



The Explorers Club Northern California Chapter

Also available at our web site: <http://www.explorersnorca.org>

March Meeting

Aquarium of the Bay, The Embarcadero
Pier 39, San Francisco
March 22, 2019



A NIGHT OF EXPLORATION at the AQUARIUM OF THE BAY (Pier 39)



Richard Wiese
President of The Explorers Club

Dr. Paul Saffo
Consulting Professor, Stanford University.

To make sure there is time for all the festivities, the program at the Aquarium will start at 6 PM. If you are interested in visiting the Aquarium, just arrive earlier in the day (between 10 AM and 6 PM), tell them you are coming to the Explorers Club dinner event, and enjoy a complimentary entrance to the exhibit. Then at 6 PM come to the Otter Terrace or Farallones Room for drinks and appetizers.

The evening will start with a social hour, providing time to meet and talk with Richard and Paul, catch up with friends, meet some of our new members, and encourage guests to join the club. During dinner, Richard Wiese will start us off with: Kick the bucket list: Your life is not a bucket list but rather a series of short stories of which you are the author. Then after a short break for coffee and dessert, Paul Saffo will talk to us about lost explorers, incomplete maps and the mythic origins of Silicon Valley.

Paul Saffo will speak about “**Lost Explorers, incomplete maps and the mythic origins of Silicon Valley**”. Why does Silicon Valley produce revolution after revolution? Conventional wisdom credits big visions, great management, and a history of success. Conventional wisdom is wrong. In fact Silicon Valley’s trajectory was cast long before the first transistor, by clueless cartographers misleading utterly lost explorers. At a moment when white spaces are disappearing across the globe, the same crew of the lost and clueless are leading us all into an entirely new frontier.

Paul Saffo is a Silicon Valley-based forecaster with three decades experience helping corporate and governmental clients understand and respond to the dynamics of large-scale, long-term change. He teaches at Stanford where he is a Consulting Associate Professor in the School of Engineering and is Chair of Future Studies at Singularity University. Paul is also a non-resident Senior Fellow at the Atlantic Council, and a Fellow of the Royal Swedish Academy of Engineering Sciences. Paul holds degrees from Harvard College, Cambridge University, and Stanford University.

Richard Wiese is the **current president of The Explorers Club** and host and executive producer of the Emmy-winning PBS TV series “Born to Explore with Richard Wiese”. Since he climbed Mt. Kilimanjaro at age 11, Richard Wiese has circled the globe, capturing powerful images and living one adventure after another—from traveling with Bedouins in Africa to cross-country skiing to the North Pole.

Richard’s philosophy and the premise of Born to Explore is as much about discovery of the natural world as it is about encouraging a positive understanding of the many distinctive cultures on earth. Since Born to Explore premiered in 2011, it has won two Daytime Emmy® Awards and has earned 13 Emmy® nominations, as well as 35 Telly Awards, 4 Parents’ Choice Awards and a CINE Golden Eagle.

Richard has received numerous other honors, including a Genesis Award, an Associated Press Folio Award, a Golden Halo Award and the 2012 Walter Cronkite Award for his contributions to journalism and exploration. He is the author of *Born to Explore: How To Be A Backyard Adventurer* (Harper Collins 2009). He was honored at the 2005 Boy Scout National Jamboree where he addressed 90,000 people and had a camp named after him.

..PLEASE NOTE: If the special event strikes your fancy, get your RSVP and money in quickly. Reservations received after the 120 person cut-off will be placed on a waiting list in order received. With a cancellation, those on the waiting list are offered the place.

THE SECRET LANGUAGE OF SPERM WHALES

JAMES NESTOR, CETI (Cetacean Echolocation Translation Initiative)

At the February 22 meeting of the Northern California Chapter of the Explorers Club, the talk was given by James Nestor.

James skillfully wove together the innate human connections to the water, the free diving experience, existing information about how marine mammals echolocate and communicate, and finishing with the scientific application of free diving to advance what we know about the clicks and whistles used by whales and dolphins. He did all of this while sipping ginger tea to help abate his cold and to avoid coughing.



We have many links to the oceans. They cover about 70% of Earth's surface and there are only slight differences between our blood and ocean water – with about 98% overlap between each fluid and about a 99% overlap between placenta fluid and ocean water. If you put a small baby into water, it opens its eyes and seem to enjoy the experience. Most of us lose this trait to extend and enhance our underwater experiences. The current depth record for free diving is 830' and some divers can stay underwater for over 12 minutes with one breath. Since they are descending with the amount of air that fits in their lungs and blood stream at the surface, free divers do not worry about getting the bends. They do undergo many physiological changes – first air in

their lungs compressed to the point that the body loses buoyancy, at about 150', each of the diver's lungs will compress to about the size of a fist and at about 350' their heart rate can drop to about 7 beats per minute. James Nestor showed video of one free diver who calmly dropped several hundred feet and stood peacefully on the bottom for several minutes before climbing up a ledge, pushing off



the bottom and surfacing almost like a marine mammal, before descending again.

