

The Explorers Club

Northern California Chapter

January 2012

In color at our web site: <http://www.explorersnorca.org>

Expedition Medicine

What to do when things go wrong

Matt Lewin

San Francisco — January 27, 2012

Matthew Lewin, MD, PhD became Director of the Center for Exploration and Travel Health at the California Academy of Sciences in San Francisco's Golden Gate Park in 2010. He still practices as an emergency medicine physician in the San Francisco Area. For the past ten years his research has focused on emergency medicine problems as they pertain to travel and expedition medicine (primarily emerging infectious diseases.)

Matt will discuss the fundamentals of travel and expedition medicine as they pertain to emergencies. In order to understand emergencies and non-emergency situations, a working knowledge of those things that can kill you quickly is required. Unfortunately, lack of such knowledge, skill, preparation or judgment can turn a non-emergency into an emergency. He will discuss the manner in which he plans for travel and expeditions

from the perspective of a physician and in the context of experiences working in the Gobi Desert, the rain forests of the Philippines and in the Peruvian Desert—with the American Museum of Natural History, Chicago's Field Museum, the California Academy of Sciences and others. Additionally, he will discuss some recent discoveries and some tricks of the trade.

Dr. Lewin graduated from Redwood High School and the University of California, Berkeley. His medical degree is from the University of Texas. His PhD in Neurophysiology from the University of Texas M.D. Anderson Cancer Center, specialized in the physiology of pain. Board Certified in Emergency Medicine, he was on the full-time faculty of UCSF for seven years.

Matt observes that one of his most interesting discoveries is the description of an emerging infectious disease from Central

NEW LOCATION
Note venues and dates with care.

In San Francisco, CA,
our next meeting is at 6:00 on
January 27, a **FRIDAY** evening,
at the Forest Lodge
south off Seventh AVENUE.



Asia which he identified in paleontologists working in Mongolia. *Rickettsia sibirica* has now been identified on several continents.

Most recently, he has been working on a method to improve the capabilities of obsolete CT scanners found in most developing countries. Using the same methods used for CT scanning fossils, with his students he came up with a way to allow even some Soviet-era CT scanners to perform 3-D image reconstruction of spinal injuries using only software available for free from the internet.

Look forward to another infectious talk from the Academy of Science!

The *Member Moment* on January 27 will feature Dr. Robert Schmieder.



Glimpses of Dr. Lewin's field existence in the Gobi Desert and the rain forest streams of the Philippines. (courtesy CAS).



PHOTOS FROM CALIFORNIA ACADEMY OF SCIENCE

A Tale from The Storied Ice

San Francisco — November 18

Joan Boothe told a tale that was hard to believe at the November 18th meeting of the Northern California Chapter. Chapter members and friends were on seat edges as she spun details from a century before. Twenty-nine men found themselves at the end of the then-known world, stranded in seriously frigid conditions for an unknown reason and for an unknown length of time. Can you imagine?

Can you imagine watching your ship sink before your eyes while standing on ice knowing that you were the rescuers? Not only were those souls who had endured a year waiting, and now were stranded; so were you. The psychological impact, the mental state we so worry about in modern times, must have been immense. Fret you might, but you would perish for certain if nothing is done. These were explorers of the heroic age. Joan told about Nordenskjöld and his mentor Larson's plight, and how it worked its way out with the loss of only one seaman (from a heart condition exacerbated by the ardor of the tasks at hand.)

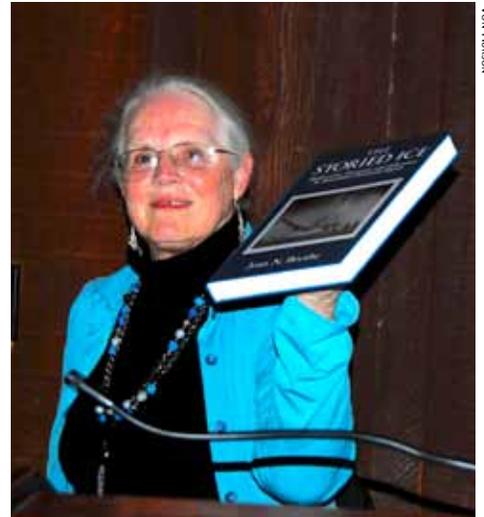
The 1901 Swedish expedition was planned to seek more knowledge of those cold lands of the Antarctic that had been reported by an earlier 1893 whaling search. The vessel, aptly named *Antarctic*, was captained by Larsen who had sailed on the earlier journey. In 1902, a small scientific party of six men were put ashore to winter-over at Snow Hill Island, as far south as anyone had lived. They would be picked up in the austral Summer of 1903. They built a prefabricated structure and conducted dog-sledge trips to gather specimens and observations. As the time for return approached they maintained vigil at their small building. But, the returning *Antarctic* had sunk, unbeknownst.

