

# The Explorers Club Northern California Chapter

December 2015

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

## LOCATIONS

Note venues and dates with care  
In San Francisco, CA.

December 13, 2015  
Home of Joan and Barry Boothe  
2435 Divisadero Street  
San Francisco, CA 94115

## EXPLORERS – COME JOIN US at The Annual Gala NorCa Holiday Reception

All Explorers Club Members, NorCa Sirdars, their partners, and potential members are invited to gather and trade stories at our annual Holiday celebration.

As is traditional, this event will take place  
at the home of our chapter Chair.

Thus this year Chair Joan Boothe and her  
husband Barry will be your hosts.



### THE PARTICULARS:

**DATE:** Sunday, December 13

**TIME:** 4-8 PM

**PLACE:** 2435 Divisadero Street  
San Francisco CA 94115

**PLEASE RSVP** to Joan Boothe ([hoodooskr@aol.com](mailto:hoodooskr@aol.com) or 415-233-1697).

We need this so that we will know how many to expect for food and beverage planning. (Please note, although there is no charge for this party, a \$20 per person donation at the door will be most appreciated.)

Joan's home is gray-blue, on the west side of Divisadero Street, between Pacific Avenue and Jackson Street. There is usually ample street parking nearby. The best bets are on Divisadero Street or on Pacific Avenue and Broadway Street.

Public transit: two Muni lines, the Jackson 3 and the Divisadero 24, stop at the corner of Jackson and Divisadero, a half block from Joan's house.

**And don't forget, if you have a photo to submit for the photo contest, send it along to Anders Jepsen ([AJViking@aol.com](mailto:AJViking@aol.com))**

## THE THIRD POLE INITIATIVE By Arjun Gupta

Chapter member Arjun Gupta FN14 spoke to the Chapter on November 20, 2015, about foundational views on the impact of global warming, the needs of an ever-increasing population and climate impact, and what mankind might do to alleviate a disastrous outcome. He cited as an example the Himalayan glaciers, the melt water from which serves two very large populations, India and China. He named that area the Third Pole, the highest point above sea level in the world. Gupta is actually an optimist: amid signs that humans may have gone too far, he believes that “individuals can solve massive problems”! Gupta now participates in numerous expeditions around the world to investigate environmental problems and is active in important organizations to address them.

He outlined the underlying problems brought upon mankind by economic forces and natural forces. Pointing out that even in disasters there is economic gain for some parties, and these entities may be powerful forces working to prevent change.

As to Mother Earth, she will use her forces to act: if the world is warm she will melt the ice and create storms. He was convincing in outlining data that show the world is



getting warmer. As a result, the ice stored at the three poles (North, South and the Third Pole) is melting. Data show this, and man is contributing.

We have a few data sets that are routinely measured locally, and we need more to assure that nearby political leaders are

aware before disasters overwhelm them. Placing monitoring stations in the high mountains would be a small investment that would result in a great benefit.

Gupta believes that the impact of less water for a thirsty world does not resonate with political leaders as an imminent threat. However, the result of less water and poor water quality does create a catastrophe that resonates: the adverse health effect on citizens. The cost of health care worldwide is escalating rapidly. He argues that this outcome will create the pressure for change to address the needs to reduce dependence upon fossil fuels and their adverse air quality residue, to drive the cost of solar (and other renewable) power to a point where it becomes the much more efficient and best economic option, and develop Clear Air and Clean Water laws in China and India to enforce standards. He postulates that these underlying laws in the United States have allowed the progress we have made to date; their adoption in the two countries with the largest populations will have a similar effect.—Lee Langan FN99

## NORCA EXPLORERS CLUB FIELD TRIP: WHEN THE UNEXPECTED HAPPENS

Report and photos by Von Hurson MN10

Sometimes the Explorer gods smile on fellow explorers – as they did on our November 1 Expedition Medicine Hike on Mt. Diablo. It was a truly perfect day – not too hot and not too cold – when seventeen smiling, enthusiastic members and friends convened at Curry Point Trailhead to begin a trek of epic importance to all who embark on expeditions – small or large – a trek that could mean survival...or not. Whether on a local sunny day hike with friends or an expedition to Patagonia, unexpected “things” can happen – When these things compromise our safety, our knowledge of how to respond can be a critical part of survival.

