

The Explorers Club Northern California Chapter

March 2018

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

LOCATION

Note venues and dates with care

March 30, 2018, 6:30pm

The Dolan Law Firm
1438 Market Street, SF 94102

THE JOURNEY WITHIN or

WHY WOULD ANYONE SWIM WITH THE SHARKS BEFORE BREAKFAST?

by NorCa Chapter Member Kim Chambers, MN '16, Friday 30 March 2018

Kim Chambers was pursuing her career in ballet when an accident brought her career up short and had her facing a possible radical amputation. She turned her energy toward long-distance swimming, completing the 8 toughest swims in the world and becoming a world record marathon open water swimmer. Only 4 men have swum from the Farallon Islands to the Golden Gate, a 30-mile stretch of water known for frigid temperatures, swirling currents and the world's largest Great White sharks, and considered to be the hardest marathon swim in the world. Come hear Kim talk about her attempt to be the first woman to complete this swim.

Kim will talk about her Journey to become a long-distance swimmer, the transformations that have happened because of these swims, her encounters with the wildlife around her – INCLUDING SHARKS –



Speaker Kim in Dead Sea head gear

Find out what propels Kim to conquer her fear, pursue her passion and achieve her greatest potential, and hopefully inspire others to do the same.

Born in New Zealand, Kim now resides in San Francisco where she can keep close watch over the Farallones and SF Bay waters. In addition to her swimming and climbing pursuits, she is an advocate for ocean conservation, supporting the Farallon Islands Sanctuary, Free Morgan



Readying gear for the Dead Sea Swim



Kim out of the water

Foundation, Farallon Patrol and Shark Stewards. Many of her speaking engagements are fundraisers for these organizations, as she uses her swims to raise awareness for issues such as shark finning and anti-captivity of cetaceans.

Editor's note: Many thanks to Lesley Ewing, Joan Boothe and Steve Smith for putting this page together.

OPERATING UNDER THE THREAT OF CONTAGION

Sherry M. Wren MD FN'14, FACS, FCS (ECSA)

Dr. Sherry Wren is a surgeon, an active strong advocate for her profession. She is a Professor at Stanford Medical School and involved in the world promoting the importance that surgery can provide for mankind. She does so eloquently and convincingly. Speaking at the new downtown venue of the Northern California Chapter provided by the Dolan Law Firm, on February 23, she focused on the impact that the Ebola virus has had upon the medical profession in the African outbreaks of the killing bug.

She observed that a third of the diseases of mankind can be treated with surgery, that this medical skill is an essential component of any health provision. Yet, its importance has been overlooked while major medical advances reducing or eradicating infectious diseases like polio, AIDS, malaria, small pox have benefited by directed research and distribution plans.

Meanwhile the routine need for surgery resulting from war and conflict, vehicular accidents, bodily harm while living life, and the constant of birth and its potential complications imparts an ever-present need for trained staff and well-outfitted operating spaces. By and large, these exist in the developed world. In Africa it is a very different story, with the same need. Often there is not even electricity or running water. The ratio of one surgeon to 100,000 persons (vs US standard of 55/100,000) is just the start of the problem providing this essential health care.

When EBOLA breaks out (this is an age old epidemic which would burn out in an individual village before the advent of easy transportation and urbanization) basic surgery is threatened. The virus is transmitted by body fluids; you have to be touched by this mostly fatal disease, even if you are a surgeon. Especially if you are a surgeon you can be exposed, as these doctors are often drenched in blood and mucous. Available dressing gowns for operations are traditionally cloth; the fluids seep through. If a country has few surgeons it cannot afford to lose any, but they are lost.

Dr. Wren took it upon herself to promote the establishment

of basic protocols for the conduct of surgery in the face of such contagion. She and her co-author, Dr. Adam Kushner, defined the practical problems faced in emergency epidemics, when facing the immediate need to deal with people in dying. One would like to think this had been done; it was not. Despite the profession's experience with polio or AIDS or other past epidemics it seems we have learned little when faced once again with contagion. She has made an effort to stem this frailty of humankind to forget history. Hers is a vital effort.