Before she sank she had also left three men at a food depot; they were also stranded. The Antarctic winter was approaching upon all three camps—for those at Snow Hill it was the second winter. Keep in mind there are no forests for fuel, and the penguins were fast fleeing, where ever penguins go.

You can also imagine the audience reaction. What happened? You are fortunate, you can read Joan's just-published, well-received, very-readable history of the Antarctic Peninsula: *The Storied Ice*. Anyone planning to travel on one of the Antarctic tours to this vastness should read it as a primer, as well as to learn the fate of the Swedes (Chapter 7). You will also learn the value of careful preparation. It is too easy for us to forget a time when satellite communication, short-wave radio, much less the omnipresence of information technology and world meteorology, did not exist. When you went forth a century ago (or earlier) you had to think about all contingencies.

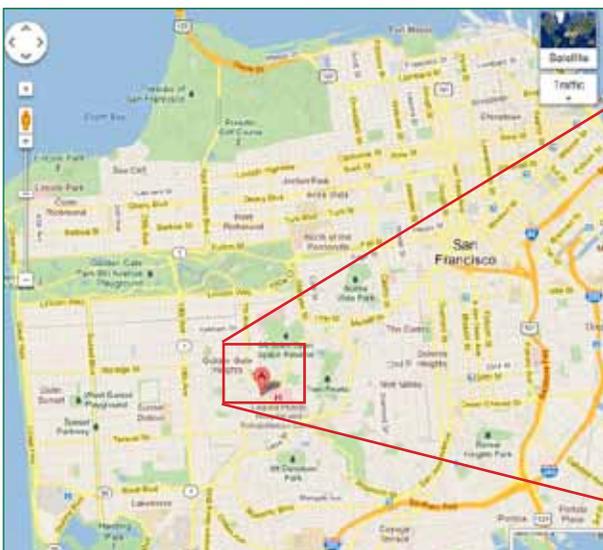
Joan's talk was spellbinding and maintained the high level we have become so accustomed to enjoy at our meetings. Thank you.

* Joan N. Boothe (2011): *The Storied Ice*, The Regent Press, Berkeley, CA 94705 (available in paperback, hardback and as an e-book)



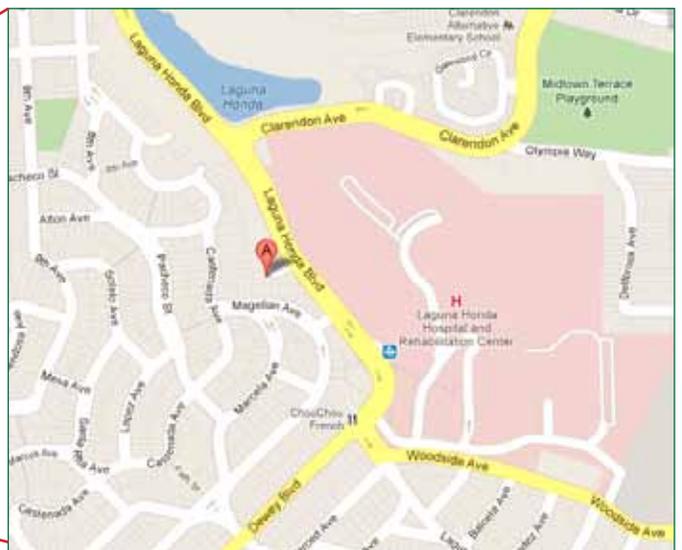
Von Harsoun

Joan Boothe with her just-released book. *The Antarctic* beset in the ice just before she slipped out of sight



Forest Lodge is in the center of San Francisco near Laguna Honda Hospital.

South of Golden Gate Park, take 7th Avenue. From I280 take Junipera Serra and Potrero. From the east take Market to Woodside. Even easier take the Taraval L line to Forest Hill Station (one block away.)



