

The Explorers Club Northern California Chapter

March 2017

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

LOCATIONS

Note venues and dates with care

Friday, 31 March, 2017

[Grace Lutheran Church](#)
[3201 Ulloa Street at 33rd Ave](#)
[San Francisco, CA 94116](#)

WILDERNESS MEDICINE: From the Himalayas to the Jungles of Belize Dr. David Weiss March 31, 2017



Dr. David Weiss will talk to us about the rapidly growing discipline that is Wilderness Medicine — a field specialization that is becoming increasingly more relevant in today's era of globalization, international travel and wilderness exploration. He will describe how this diverse field has evolved from “mountain medicine,” the investigation of the physiology of maladies experienced during humankind's quest to climb the Earth's highest peaks.

Today, as Dr. Weiss will relate, wilderness medicine is a dynamic multidisciplinary field that includes many of the qualities and characteristics inherent in emergency medicine. It also overlaps extensively with environmental, military, disaster, and sports medicine. Dr. Weiss's talk will show the breadth and special character of this evolving specialty as he discusses high altitude illness, hypothermia, heat illness, trauma and wound care, and traveler's diarrhea. He will also provide examples of how every explorer or traveler can be prepared to go beyond basic first aid and render meaningful medical care with a modicum of training and supplies and a healthy dose of improvisation.

As he describes all this, Dr. Weiss will illustrate by discussing his extensive work with the Himalayan Rescue Association (HRA) in Nepal — the quintessential wilderness medicine experience for physicians. Founded in 1973, the HRA operates a rescue post at Manang, situated along one of the most popular trekking routes in the Annapurna Himalaya, and one in the Khumbu village of Pheriche, near the base camp of Mount Everest.



Dr. Weiss is indeed a pioneer in the field of Wilderness Medicine. He is a Professor of Emergency Medicine (Emeritus) at Stanford University School of Medicine, and former founder and Medical Director of the Stanford University Medical Center Office of Emergency Management. He created the world's first Academic Wilderness Medicine Fellowship at Stanford University to provide physicians with cognitive knowledge, formal training, and skills in Wilderness Medicine. Dr. Weiss developed the first wilderness medicine course for medical students at Stanford and has authored many research articles, book chapters and books on wilderness medicine. He is the editor of the 2017 edition of Clinics of North America devoted entirely to wilderness medicine that includes chapters by the leading experts in wilderness, expedition and travel medicine. He served twice on the Board of Directors of the Wilderness Medical Society, and co-founded the American College of Emergency Physicians Section on Wilderness Medicine.

ECAD

EXPLORERS CLUB ANNUAL DINNER

ECAD

Ellis Island. Saturday, 25 March 2017.

Keynote Speaker: Sir Ranulph Fiennes

Special Award Recipients:

Andre Borschberg FI'13. The Explorers Club Medal
Bertrand Picard FI'00. The Explorers Club Medal
Nainoa Thompson FN'15. The Explorers Club Medal
Pasang Lhamu Sherpa Akiota. The Tenzing Norgay Award

George Basch MN'10. Explorers Club Citation of Merit
Lee Langan FN'99. The Sweeney Medal
Sophie Hollingsworth SM'14. The New Explorer Award

EDITOR' NOTE: The up-coming annual ECAD looks to be especially interesting this year, both because of the program and for its venue - Ellis Island, which seems particularly relevant considering the current political climate. Featured speaker Sir Ranulph Fiennes and the list of award recipients that includes three people we know - Bertrand Picard and Andre Borschberg who flew around the world in their Solar 2 aircraft and our own Lee Langan, all suggest a lot of fascinating conversation possibilities. And then there are the Friday Clubhouse reception, the Sunday morning meeting and afternoon presentations, and the closing High Tea that mean plenty of chances to talk with other explorers, promote your own ideas, and even find a bit of time to savor the flavor that is New York City .

