



Winter Solstice 2019

Appreciating Earth

Through Appreciating Earth I foster environmental awareness, scientific knowledge, and planetary appreciation. We all consciously & unconsciously change the environment through our actions. Earth education can help us understand how we impact our planet. This Appreciating Earth newsletter provides earth science knowledge and increases environmental awareness. Join me in the infinite exploration of how we can appreciate our planet.

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



Happy
Winter
Solstice
2019!

Today is the first day of winter & the shortest day of the year in Earth's

northern hemisphere...and the longest day of the year in the Southern hemisphere.

Earth's seasons, equinoxes, and solstices are the result of Earth's revolution/orbit around the Sun. In December the North Pole is pointing away from the Sun so the Northern hemisphere gets less light & experiences winter conditions. When the short days of winter seem endless, consider...**continue reading**

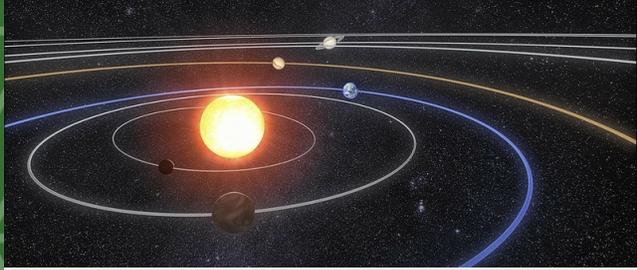
*My new website is up!
It is always under construction, but
it's looking good now. Visit me at
www.appreciatingearth.com*



**OLLI Winter
2020 Geology
of the National
Parks** lecture
series with me at
SSU! If you are
50 years of age or

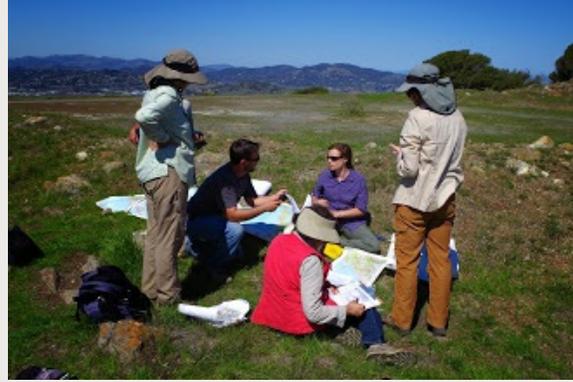
wiser join me for 6 weeks on
Fridays, March 6th through April
10th at 9:30am-11:30am to explore
the geology of our nation. **For
more information click here!**

**Future Field Trips with
Nicole!**



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 and to download the app on your smartphone



Beginning in Summer 2020 I will offer field excursions for those who would like to experience nature through the eyes of a geologist. As summer approaches I will send out a newsletter to let you know about the summer field opportunities I am planning. If you have any Sonoma County location requests, go to my [website](#) and fill out the [contact form](#). Let the adventures begin!

Fitness classes with Nicole

Did you know that I teach a variety of fitness classes in Sonoma County? Join me at **The Dailey Method** in the Mission Plaza (Rincon Valley, Santa Rosa) or at **Blue Door Yoga & Wellness Studio** in Penngrove. I teach a variety of classes that accommodate a wide range of fitness levels, but I especially enjoy teaching "basics" classes that help people understand how to align their bodies to stay safe while increasing strength and flexibility. [Click here to find location, scheduling, and class descriptions on the studio websites.](#)