NorCA Chapter 2011 Contributors

Randolph K. Adler Jr.
James Allan
Guitty Azarpay
Barbara Berg
Josn & Barry Boothe
Eugene Boudreau
Tammy Camp
H. Keith Chase
Dan Cheatham
Ann Chokas
Nicholas Clinch
Alan Cooper
Wendy Crowder
Mike Diggles
Jack Dumbacher
Thomas Durbin
Susan Dutcher
Don Dvorak
Elaine Dvorak
Palmer Dyal
Sue Estey
Joann Franklin-Knox
Charlene Glacy
Gina Glantz
Ron Glantz
Michael Guzy
Henry Haringsma
Peter Hemming
Don Heyneman
Harry Hicks
Robert Higgins
Ken Howery
Jim & Von Hurson
Alan Hutchison
Anders Jepsen
Kathy Jepsen
Fred O. Johnson
Barbara Kanowick
David Kennard
Margot Komarmy
Dorothy Koo
Dan & Lois Kobal
Candida Kutz
Keith Kvenvolden
Joan Mary Lamphier
Lee & Karine Langan
Matthew Lewin
Sara Shoemaker Lind
Elgen Long
Scott Macbeth
Ian McFadden
Mary McGann
Charles Merdinger
David Moorer
Marguerite Moriarty
David Moyer
Neal Mueller
Linda-Lee Myers
Nancy Nenow
Michael Powers
James Prigoff
John Richardson
Ed & Sandra Ross
Peter Rundquist
Carina Trowbridge
Sabharwal
Rick Saber
Bob Schmieder
Kay Schmieder
Hank Skade
Mark A. Smith
Ron Smith
Stephen Smith
Patti Stack
Phil Trowbridge
Ed Von der Porten
Saryl Von der Porten
James Weil
Dede Whiteside
Robin Ziegler

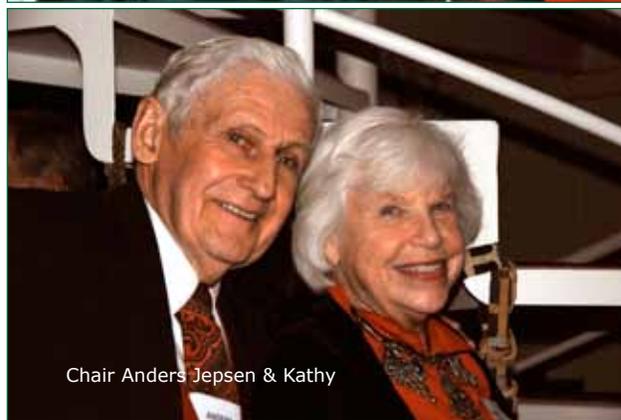
From the Chair— Who was it that said ‘Things Change’? When Lee Langan’s *Story Night* with the National Directors was suddenly changed, we had to jump through a few hoops to reschedule our meeting back to Friday the 27th of January, relocate the venue to the City Forest Club in San Francisco, design a new menu and find a new speaker. Luckily our February speaker was able to advance his presentation by a month. With a big sigh of relief I thank Joan Boothe and Rick Saber for taking care of all those logistics for me.

Meanwhile, we’re working on organizing some field trips. One of them, to the New Almaden mercury mine south of San Jose, is especially interesting for me because, in 1971, I made air-borne mercury measurements there as part of an early environmental study of that contaminant. Back then ‘My Mercury has a tuna in it’ was one of the jokes of the day. It should be an interesting trip. And of course our Annual Picnic Expedition to Angel Island is presently scheduled for June 9th. More about all of that in our next newsletter.

Finally, I want to express the appreciation of the entire club to Rick and Aldeana Saber for hosting our annual Christmas party. Some 80 explorers were in attendance for several hours of refreshments and socializing. Thank you Rick and Aldeana! —Anders Jepsen PhD FN03



Our hosts: Aldeana & Rick Saber (Vice Chair)



Chair Anders Jepsen & Kathy



Rick, Diana Harry Hicks & Lee Langan

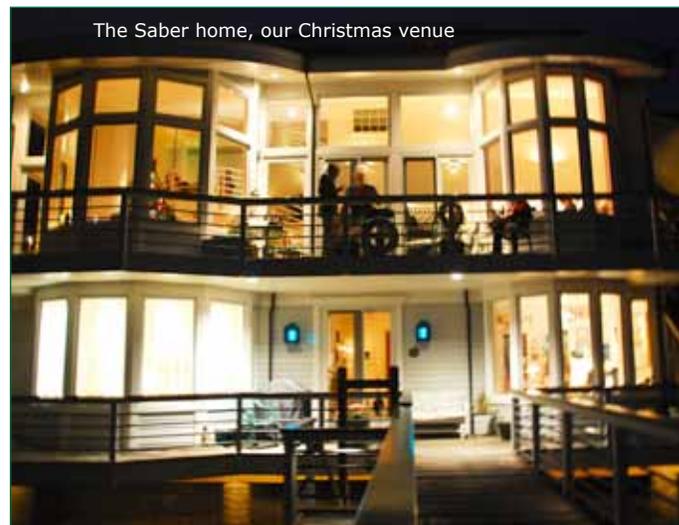
NorCA Holiday Reception at the Saber’s Dec 5th

Member Moment, 18 Nov: Dan Cheatham—Don Cheatham got caught up in the enthusiasm of the Big Game, scheduled for the day following his moments. As a former member of the University of California Band, the echoes of the nearby pep rally brought fond memories about which he gushed enthusiastically. Once a Bear, always a Bear!

The condensed review of his days in the U. S. Islands of the Far Pacific was brief—as a National Park Service ranger, he ranged throughout and rose to manage all of the region.