TWO NORCA TABLE TICKETS STILL AVAILABLE. CONTACT JOAN “hoodooskr@aol.com” FOR INFORMATION

A VISIT TO THE DAVID RUMSEY MAP CENTER AT STANFORD UNIVERSITY Thursday, February 23, 2017

The founding benefactor of the eponymous David Rumsey Map Center at Stanford gave members of the Northern California Chapter an outstanding overview of some of the rare examples of maps he donated to the benefit of all who love, treasure and study cartographic skills. While his mind has been drawn to reduc-



ing the three-dimensional world to two dimensions since he was a child, it was the discovery that history is captured in man's attempts to understand the world's geography that transformed him into a collector. His devotion has accumulated some 150,000 items, 75,000 digitized and available on his website*: Go visit.

Mr. Rumsey's eloquence and enthusiasm in showing maps of the ages brought to life on the Center's 16' by 9' video wall was enthralling. (large photos on next page) He showed maps important to exploration over the past four centuries, each an advance in understanding the lands previously not known. Some with composite knowledge of the time; others documenting not-so-timid steps into terra incognita. Many of the actual maps were brought out of draw-

ers to be all-but-touched. Their digital renderings allowed a remarkable expansion of their utility. Folios were stitched together to give an overview not feasible in hard copy, and these could be drilled down to see intimate details with a flick of a switch.

Rumsey's dream of bringing old maps into the 21st century has been realized. It is an ongoing process at Stanford. Information that in the past required 'looking glasses' used by a few fortunates is now available on line anywhere in the world**.

Equal in importance to the digitalization of these treasured maps, with the ability to render with great flexibility on Google Earth, is the respect given to the originals. They are protected with all of the skill of professional conservationists. They are studied to reveal and expose the achievement of their creators; mapmakers were those who advanced man's understanding of his world in their ability to communicate new knowledge in a glance. Those who missed this lecture may still appreciate the collection. The Rumsey Map Center is open to the public each weekday afternoon. It is just to the left of the Quad, when facing Stanford Memorial Church. Make an effort to visit; even without the details we experienced, you will be delighted.

Deadra Fuzzell described a year-long project of the Center and Geology Library to digitize the 1815 "Smith Stratified Map of England", the world's first large country-wide geologic representation. See the results (as we did) on "How Big is a Big Map?"*** Fifteen original, 24.75" by 22" segments were digitized at 600dpi resulting in a 13GB file, the largest Stanford has accomplished to date.

Paul Saffo, a colleague of Rumsey who has collected early surveying instrumentation, showed several of the treasures he has donated to Stanford. These are the tools that were used to create the maps from



travels over the land. Of particular interest, portable instruments: a pocket Wild theodolite (used to triangulate), a pocket sextant (to navigate), a roving azimuth table carried while on horseback (to draw maps during traveling). In a new world of laser surveying and satellite omnipresent detail, these appear crude. They were what was available.

Reluctant to end the evening, the attendees strolled through the night across the Quad to the Geology Building for a generous buffet and refreshments arranged by Mike Diggles and presented by Doris Coonrad who has long been caterer to the Peninsula Geologic Society.

This was a meeting that will be long remembered. (LL)

Photos this Page:
David Rumsey
Paul Saffo, Alan Cooper, Sandra Cook

All photos these 2 pages by Lee Langan and Von Hurson

FOOTNOTES: (cut and paste the links to visit the websites for more information).

* www.davidrumsey.com

**rumseymapcenter.stanford.edu; preliminary thoughts May 2015, 5 minutes
https://www.youtube.com/watch?v=QLmKt_XEpT4

***<https://library.stanford.edu/blogs/digital-library-blog/2014/03/how-big-big-map-digitizing-william-smiths-stratified-map-england>
Dedication april 19, 2016, 43.5 minutes: <https://www.youtube.com/watch?v=voCUWck5ha8>

Editor's Note: These footnotes include useful links especially valuable for readers who were not able to attend the meeting. Cut, paste and watch.



Photos Clockwise:
 David Rumssey, Keith Kvenvolden;
 Rumsey with wall-size digital composite lion;
 Paul Saffo, Rick Sabaer, Jim Hurson
 Von Hurson, Mike Diggles;
 Art Ford;
 Screen enlargement of left side of wall size composite.