Enter Dr. Paul Freitas – a Board Certified Emergency Physician and an Explorers Club member who is very willing to share his medical knowledge and expertise. In addition to his ambulance and trauma research projects, Dr. Freitas has worked in austere environments and participated in active wilderness rescue. Who better to learn from? In a supporting role, Von Hurson, an eleven-year experienced wilderness emergency responder with EMT training and knowledge of many essential first aid related items which you should “never leave on a trek without”.

To give us sense of place, geologist and Field Trip Coordinator Rick Blake began the day with a condensed overview of the geologic history and importance of Mt. Diablo and its environs. An isolated upthrust peak of 3,849 feet, once underwater, Mt. Diablo was formed through the process of subduction and lies between two converging earthquake faults. Of particular interest was the geologic connection to two previous field trip topics – the geothermal field of the Geysers (April 2014) and the coal and silica sand of the Black Diamond Mine (May, 2013).



Following Rick’s geologic presentation, the hike began with preplanned injury scenarios which were unknown to the participants and which could happen at unpredictable

times during the hike. In the first scenario, Rick stumbled on a rock and simulated having sprained his ankle. Unable to put full weight on it, his ankle was duct-taped into a stable, hopefully weight-bearing position that would allow him to walk out – albeit with assistance.

Upon further examination, it was discovered he might have also twisted his knee, calling for a way to stabilize it with a small blanket or extra jacket, secured with tape, to prevent any further damage.

Another possible injury was a lower leg fracture. For this, Paul used a length of cardboard to be used as a splint. In the absence of the cardboard, a tree branch, or even a magazine could be used. A very compact and light-weight wire splint can also become part of a basic “Trek Kit”.

Continued on page 3.



## HONOR ROLL OF PAID UP DUES FOR 2015

James Allan  
Barbara Berg  
Richard Blake  
Marion Blumberg  
Kendra Bolt  
Joan Boothe  
Barry Boothe  
Ann Chokas  
Karoli Clever  
Nicholas Clinch  
Sandra Cook  
Wendy Crowder  
Mike Diggles  
David Dolan  
Thomas Dolan  
Elaine Dvorak  
Donald Dvorak  
Palmer Dyal  
Sue Estey  
Lesley Ewing  
Eric Follestad  
Susan Fox  
Louise Geraci  
Ron Glantz  
Gina Glantz  
Thomas Hall  
Peter Hemming  
David Hirzel  
William Heydorn  
Laura Holmes  
Louise D. Hose  
Jim Hurson  
Von Hurson  
Nancy Isaac  
Alan Hutchison  
Ann Hutchison  
Anders Jepsen  
Kathy Jepsen  
Fred Johnson  
Kathryn Judd  
James Kelley  
Steven King  
Ronald Klein  
Jonathan Knowles  
Keith Kvenvolden  
Lee Langan  
Karine Langan  
Ellen Lapham  
Iyana Leveque  
Luke Mertens  
Angelina Mertens  
Christopher Michel  
Teresa O'Kane  
Laura Phelps  
James Prigoff  
Sandra Ross  
Edward Ross  
Rick Saber  
Aldeana Saber  
David Serne  
Sara Showmaker-Lind  
Stephen Smith  
Zack Stewart  
Richard Tenaza  
Judy Van Austen  
Robert Van Austen  
Edward Von der Porten  
Andrew Wegst  
James Weil  
Mark Weiman

## FROM THE CHAIR: Joan Boothe MN07

I hope that you all had a wonderful Thanksgiving — however, wherever, and with whomever you celebrated it. This really is a special time of year, one that for me is meaningful because of the time spent with family and friends. As I write this, I'm looking forward to my opportunity to celebrate with you at our annual chapter Holiday Party. All of you should have received your invitation by now, and information about the party is repeated on the first page of this newsletter. I sincerely hope that you will join us at my home on Sunday, December 13, from 4 PM to 8 PM. There will be ample food and drink, whatever your taste, and of course, a fascinating group of people to celebrate with. Dress is whatever you wish it to be.

Looking more ahead, ECAD is coming up in March, on the weekend of March 11-13. Last March, we had more than 40 people from NorCa attend ECAD. I hope we can do at least that well this year. New York will, of course, be sending out the details, but here in California, we'll be working to put together tables of people from our chapter. Details re that will be coming your way in

January. But it's not too soon to start thinking about this. If you want to be a part of the NorCa group, please do let me know.