LANGAN



The Saber home, our Christmas venue

PARTY PHOTOS: VON HURSON



Diana Pickworth in “Native Dress”—a Yemini wedding dress

From the Board— Why oh why? Why did The Explorers Club Board of Directors opt to change their January meeting from our fair city to the New York Headquarters. Simply stated, your local director (yours truly) offered to defer the meeting because the matters to be discussed required more than the day allotted during the visit. The board also needed some materials that reside in the Lowell Thomas Building.

Over the past few months some natty issues have been under discussion—issues deserving of confidentiality. They are varied and, I can give assurance, deserved of the board’s time. You have an active and devoted board, and opinions are held strongly; so there is debate prior to resolution via a vote. Some of the positions held during private conversations have leaked and been scrambled as they get repeated. This has caused consternation, and the resolution thereof requires some extended discussion. Thus, we shall convene where we have time and resources.

When I offered to defer the visit to San Francisco, I confirmed with your current officers that our invitation remains. I am sure the planned *Story Night* (with Board Members) will be rescheduled as it best fits the Chapter’s plans. Meanwhile the Board will address the matters noted by our Honorary Chairman in a recent message and a consensus shall be reached. —Lee Langan FN99

Our list will be
reset in the next
issue!

Add Your Name
by sending \$25
to Treasurer
Joan Boothe

January 2012



Chair: Anders Jepsen
925 254-3079
ajviking@aol.com
Vice Chair: Rick Saber
415 457-0345
eagle@rsaber.com
Treasurer: Joan Boothe
415 346-5934
hoodoskr@aol.com
Secretary: Stephen E. Smith
Webmaster: Mike Diggles
Newsletter: Lee Langan

January 27, 2012 – Expedition Medicine

Northern California Calendar of Events

(Venues will be identified as soon as known.)

Our Next Event

January 27, 2012 (Friday). Expedition Medicine
Matthew Lewin, MD Forest Lodge

Upcoming Events (2012)

February 24 not completed
. Forest Lodge
March 30 Ed Von Der Porten
New Findings of San Felipe. Forest Lodge
April 27 Stephen Smith
16 years at Kosrae Forest Lodge
May 25 not completed
June 9 Angel Island Picnic

Earlier Chapter Events (2011)

February 25 Don Dana
Ethiopian Research Expedition University Club
March 25 Tom Cromwell, MD
Medical Disasters University Club
April 22 Robin Ziegler
Google Earth University Club
May 20 Alan Nichols
Dead Men Tell Tales. California Academy
June 11 Angel Island Picnic
September 23 Jim Westerman
The Osireion, Egypt UC Faculty Club
October 28. Jay Gregory
Discovering Bolivia University Club
November Joan Boothe/University Club
Otto Nordenskjöld's 1901-03 Saga of Survival
December 5 Rick & Aldeana Saber
Member Reception Tiburon

Send address changes and corrections by email to Steve at nauticos1@oceanearth.org

USE PAYPAL!

January 27, San Francisco

Date: Friday January 27, 2012
Place: Forest Lodge
254 Laguna Honda Blvd
San Francisco, CA 94116-1409
(415) 753-8326
Time: 6:00 - reception
7:15 - dinner — 8:00 - talk
Cost: \$49 in advance; \$60 after 20Jan
Students: \$35. (2012 dues \$25!)
Please mail information to Sue Estey,
216 Carmel Avenue, El Cerrito, CA 94530
or email sestey@earthlink.net or call (510) 526-2216

Reserve ___ spaces for
January 27, 2012
Cost: \$49 (for members and sirdars)
\$35 for card-carrying students

Name: _____
Address (if changed): _____
Companion: _____

Please reserve by Jan 20!

We have an established PayPal account.

For those of you who have an account, you can sign up and remit dinner costs to the NorCA Chapter by transferring money to: explorersnorca@gmail.com
There is a PAYPAL BUTTON on our website (www.explorersnorca.org); easy to use!

WE ARE MEETING AT A NEW VENUE FOR THE NorCA CHAPTER

The Forest Lodge has been sought out as a meeting place in the heart of San Francisco; location details are mapped on page 2 of the newsletter. The Lodge has the catering and space needs we require, and our January meeting will be an opportunity to see how it fits!

There is parking, and the location, while unfamiliar to many, is easy to find just across from the City's Laguna Honda Hospital.

Muni access is VERY easy from downtown via the light-rail Taraval 'L' Line and Ocean View 'M' Line. Exit at the Forest Hill station and walk a block north. These lines can be reached by BART and the Peninsula's CalTrain. (Forest Hill Station is located deeper underground than any other Muni Metro station; so much so that, unlike other stations, most people use an elevator to reach the platform at Forest Hill.)