**HONOR ROLL OF
PAID UP DUES
FOR 2016**

Members

Jim Alexander
Linda Alexander
James Allan
Julia Amaral
Robert Anderson
Guitty Azarpay
Richard Blake
Sheldon Breiner
Joan Boothe
Keith Chase
Doug Cheeseman
Gail Cheeseman
Sandra Cook
Richard Dehmel
Mike Diggles
Tom Dolan
Don Dvorak
Elaine Dvorak
Palmer Dyal
Sue Estey
Robert Eustace
Susan Fox
Paul Freitas
Peter Hemming
Mike Herz
Don Heyneman
R J Higgins
Alan Hutchinson
Dana Isherwood
Anders Jepsen
Ronald Klein
Jonathan Knowles
William Kruse
Lee Langan
Ellen Lapham
James Prigoff
Sandra Ross
Becky Rygh
Rick Saber
Steve Smith
James Weil
Ed Von der Porten
Mordechai Winter

Sirdars

Julia Amaral
Barry Boothe
Marion Blumberg
Karoli Clever
Wendy Crowder
Joy Durighello
Scott Ellis
Sandra Fish
Anna Freitas
Gerald Griffin
Louise Heyneman
David Hirzel
Ann Hutchinson
Nancy Isaac
Kathy Jepsen
Fred Johnson
Kathy Judd
Margot Komarmy
Christopher LaFranchi
Karine Langan
Bonny O'Keefe
Tom Patterson
Laura Phelps
Aldeana Saber
Kay Schmieder
R Stewart
Z Stewart
Judy Van Austen
Robert Van Austen
Mark Weiman

From the Chair

February was an exciting month for our chapter, as you can see from the accounts of chapter activity elsewhere in the newsletter. First off, we enjoyed the kick-off evening for our new film festival, spearheaded by former Chapter Chair Lesley Ewing. And then less than two weeks later, the David Rumsey Map Center at Stanford University welcomed us at an event that served as our monthly meeting. Both were outstanding occasions. And they had one feature in common — in each case, other organizations joined with us in sponsoring the event. For the film festival, our partner was the San Francisco International Ocean Film Festival. You can learn more about the organization and their programs at their website — www.oceanfilmfest.org. Our partner for the David Rumsey Map Center evening was the Peninsula Geological Society. They have a series of regular meetings of their own. If you'd like to know more about their activities, organized by chapter member Mike Diggles, check out their website — www.diggles.com/pgs/.

Last month, we sent a reminder about dues to all chapter Explorers Club members and Sirdars. Great thanks to those of you who have responded by sending in your dues, but there are even more that we have not yet heard from. Although dues of \$25/year for Explorers Club members are optional, they are an important source of funds for our chapter, and we greatly appreciate these contributions. For Sirdars, annual dues of \$50/year are required to maintain your place on our distribution list. A reminder about this has been sent to all Sirdars who have not yet sent their dues. For all of you, both members and Sirdars, don't forget that our chapter is now a non-profit organization, with the result that dues are now tax deductible to the full extent allowed by law.

As you read this, ECAD is roaring up upon us — the weekend of March 25. If you are still wondering whether to go, I encourage you to do so. An exciting new venue at Ellis Island, our former Chapter Chair Lee Langan being honored with the Sweeney medal, and the traditional blowout of exotic foods, great company, etc. It should be a terrific weekend. We hope that many of you will be there. If you do decide to go and wish to be seated with fellow NorCa people, let me know. I still have two tickets left for the NorCa tables. If more than two persons comes forward, you'll have to buy your ticket separately, but do let me know. No promises, but we may be able to arrange for you to be at a table adjacent to the NorCa tables.

If you check the calendar, you'll see that ECAD takes place on the Saturday following the 4th Friday of the month. Normally, that Friday would be the date for our regular monthly meeting. In order to avoid conflict with ECAD, we've moved our March meeting — with Dr. Eric Weiss as our speaker — to the 5th Friday, March 31. Details are elsewhere in this newsletter. I hope to see many of you there.