The world where free divers visit is one that is home to marine mammals like dolphins and whales. Both use clicks and whistles to navigate, find food, and share information with others; they even have dialects. Some early studies of dolphins determined that groups of dolphins talk and listen – they do not click or whistle when others are vocalizing. Dolphins and whales all use echolocation to find food and avoid floating objects. This is the same process used by bats, some people and active sonar; sounds are sent out and when the wave reaches an object of different density than water, it is reflected back and the round-trip travel time and direction of the return wave indicate the distance and position of the object. James showed a photograph of a blind bike rider who uses echolocation

while cycling. Apparently dolphins can find a single grain of rice that is 150 feet away. (James had other interesting facts about dolphins and whales, but your guest writer had been part of an unsuccessful attempted rescue of a stranded dolphin and she was briefly diverted for a few minutes.)

Whales and dolphins have and use their eyes; the whales' eyes are at the back of their heads and dolphins' eyes are at the front of their head, possibly to help navigate at the surface. They take in visual clues, but acoustic information is used extensively when underwater. Scuba divers have many encounters with these amazing mammals, but they are noisy. Free divers are far quieter, allowing a non-intrusive way to observe marine mammals. Free divers have been accepted into pods and this method of existing in the ocean can provide additional insights into underwater communication. James Nestor and other scientists, researchers and free divers have launched the Cetacean Echolocation Translation Initiative to study several prime communication areas – Mauritius, Dominica and Sri Lanka, with channels where sounds travel 2 to 3 times farther than elsewhere.



In April James Nestor will be speaking about sperm whale communications at a conference sponsored by Harvard University. If you cannot get to Boston, but want to learn more about James' work, you can read his book, *DEEP: Freediving, Renegade Science and What the Oceans Tell Us about Ourselves*, listen to his TEDx talk, or, download his video, "The Click Experience" for virtual reality of free diving with sperm whales.

Lesley Ewing

LEE LANGAN IS RUNNING FOR DIRECTOR OF THE EXPLORERS CLUB

Past Explorers Club Director (two terms, 6 years), Explorers Club Medalist, past Chapter Chair and current Chapter Director, Lee Langan has decided to run for election to another term as a Director of The Explorers Club. Lee has been a strong contributor to the direction of The Club in the past and is eager to have another shot at it.

Explorers - Be sure to vote!

2019 PAID DUES
HONOR ROLL

MEMBERS

Alexander, Jim
Alexander, Linda
Allan, James
Amaral, Julia
Bekins, Joan
Berg, Barbara
Bibas, Bonnie
Blake, Rick
Bolt, Kendra
Boothe, Joan
Chang, Joyce
Chase, H. Keith
Cook, Sandra
Day, Peggy
Diggle, Mike
Dolan, Tom
Durbin, Thomas
Dutcher, Susan
Elkus, Patty
Elkus, Rick
Ellis, Scott
Estey, Sue
Eustace, Alan
Ewing, Lesley
Ford, Arthur
Fox, Susan
Freitas, Anna
Freitas, Paul
Friedman, James
Hemming, Peter
Higgins, Robert
Holmes, Robert
Hurson, Jim
Hurson, Von
Hutchison, Alan
Jepsen, Anders
Klein, Ronald
Kvovolden, Keith
Langan, Lee
Lapham, Ellen
Lidicker, William
Mangus, Rodney
McCown, George
McInturf, Alexandra
Nichols, Alan
Nichols-Rygh, Becky
Prigoff, James
Ross, Sandy
Saber, Rick
Schmieder, Robert
Smith, Steve
Tarter, Jill
Weil, James
Winter, Mordechai
Wren, Sherry

SIRDARS

Blake, Maggi
Blumberg, Marion
Boothe, Barry
Brandt, Jim
Cohn, Lawrence
Crowder, Wendy
Durighello, Joy
Fish, Sandra
Gorenberg, Peter
Hutchison, Ann
Isaac, Nancy
Jepsen, Kathy
Judd, Kathy
Langan, Karune
Longo-Cohn, Mary
Mani, Cassandra
McLoughlin, Liz
Messerly, Edward
Nikas, Jim
O'Keeffe, Bonny
Patterson, Tom
Pennathur, Sudha
Saber, Aldeana
Townsend, Tiffany
Van Austen, Bob
Van Austen, Judy
Weiman, Mark
Yoder, Karl