Read their book, *Operation Ebola: Surgical Care during the West African Outbreak (Operation Health)*; support for essential medical supplies and capabilities worldwide helps all. (LL)



Dr. Wren thanked by Vice Chair Dr. Ewing

Photo: by Lee Langan

Editor's Note:: This month we have two very personal stories by Chapter members - Our March speaker, Kim Chambers, will describe her evolution from potential amputee to world class marathon swimmer. And on Page 3, Dr. Andrea Marshall describes her evolution from Bay Area resident to marine scientist living in Mozambique to be close to one of her major interests, the Giant Manta Ray. Dear reader, if you have an exploration story you would like to tell, please contact me. AJ.

Educated in the United States and Australia, Andrea was the first person in the world to complete a PhD on manta rays. After completing her thesis in 2008, Andrea stayed on in Mozambique to spearhead the conservation efforts of this species along this remote coastline. Along with other members of her team, she founded the Marine Megafauna Association, which grew into the now widely known Marine Megafauna Foundation. Vowing to dedicate her life to the preservation and management of the manta ray population in southern Mozambique, Andrea still calls this coastline home. Her passionate commitment to marine related issues in eastern Africa helped to shape her goals as a conservation biologist. Now a global ambassador for manta rays, Andrea continues to pursue international conservation initiatives for manta rays and fight for their protection worldwide.



Saving Ocean Giants From Extinction

Dr. Andrea Marshall FN'13 – Explorers Club Northern California Chapter Member

My name is Andrea Marshall and I am a conservation biologist specializing in the protection of marine megafauna. It has been 15 years since I moved to Africa on a whim. I had no plan or expectations when I first visited, and while I distinctly remember feeling incredibly drawn to the continent, I never expected to give up everything for a life along the rural coastline of Mozambique. I would say that I am from a pretty average American family. I grew up in the Bay Area in Northern California. In fact, up until the age of about 22, I had a fairly normal life. Don't get me wrong, I loved adventure, animals, and traveled abroad quite a bit. But if someone had told my twenty year old self that I would be living in rural Mozambique in a tiny four walled room with a roof made out of leaves, with my husband and 1 year old daughter at 38 years old, I would have laughed in their face.

That being said, I have never for one day regretted my decision to stay in Africa. In fact, it has been the most enriching and rewarding experience of my life. The continent is alive with diversity of all kinds; the wilderness here still feels authentically wild. One of the things that I love most about living in Africa is people's appreciation of the beauty that surrounds them and their commitment to the conservation of their endemic species. Everyone is connected to wildlife in one way or another and discussions about the conservation of wild animals and wild places are commonplace. This passion is particularly evident in the monumental efforts to safeguard Africa's terrestrial giants, like elephant and rhino. These efforts are not always successful, but at least there is a sense of urgency and a distinct understanding of the importance of preserving their natural heritage—the things that make Africa so unique.

Sadly, conservation is a slow road and executing it properly and making it sustainable is a massive uphill battle - one that requires time, resources and a lot of money. These large animals require large habitats. Those that are highly migratory come with their own specific conservation challenges. Ones that are hunted for international trade necessitate even more attention and care. Some critics would say that we are losing the battle to save these iconic species; that they, despite all of our best efforts, will fade into extinction like so many other species we have lost.

I choose to believe there is a way to co-exist with wild animals. I believe that we can, if we choose to do so, preserve enough wild places to support healthy populations of these giants. I maintain that with enough effort and planning we can live in harmony with one another. As a young biologist I have been inspired by the indomitable spirit of the conservationists in Africa. It is seemingly unshakable and while the media consistently reports on low points, there are so many incredible conservation wins happening on the continent as well.

For the better part of a decade now I have carefully watched and learned from those on the front line in Africa. I have tried to emulate their successful strategies and apply them to the study and management of marine species, specifically marine megafauna—the giants of our oceans. I am not sure we will ever be able to achieve anything so

grand in the ocean as some of the trans-frontier parks of Africa, but we certainly aim to give it a go!

The necessity of marine protected areas is certainly not in debate and there are already many examples of successful, well functioning marine MPAs globally. But endeavors to develop marine protected areas that mirror the kind of parks being created in Africa, reserves that are designed to protect the migratory giants of our oceans, like the cetaceans (e.g. whales dolphins, etc.), planktivorous elasmobranchs (e.g. whale sharks, manta rays, etc.), our great game fish (like marlin and sailfish) and of course our largest marine reptiles, the sea turtles. This will indeed be a distinct challenge. Most of these species are highly mobile, to an even greater extent than their terrestrial equivalents, habitually traveling thousands of kilometers in search of food and mates. As migratory species, these animals are not restricted by international boundaries, often traveling into the unprotected waters of the high seas. They are large, long-lived and use a three-dimensional environment - diving regularly into the pitch-black, bathypelagic parts of the ocean. As they travel they run a gauntlet of anthropogenic pressures that threaten their survival. Frankly it is hard to know how to provide them with adequate protection.