Joan Boothe MN' 07

FILMS COME TO NORTHERN CALIFORNIA EXPLORERS

About 14 years ago Krist Jake, member of both the NorCal EC Chapter and the Dolphin Club, started the San Francisco Ocean Film Festival now known as the International Ocean Film Festival - IOFF). There has been formal and informal coordination between our Chapter and the film festival throughout the years. Our current film program is the most recent coordination. On February 12th, 45 explorers members and IOFF participants headed to Stanford to see an afternoon showing of Thule Tuvalu. The program at Stanford was coordinated with the Center for Ocean Solutions, IOFF and the Explorers Club.

Thule Tuvalu is about climate change and two indigenous island cultures, one off the coast of Greenland and one in the south Pacific. Neither island contributes a large amount of greenhouse gas emissions, yet both are experiencing some of the consequences. The people of Thule rely upon the ice and dog sleds to get to their hunting grounds, yet the ice comes later each year and leaves earlier in the spring. The people of Tuvalu fish, but the island beaches are eroding and their freshwater areas are being more saline.

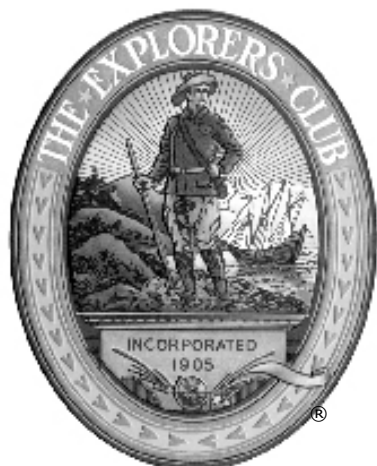
Most of the film focuses on the changes happening at both of the islands; but concludes with some options for both islands to adapt for a while to the changes. On Thule, some of the islanders are becoming fishermen and establishing a halibut fishery on the island. But fishing requires a different knowledge than hunting, the hunters will have no more use for their dog sleds and rather than building sleds from local materials and feeding their dogs meat from their hunts, they will have to purchase ocean-going boats and fuel. Halibut fishing might let the community transition to another livelihood, but with major cultural changes. On Tuvalu, the islanders are trying to plant some mangrove-type plants that can thrive in salt water and slow coastal erosion. But, as on Thule, this adaptation will change aspects of the island culture. The new vegetation will change the ecosystem and possibly support different fish species. The vegetation will not protect the freshwater supplies, or prevent the slow rise of salt water; but will reduce erosion and provide some time for the islanders to make longer-term changes.

Editor's Note: If you missed this first showing, a trailer and the entire film can be viewed for a modest charge at https://www.youtube.com/watch?v=_2e8jzbzofFQ

Future plans for the film program are to show an exploration movie or an ocean documentary every other month. We are hoping to find a few co-sponsors like the Stanford's Center for Ocean Solutions who have access to space where we can accommodate 50 or 60 people and share the films with our members and others. We'll try to coordinate the film with the interests of the location. The 14th annual International Ocean Film Festival will be in full swing March 9th – 12th and we'll start putting together an April program once the festival is finished.

March 2017 Issue

Northern California Chapter Established 1973



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Chapter Calendar of Events

(Venues are identified as soon as known.)

2017

March 31. Eric Weiss
Expedition Medicine Grace Luth Ch
April 28. Sandy Ross
Afghanistan pre-Taliban Grace Luth Ch
May 26 J.R. Skok
Seeking Signs of Life on Mars TBA