FROM THE CHAIR

Having taught the adventuresome how to scuba dive for nearly 30 years, I can attest to the statements of our February speaker that entering the underwater world is, for most people, both a transformative and transcendent experience. The scuba diver is simultaneously freed and confined by the equipment required to breathe underwater. For the ocean's inhabitants that live in an environment defined by subtle changes in pressure and sound, a diver must impress them as much as a freight train traveling through your living room. The free-diver escapes that encumbrance and the subsurface experience becomes Zen-like and the ocean inhabitants more welcoming. It's not difficult to understand why some individuals are enthralled and seek to proceed ever deeper, where both pressure and a certain silence envelop you. Still, 831 feet on one breath is a long, long way*. We thank James Nestor for sharing some of his exploits at our February meeting. Gain a sense of James' underwater endeavors by viewing his Emmy-nominated VR experience at: <https://www.with.in/watch/click-effect/>. I also highly recommend his book *Deep*. You may find yourself holding your breath as you read it.

This month we have an exciting special event at the Aquarium of the Bay featuring guests Explorers Club President Richard Wiese and speaker Dr. Paul Saffo. Refer to the description of the night's gathering elsewhere in the newsletter. Don't forget to arrive early and enjoy exploring the Aquarium as a complimentary benefit of your reservation. It will be a grand evening. Uniforms, native dress, and medals will not be required.

Our schedule for the balance of the 2018/19 season has been modified a bit. In April we will welcome a presentation by David McGuire, marine biologist, shark advocate, and founder of the Ocean Health and Shark Conservation non-profit Shark Stewards. David is also the writer, producer, and underwater cinematographer of several award winning documentaries. Our final lecture meeting of the year in May will bring us Dr. Patrick Hunt from Stanford, an archaeologist, author, and National Geographic expert giving us insight to his highly regarded recent book *Hannibal* - a chronicle of the life of one of the world's greatest military geniuses. I'm pleased to report that your Chapter has invested in the equipment required to allow us to video record all future presentations. Our next step is to determine the best way to make these available to our members here and around the world. We continue to seek volunteers to assist with the process. Stay tuned.

* The current world record free-dive depth is 831 feet, held by Herber Nitsch. Nitsch suffered severe decompression sickness and brain strokes as a result of his attempt. Decompression sickness is not typically a concern of most free divers, but strange things occur when you subject your body to 25 times the pressure at sea level (some 370 pounds per every square inch of your body - that's impressive - no pun intended).

Stephen E. Smith FN'96 2

EXPLORERS CLUB ANNOUNCES NEW MEMBERS

In a recent meeting of the Directors, The Explorers Club voted to accept the latest class of new members. Among them are five who live in the region of the Northern California Chapter. They are:

Patrick N. Hunt FN'19, our May speaker
James N. Friedman MN'19
Wendy Schmidt MN'19
Silvia Vasquez Lavado Member MN'19
Spencer A. Michaels SM (student)

The Chapter Newsletter will publish any self-introductory note that these members care to provide.

Jimmy Friedman MN'19 writes: My first trip to Asia was in 1986. Since that time I have made over fifty trips to, Japan, Thailand, Laos, Cambodia, Vietnam, Myanmar & India. My primary purpose is to teach and study martial arts. Following my late teacher Kato Hiroshi through the cold and rain, lost in the forests of Japan, or teaching a group of 150 novice students ages 4 to 60 in the world's oldest city; Varanasi. My curiosity has never left me. I currently travel to India every year to teach martial arts. This April, I am looking forward to collaborating with the Mumbai Aikido dojo in their goal to teach one million women in India self-defense. In the next five years, I will be going to Nepal to teach a seminar. I may be the first American teacher to lead a seminar in Kathmandu?

Last year while in NYC I visited TEC headquarters; a tour was starting and they allowed me to join. I returned to San Francisco, found the Northern California branch link, contacted Joan Boothe and inquired if I could attend an event. I showed up with a dream and zero expectations that I could ever become a member. At my first event I was overwhelmed at the kindness and welcoming attitude of the TEC Nor-Ca chapter members. With their grace and guidance, as of February 2019, I am proud to say I officially became an MN'19 (Member National).



We've heard from Dede Whiteside and Harry Hicks that they have completed their relocation to San Luis, Mexico. Harry at 96 is the oldest member of the Northern California chapter. They hope to be able to stay in touch. We wish them well. AJ

March 2019 Issue
Northern California Chapter
Established 1973



CHAPTER OFFICERS & TEAM

Chair: Stephen E. Smith FN'96
925-934-1051(messages only)
chair@explorersnorca.org
Vice Chair: Lesley Ewing FN'93
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Secretary: Von Hurson MN'10
Trekking@sonic.net
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415-233-1697
Webmaster: Mike Diggles FN'92
Newsletter: Anders Jepsen FN'03
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Chapter Calendar of Events

(Venues are identified as soon as known.)