My life's goal in Africa is to begin creating networks of marine protected areas or sanctuaries that can help safeguard our ocean giants. But is this realistic? Can it be done effectively? Well, one of the first lessons that we learned from terrestrial parks is the importance of studying the ecology of the ecosystem you seek to protect. Nature is tricky, and while it seems to naturally fall into equilibrium in the wild, when forced it often rejects even the noblest human attempts to

manage it. Ultimately, it is important to acquire a great understanding of the needs of the areas and the species you aim to protect. The less you know about your focal species, the less effective management will be, particularly with elusive, highly mobile and or migratory species. If you are interested, like I am, in protecting giant manta rays, it is of unparalleled importance to understand their daily habits, their seasonal movements and the migratory pathways



that they use as they navigate the oceans.

So this has become my challenge. To tackle it I co-founded the Marine Megafauna Foundation (marinemegafauna.org), an organization that aims to learn more about marine megafauna so that we can figure out how to better protect them. Our over arching goal is conservation through research--most notably through the development of science-based management strategies. Only time will tell if we can devise ways to effectively safeguard these threatened species and preserve enough habitat to ensure the stability of their populations in Africa. No matter what, we have to try. The fate of these iconic species is clear if we do not act, and act with urgency. There is no coming back from extinction. Luckily there are a lot of passionate people on the ground determined to save Africa's megafauna, marine and terrestrial, and they are doing it species by species, one population after another.

HONOR ROLL
PAID UP DUES
FOR 2018

MEMBERS

Amaral, Julia
Beer, Michael
Bekins, Joan
Blake, Rick
Bolt, Kendra
Boothe, Joan
Chase, H. Keith
Cheeseman, Ted
Cook, Sandra
Cooper, Alan
Dehmel, Rick
Diggles, Mike
Dolan, Tom
Durbin, Thom
Dyal, Palmer
Estey, Sue
Ewing, Lesley
Ford, Art
Fox, Susan
Freitas, Anna
Freitas, Paul
Griffith, Jerry
Hemming, Peter
Heydorn, William
Heyneman, Donald
Higgins, Robert
Hurson, Jim
Hurson, Von
Hutchison, Alan
Jake, Krist
Jepsen, Anders
Klein, Ronald
Klotz, Suzanne
Kvenvolden, Keith
Isherwood, William
Langan, Lee
Lapham, Ellen
LeBonte, Alison
Lidicker, William Jr.
Lingl, Herb
Macbeth, Pierre de St. J.
McMillan, Peter H.
Meniketti, Marco
Miller, Gregory
Nichols, Ala
Prigoff, James
Rygh, Rebecca L.
Schmieder, Robert
Skade, William
Smith, Steve
Straka, Bill
Tarter, Jill
Von der Porten, Ed
Weil, James
Wren, Sherry

SIRDARS

Barnes, James
Boothe, Barry
Cohn, Lawrence
Cooper, William Scott Jr.
Crowder, Wendy
Elkus, Nancy
Engstrom, Dafne
Heyneman, Louise
Hirzel, David
Hutchison, Ann
Isaac, Nancy
Jepsen, Kathy
Judd, Kathy
Kidd, Joe
Langan, Karine
Loew, Tim
Longo-Cohn, Mary
McLoughlin, Liz
Nikas, A. James III
O'Keefe, Bonny
Patterson, Tom
Phelps, Laura
Stewart, Zach
Straka, Barbara
Van Austen, Bob
Van Austen, Judy
Weiman, Mark

From the Chair

I was very disappointed to have to miss the February meeting due to obligations in Arizona. I can report that the Tucson weather was gorgeous, desert flowers were in bloom, and it almost made one forget that within a few months it will once again feel like stepping into a convection oven. But I was pleased to receive reports that our February meeting went very well. A great speaker, an improved seating plan, resolution of some electronic glitches, and experience gained at preparing the first lecture video for posting to the Chapter website. Substantial progress made.