Earlier Chapter Events

2015

December 13. Holiday Party
. Home of Joan Boothe

2016

January 22 Ted Cheeseman
Modern Ocean Exploration Grace Lutheran Ch
February 26 Rosemarie Twinam
Game Counting in Africa Grace Lutheran Ch
March 11-13. ECAD New York
March 25 Daniel Lin
Navigation on Polynesian Voyages Grace Luth Ch
April 21 (Thursday). Autodesk
Technology in exploration. Gallery, 1 Market, SF
May 27 Anne Sanquini
Surviving the 2015 Earthquake in Nepal GLChurch
June ____ Crissie Field
September ____ Drakes Bay Field Trip
September ____ ?????
November 18, 2016 Dr. Bob Schmieder
2016 Heard Island Expedition Grace Luth Ch
December 11 Holiday Party
Home of Chapter Chair Joan Boothe
January 27 David Helvarg
The Blue Ocean Grace Luth Ch
February 23 David Rumsey
Rumsey Map Center Stanford University

Send address changes and
corrections by email to Sandra Cook
sandra_cook@comcast.net

OTHER EVENTS, EXPEDITIONS, etc.

June 22-July 8, 2017: Expedition to Mongolia with a member of our Chapter.
Susan Fox, FN'14 will be leading a 2-week of examination of areas
that she has been studying for the past several years.
For information, contact Susan Fox at sfox@foxstudio.biz or at 707 496 1246

March 24-26, 2017: Explorers Club Annual Dinner (ECAD), Ellis Island, NYC

Editor's note: Dan Akerman AN'14, submitted Mount Everest last year. At my request, Dan agreed to write about it. Part 1 is printed below. The rest of the story will appear in future newsletters..

MY MOUNT EVEREST EXPERIENCE

The mountain was in an uproar that night with wind speeds reaching 30mph and temperatures in the -30 to -40 range. We were at camp 4 (26,000ft), just below the death zone ready to make our final push for the summit when Sherpas informed me that the other seven expeditions had all cancelled and I was advised to do the same.

Conditions were expected to get even worse in the coming days so starting over was not an option. Was this the end of the road for me? Was this as close as I would come to realizing my dream of standing on the top of Mt. Everest?

The journey to Everest had begun some five years earlier when my younger brother Sebastian challenged me to climb Kebnekaise (Sweden's highest mountain) with him. At the time I was far from an experienced mountaineer or even a fit athlete, I was a regular Joe working for an insurance company in New York.

The thought of climbing Mt. Kebnekaise was terrifying, not because of the risk of hurting myself or dying; it was the fear of failing which was overwhelming. Fortunately my brother managed to convince me to come along and in the end we were turned back just 30 minutes from the summit due to bad weather. When I came back down something within me had changed. Despite not having summited, I knew that I had what it took to reach the summit. Having taken the step outside of my comfort zone to achieve something that I thought may not have been possible was a powerful feeling; now I wanted more!

Soon thereafter, I set myself the goal of climbing Mt. Everest. I knew that I didn't have the experience required but, after climbing increasingly higher and more technical mountains, the dream of Everest began to take shape.

PHOTO AND STORY OF THE MONTH

Got a favorite picture from your explorations? How about an interesting personal story? Please submit them to the Newsletter editor (ajviking@aol.com) so the rest of the club can enjoy them - picture, story or both.

CHAPTER MEETING Friday March 31, 2017

Grace Lutheran Church
3201 Ulloa Street, at 33rd Ave., San Francisco, 94116

Date: Friday, 31 March, 2017
Place: Grace Lutheran Church
3201 Ulloa Street, at 33rd Ave
San Francisco, CA 94116
Time: 6:30 - reception
7:15 - dinner; 8:00 - program
Meal Options (reserve your choice)
Roast chicken breast, ham au gratin or pasta primavera (veggie)
NOTE: veggie request must be in by prior Sunday
Cost: \$49 in advance, \$60 after 28 March; Students: \$35.
(2016 dues: Members \$25, Sirdars \$50)
Please mail reservations, meal choice, checks & dues to Joan Boothe
email: hoodoskr@aol.com Call 415-233-1697 or
mail: Joan Boothe/2435 Divisadero St./San Francisco, CA 94115

We have an established PayPal account.

With an account, you can sign up and remit your meal costs, dues, etc. to the NorCA Chapter
There is a PAYPAL BUTTON on our website (www.explorersnorca.org); easy to use!