I hope that you have taken note of the "Honor Roll" of those who have paid dues in the monthly newsletters. As you know, our chapter receives no regular financial support from New York. Thus your chapter dues are important to us, making it possible for us to have first rate AV equipment for meetings, pay for the Holiday Party, and for other chapter costs. For the first time in quite some time, we'll be sending out dues reminders in January. Chapter dues are optional, but we really hope that you'll send them in.

One final note. At the suggestion of a member, I'm asking that anyone who is returning from an expedition please let me know. We'd like to highlight what our members are doing, including giving them an opportunity to speak briefly at our monthly meetings. I look forward to hearing from you.

Happy Holidays to all of you, Joan

## WHEN THE UNEXPECTED HAPPENS (continued from page 2)

For th emore serious injuries, a number of "carry" / transport options were demonstrated, tested and discussed. Had the terrain been steeper or rockier, this could have been a very physically challenging situation. Fortunately, Rick rapidly "recovered" and he and the group continued on.

A short time later another member simulated feeling dizzy, lightheaded and very nearly passing out — lying down to avoid what could have resulted in a serious fall. With discussion about what could be the cause of nearly losing consciousness — dehydration, low blood sugar (diabetic), various medications, altitude sensitivity, stroke, heart rhythm abnormality, low blood pressure — it was determined that she would be unable to continue on her own and a stretcher would be required to transport her to safety.



Three different litter / stretcher options were demonstrated and tested — the effectiveness of each one dependent on the materials to construct them and the number



of people available to do a successful transport.

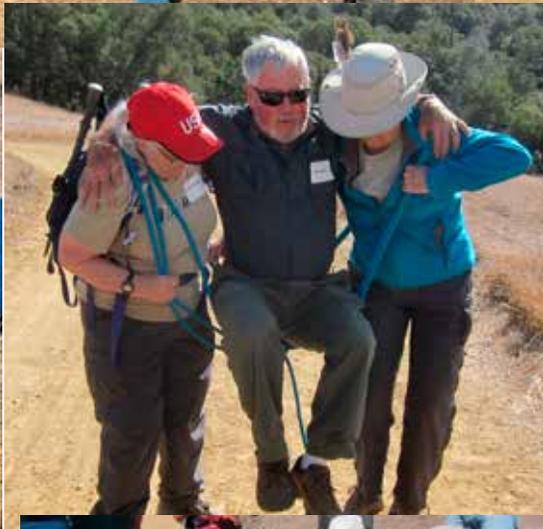
And so, all who departed on this exceptional Field Trip returned home — intact, much more knowledgeable and aware. Everyone who attended this excellent Field Trip took home a summary packet of the day, plus other useful and important information. Perhaps the most important take-away from this event, however, is planning for the unexpected, for what you should carry with you, and the need to develop the skills to deal successfully with medical emergencies and increase your chances of safely returning home.

**From the National Board** In November your Board met in Melbourne, Florida, while attending the very successful Lowell Thomas Award Dinner hosted by the Florida Chapter. We focused upon reviewing our operational budget in greater detail than ever before. It clarified that our dues do not cover the Club's fundamental costs, so you can expect a change. We also reviewed a survey in which all officers and directors participated; it covered the nature of the group's role as a not-for-profit board and showed how we measure against other such boards and those areas where we can improve. —Lee Langan FN'99

# NORCA EXPLORERS CLUB FIELD TRIP: WHEN THE UNEXPECTED HAPPENS

Report and photos by Von Hurson MN10

These pictures indicate the depth of participation of our NORCA Explorers Club Chapter. I'm sure the participants will keep the handouts they received as a manual for exploration survival. Thanks are due to chapter members Paul Freitas, Rick Blake and Von Hurson for organizing this field trip and documenting it so well with both words and pictures. AJ



## December 2015 Issue

### Northern California Chapter Established 1973



Chair: Joan Boothe MN07  
415-346-5934  
hoodoskr@aol.com  
Vice Chair: Stephen E. Smith FN96  
925-934-1051  
ecnca@oceaneearth.org  
Treasurer: Kendra Bolt FN14  
731-327-2658  
NorCalExplorers@gmail.com  
Secretary: Von Hurson MN10  
Trekking@sonic.net  
Webmaster: Mike Diggles FN92  
Newsletter: Anders Jepsen FN03  
ajviking@aol.com  
925-322-8893