2019

March 22. Paul Saffo
Dynamics of Change. Aquarium by the Bay
April 26 David McGuire
Diving with Wild Sharks of Borneo Dolan
May 31 Dr. Patrick Hunt
Hannibal Dolan

Earlier Chapter Events

2017

November 17 Jordan Fisher Smith
Engineering Eden Grace Lutheran Ch
December 17 Holiday Party
. Home of Joan and Barry Booth

2018

January 26 Dr. John All
Climate Change on Mt. Everest. Dolan
February 23 Dr. Sherry Wren
Surgical Approaches in the Ebola Crisis Dolan
March 30 Kimberley Chambers
Swimming With Sharks Before Breakfast . Dolan
April 27 Alan Eustace
The Stratospheric Jump Dolan
May 25 3 Term EC Members
Term Members Research/Annual mtg Dolan
July 21 Chapter Picnic in Novato
September 21. Michelle Trautwein
Meet Your Face Mites: Dolan
October 26 Sir Richard Feachem
Shrinking the World Malaria Map Dolan
November 30 Leon McCarron
Exploration by Walking Dolan
December 16. Holiday Party
. Home of Rick and Aldeana Saber
2019
January 25 Pat Scannon
Recent Discoveries Dolan
February 22 James Nestor
Outdoor adventure. Dolan

CHAPTER DIRECTORS

Directors (Past Chairs)

Joan Boothe
Lesley Ewing
Lee Langan
Anders Jepsen

Alan Nichols
Bob Schmieder
Rick Saber
Stephen Smith

Elected Directors

Jim Hurson
Sandra Cook
Paul Freitas

Chapter Email Addresses and Chapter Phone Number

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The door to the Dolan Law Center will be locked and unattended after 7:15 p.m.
Call the Chapter phone number (415.236.3459) to gain entry..

CHAPTER DUES

On January 1, 2019, Chapter Treasurer Joan Boothe sent emails to all chapter Members who had not already paid 2019 dues encouraging them to pay their optional chapter dues of \$25. She also sent emails to Sirdars – for whom dues are not optional – reminding them to pay their dues if they wish to retain their Sirdar status. Sirdar dues are \$50/year except for Sirdars who are spouses/partners of TEC members. For them, Sirdar dues are \$25/year. Many Members and Sirdars have already responded, and they will see their names on the Honor Roll in this newsletter.. If you have not yet paid your dues, you can do so by going to the chapter website [www.explorersnorca.org] and using the appropriate Paypal button there. Alternatively, mail your dues to Joan Boothe / 2435 Divisadero St. / San Francisco CA 94115. If you have questions, email Joan at hoodooskr@aol.com or call her at 415-233-1697.

Notes from the Febuary meeting:

The February meeting held a number of treats before the main event. Two guests, Silvia Vasquez-Levado and Jimmy Friedman had learned a few days before the meeting that they can now add MN '19 after their names. They gave the elevator speech about their exploration; Jimmy also has a version in this newsletter. Also, in the vein of active members, Silvia brought a guest, Gulnur Tumbal, an ultra-marathoner and climber. Gunar is the first Turkish woman to climb Mt. Everest from the Nepal side as part of her 7 Summit quest. She used her time at Base Camp to do research on risk perception, and seems like a good candidate to become a future member. Joyce Chang, MN '17 also joined us. She recently moved to the Bay area from New York and has spent time in the Stans as a cultural recorder. Filip Wolski, guest of Alison LaBonte, has also moved recently to the Bay Area. He is a student member, who has worked on applications of Artificial Intelligence for ocean exploration. Lots of new faces to hear James Nestor's fascinating talk. **LE**

**CHAPTER MEETING
Friday, March 22, 2019**

Place: Aquarium of the Bay
Pier 39, The Embarcadero and Beach Street
San Francisco, CA

Time: 6:00 - reception
7:00 - dinner; 8:00 - program
Meal Options: Stuffed Pork Tenderloin or Chicken Piccata
Veggies option - Pasta Primavera

Cost: \$95 in advance, \$110 after March 19, 2019; Students: \$65.

Please mail reservations, checks to Joan Boothe
2435 Divisadero Street, San Francisco, CA 94115.
Or email Joan [hoodooskr@aol.com]
or call Joan at 415-233-1697

You can also sign up and remit your meal costs online.

Go to the website (www.explorersnorca.org) and use the convenient payment buttons there.