In February, your Board of Directors met to discuss a wide variety of topics, including aspects of the new venue and how it might be improved. Some of those ideas were implemented for the February meeting. The Board also considered intermittent alternate venues for speakers expected to draw unusually large audiences and will be considering that further in the future. Our current self-imposed limit of 60 attendees rankles some, but historically it has seldom been exceeded. Other topics

of interest included pushing a new hard copy roster and chapter website forward, formation of new committees to promote increased membership and student involvement, reinvigoration of a Chapter film series, as well as the creation of a chapter logo. The Board will be seeking assistance from our members to take part in many of these activities.

Sad to say my intended foray to New York for the Annual ECAD was foiled by Mother Nature when she canceled my flights. I was particularly looking forward to attending the Chapter Chair's meeting to interact with representatives of our chapters throughout the world as well as the National Board of Directors meeting. Director Lee Langan attended in my stead and will give us his impressions at our upcoming meeting. Thank you Lee for representing us at these important events. I will have some interesting information to share from New York this month and look forward to another great meeting. See you there.

Stephen E. Smith FN'96

Some follow-up notes on traveling to our new venue.

Feedback received during and after our first meeting in the new location leads me to believe that many did not read our recommendations for travel and parking presented in the last newsletter. Here for your convenience are some further observations. If you are driving, the best place to park may be in the Market Square Garage located behind and under the Twitter Headquarters Building. The entrance is located on Jessie Street. Google "Market Square Garage" for a map. This garage is open until midnight on Fridays and charges \$5.00/hour. Approaching on Market Street from the direction of the Embarcadero, turn left on 10th Street and then take the first available left onto Jessie Street. (There is no obvious street sign identifying Jessie). The entrance to the garage will be down the street on the left side. It is a short walk to the Dolan Office from the garage. Walk through the Twitter building.

Alternatively, parking may be available on Fell Street, which is behind the Dolan Offices and other streets nearby. After 6:00 pm Fell Street is free and unmetered. Enter through the back door of the Dolan Offices on Fell Street. There is a sign above the door. Individuals who wish to be dropped off on the street may find it considerably easier at the Fell Street entrance versus attempting a stop on Market Street.

If you are taking BART, depart at the Civic Center station. The best exit is the one marked B1 Market & 8th Street Exit. There is an escalator to the street from this exit. This is the exit at the far north end of the Civic Center station and it places you just down the block and across the street from the Dolan office. It is an easy walk from that exit. If you take Muni, depart at the Van Ness Station. I am informed that the walk to Dolan is shorter than from the Civic Center Muni Stop.

Monterey Bay Whale Watch Cheetah Conservation Fund Fundraiser March 31, 2018

Join Monterey Bay Whale Watch Saturday, March 31, 2018 starting at 10 a.m. for a fundraiser supporting the Cheetah Conservation Fund (CCF) on a whale watch in Monterey Bay! 100% of the proceeds and other donations go directly to CCF!

Come sail away with Cheetah Conservation Fund. Catch a glimpse of beautiful whales and chat with fellow cheetah enthusiasts and experts. Join Dr. Laurie Marker, founder and executive director of CCF, and Nancy Black, owner and lead Marine Biologist at Monterey Bay Whale Watch for a whale watch ocean safari.

Tickets: Adults \$60, children \$30
Trip: 10 AM to 1 p.m.
Check in at 9:30 a.m.

Monterey Bay Whale Watch has raised over \$15,000 for CCF over the years, helping to build awareness and support the research and conservation efforts put forth to support cheetahs against their race to extinction.

Watching whales in Monterey Bay is much like going on a safari in Africa. Every day is different - we can see huge pods of dolphins like massive herds of wildebeest. We can find Killer Whales, the ocean's top predator, hunting sea lions. Or we might find Blue Whales, the largest animals on earth, each one bigger than 10 elephants put together!

For tickets, go to www.cheetah.org and click on Laurie's spring Tour. Or just Go! Monterey Fisherman's Wharf.

March 2018 Issue
Northern California Chapter
Established 1973



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Secretary: Von Hurson MN'10
Trekking@sonic.net
Treasurer: Joan Boothe MN'07
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415-233-1697
Webmaster: Mike Diggles FN'92
Newsletter: Anders Jepsen FN'03
ajviking@aol.com
925-322-8893

Chapter Calendar of Events

(Venues are identified as soon as known.)