#### Chapter Calendar of Events (Venues are identified as soon as known.)

##### Upcoming Events (2015)

November 7-8 . . . . . Lowell Thomas Meeting  
November 20.. . . . . Arjun Gupta  
Third Pole Initiative . Covenant Presbyterian Ch  
December 13. . . . . Holiday Party  
. . . . . Home of Joan Boothe  
2016

January 22. . . . . Ted Cheeseman  
Exploration for Marine Mammals . . . . . TBA  
February 26 . . . . . Rosemarie Twinan  
Game Counting in Africa . . . . . TBA  
March 11-13. . . . . ECAD New York  
March 25 . . . . . Daniel Lin  
Navigation on Polynesian Voyages . . . . . TBA  
**April 21 . . . . . Special Event at Autodesk**  
**May 27 . . . . . TBA**

##### Earlier Chapter Events (2014)

November 21. . . . . Tony Liang  
An exploration into cancer. . City Forest Lodge  
December 6 . . . . . Holiday Party

##### 2015

February 27 . Nicole Crane & Giacomo Bernardi  
Romance & Discovery Under the Sea. .Pomeroy  
March 21 . . . . . ECAD  
American Museum of Natural History New York  
March 27 . . . . . Dr. T. Mark Harrison  
Earth's Geochronology. . . . . Pomeroy  
April 24 . . . . . Dr. David Ainley  
Last Ocean (& NorCA election) . . . . Pomeroy  
May 21 (Thursday) . . . . . Meg Lowman  
Underground Tour, CA Academy of Sciences  
June 13 . . . . . Chapter Picnic  
. . . . . Angel Island  
September 25 . . . . . Tom Dolan  
Studying Tornadoes . .Covenant Presbyterian Ch  
October 23. . . . . David Imus  
Art of Cartography . Covenant Presbyterian Ch

Send address changes and  
corrections by email to Steve Smith  
[ecnca@oceaneearth.org](mailto:ecnca@oceaneearth.org)

## UPCOMING EVENTS, EXPEDITIONS & FIELD TRIPS

**December 13: Holiday Party** at the home of Chair Joan Boothe.

**February 21, 2016: Chapter Field Trip:** Observing Robotic Surgery

**March, 2016:** Bhutan expedition, room for up to 8 individuals.  
For more information, contact Peggy Day at [mizday@me.com](mailto:mizday@me.com)

**March 11-13 2016:** ECAD, New York City

**March, 2016:** Dr. Bob Schmieder reports that the Heard Island expedition is on track and on budget to depart Cape Town on March 10.  
For more information, email him at [schmieder@cordell.org](mailto:schmieder@cordell.org)

### AV HELP WANTED

Join the Chapter AV team to help with video and audio equipment set-up at Chapter meetings. You don't have to attend every meeting, but if you are interested in doing this from time to time, let Joan Boothe know, and she'll get you set up for a meeting where you can be trained in what needs to be done.

### 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](mailto:ajviking@aol.com)) so the rest of the club can enjoy them - picture, story or both..

### ROBOTIC SURGERY FIELD TRIP

To be held February 21, 2016  
Details, time and place to be announced in January

### ANNUAL HOLIDAY PARTY, DECEMBER 13, 2015

Home of Joan and Barry Boothe

**Date:** Sunday December, 2015

**Place:** Home of Joan and Barry  
2435 Divisadero Street  
San Francisco, CA 94115

**Time:** 4:00 pm until ...

**Cost:** Please RSVP to Joan Boothe ([hoodoskr@aol.com](mailto:hoodoskr@aol.com)) or phone to 415-233-1697. Your optional \$20. can be paid at the door or mailed to Kendra Bolt at 1800 Bryant Street #114, San Francisco, CA 94110

#### We have an established PayPal account.

With an account, you can sign up and remit your meal costs, dues, etc to the NorCA Chapter by transferring money to: [explorersnorca@gmail.com](mailto:explorersnorca@gmail.com)  
There is a PAYPAL BUTTON on our website ([www.explorersnorca.org](http://www.explorersnorca.org)): easy to use!