2018
March 30 Kimberley Chambers
Swimming With Sharks Before Breakfast . Dolan
April 27 Alan Eustace
The Stratospheric Jump Dolan
May 30 3 Term EC Members
Explorers Grant Reports/Annual mtg . . . Dolan
June 21 Picnic TBA

Earlier Chapter Events

2016
November 18, 2016 Dr. Bob Schmieder
2016 Heard Island Expedition . . Grace Luth Ch
December 11 Holiday Party
Home of Chapter Chair Joan Boothe
2017
January 27 David Helvarg
The Blue Ocean Grace Luth Ch
February 23 David Rumsey
Rumsey Map Center Stanford University
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 Life Signs on Mars Spengers, Berkeley
June 24 Chapter Picnic
Angel Island
September 22 Dr. Anders Jepsen
Drones to map landmines . . . Grace Luth Ch
October 27 Dirk Rosen
Save Deep Sea Corals . . . Grace Lutheran Ch
November 17 Jordan Fisher Smith
Engineering Eden Grace Lutheran Ch
December 17 Holiday Party
Home of Joan and Barry Boothe
January 26 Dr. John All
Climate Change on Mt. Everest. . . . Dolan
February 23 Dr. Sherry Wren
Surgical Approaches in the Ebola Crisis . . Dolan

Send address changes and
corrections by email to
ecnca@oceaneearth.org

Call to Chapter Artists and Graphic Designers

The Northern California Chapter needs a Chapter Logo. Many of our National and International Chapters have one and we should too. Your Board is looking for ideas for a design which could be used on various items associated with our chapter (shirts, hats, cups, etc.) as well as being featured on awards and our website.

Some general design guidelines would include:

- * Easily reproducible in print, online, and material applications.
- * Incorporating the standard Club colors of red and blue.
- * Include imagery evoking Northern California and/or exploration.
- * Serve as a unique representation of one of The Club's largest chapters.

Design submissions need not be final proofs. A simple line sketch will suffice to communicate your idea to Chair Steve Smith at ecnca@oceaneearth.org

Demonstrate your creativity!

An Explorers Club Flag Expedition from Northern California

At our last meeting, Past Explorers Club President Alan Nichols told about his insights into the final months of Chengis Kha'an's life, and Alan's conviction that what he calls Mountain X is the final resting place for this Mongol Emperor. He has now published a report, entitled *The Hunter and the Hunted* which he had offered for purchase and to be signed.

The Chapter is proud of our own Alan Nichols, who has many expeditions to his credit, the most recent of which has been two expeditions to Mongolia looking for the burial site of Ghengis Kha'an.

Several of the members of the Northern California Chapter have accompanied Alan on these expeditions, including Becky Rygh, Von Hurson, Tim Lowe and Jerry Griffith.

LAST CALL FOR CHAPTER DUES

TEC Chapter Members and Sirdars, your dues are due! Our Treasurer, Joan Boothe, has distributed the annual dues statement for 2018 to all Chapter members. For TEC Members, the requested donation is only \$25 a year; for Sirdars your dues of \$50 keeps you on the distribution list and is not optional. Your chapter depends on these monies to fund the day-to-day running of the chapter, as well as to support our two annual events for which we do not charge — our Holiday Party and the Annual Picnic.

All donors are acknowledged on the Honor Roll in the monthly newsletter. And don't forget . . . since our chapter is recognized as 501 (C) (3), whatever you send us may well be tax deductible, depending on your personal situation.

**CHAPTER MEETING
Friday, March 30, 2018**

Place: The Dolan Law Firm
1438 Market Street
San Francisco, CA 94102
Time: 6:30 - reception
7:15 - dinner; 8:00 - program
Meal Options: Stuffed chicken breast or Grilled salmon
Veggie option - Pasta primavera
Cost: \$49 in advance, \$60 after 27 January; Students: \$35.
(2018 dues: Members \$25, Sirdars \$50)
Please mail reservations, checks & dues to Joan Boothe
email: Joan at hoodooskr@aol.com; or Call 415-233-1697 or
mail to 2435 Divisadero Street, 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!