

**Enrichment Presentations**  
by  
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**1. Yosemite: The Crown Jewel of the National Park Service**

With over 20 high waterfalls, the world's largest and oldest trees and the most domes on earth, Yosemite is arguably the "best" park in the country. It owes a lot of its grandeur to three glacial periods. 3,000 foot canyon walls provide majestic hanging waterfalls. Its bedrock is granite making it a favorite of big wall climbers. El Capitan is the largest exposed piece of granite in the world. Half Dome is the park's signature landmark and is featured on the 2005 US Quarter coin. Learn the story of the early Native Americans and the arrival of the whites. There is so much to see in Yosemite that it's no wonder it attracts over 4 million visitors a year.

**2. Yosemite: A Park for All Seasons**

Marvel at the high waterfalls, massive sequoias, glacial carved cliffs and trails to majestic views. Learn about the history, geology and good times that can be had. Yosemite is an all-season park; it even has its own ski resort! Rick Deutsch shares insights gained from over 30 years of park enjoyment. If you are a day hiker, a backpacker, winter sports advocate or just a lover of nature, this presentation leaves you anxious to plan your own experience. It's the "crown jewel" of the National Park Service.

**3. Half Dome: A Historical Perspective**

Since 1875, humans have been able to reach the top of Yosemite National Park's iconic landmark. It's featured on the 2005 US Quarter coin. Learn about Scottish immigrant George Anderson's 1875 rope ascent, its replacement in 1883 by A. Phimister Proctor & Alden Sampson and Hall MacAllister's 1919 steel cable system. The first climbers up the face did it in 1957. 40,000 reach the top now. Participate in a discussion of the safety, accidents and current thought about the rock's future. See you on top!

**4. Hike Half Dome in a Day: Anyone can do it.**

Rising nearly a mile above the valley floor, Half Dome is Yosemite National Park's signature landmark. With education, preparation and motivation, nearly anyone can complete the 16-mile hike to its summit and back; in one day. Join Rick Deutsch, author of "One Best Hike: Yosemite's Half Dome," for slides and information on this spectacular day hike. Don't miss the chance to learn how to prepare for this unique adventure from a seasoned hiker, who has made it to Half Dome's 8,842-foot summit 36 times!

### **5. Galapagos: Garden of Eden?**

Enjoy an exciting time viewing the wonders of the Galapagos Islands. Located 600 miles off of Ecuador this is the home to many unique and wonderful creatures: Giant Tortoises, Flamingos, Blue Footed Boobies and even penguins. Charles Darwin made these 12 islands the source of his evolution writings. This sensitive area is highly controlled with only guide led excursions. Go soon; we're loving it to death.

### **6. Machu Picchu: The Inca Empire**

The arrival of the Spanish Conquistadors in Peru led to the mass extermination of the Incas in the mid-1500's. Cuzco, a short flight from Lima, was their capital and it still thrives today. Machu Picchu, located deep in the jungle, was never seen by the Spaniards and lay undiscovered until 1911. Adventure traveler, Rick Deutsch, shares his adventure as he hiked the four day Inca Trail to this mysterious sacred site. You can also go by train. Learn about this fascinating culture and all you need to know to plan a trip.

### **7. Ancient Egypt: Land of the Pharaohs**

The Egyptian civilization was the first and it flourished for 3,000 years. Of over 125 known pyramids and royal tombs, only King Tut's has been found intact and full of treasure. Cairo's "must-see" sights include the Giza pyramids, the first step-pyramid at Saqqara and the Museum of Antiquities. Here you can view the gold Tut burial mask and 13 mummies, including Ramses II. 400-miles south, the Luxor and Karnak temples are just across the Nile from the Valley of the Kings and the canyon temple of the female pharaoh, Hatchepsut.

### **8. The Great Wall of China - An Engineering & Social Marvel**

3,000 years in the making, traversing 4,000 rugged miles, it is one of the greatest engineering accomplishments of mankind. It is the symbol of China's history, power and perseverance. Qin Shihuang, the founder of China (of Terra Cotta soldier fame) built a massive barrier to keep the Mongols out in 200 BCE. Then the Ming Dynasty built it even better and longer in the 15th Century. Learn why and how this project - more difficult than the pyramids - was done. "You are not a man of courage if you do not climb the Great Wall."

### **9. Hiking Mt. Fuji - The Nippon Rite of Passage**

At 12,000 feet, Mount Fuji's exceptionally symmetrical cone is the near-mythical symbol of Japan. The summit has been thought of as sacred and is a must-do hike. Learn about the legends and lore of Japan and plan your trip up to the top. While it's only accessible to most people in August, even the Japanese military trains on it. "Everyone should climb Mount Fuji once; only a fool would climb it twice".

### **10. Costa Rica - The Enchanted Land**

With active volcanoes, rain forests, white sand beaches and the most diverse flora and fauna, Costa Rica is as close to ancient earth as we can get. Learn why it has become the #1 adventure vacation destination. Zip lines, canopy walks and waterfall rappels are just a sample of the diverse activities available. From hummingbirds, migrating butterflies and the Howler Monkeys, Costa Rica is a biologic wonder.

### **11. The Panama Canal: Men Move Mountains**

25,000 men died building of this essential link between the Atlantic and Pacific Oceans. Learn why the French tried and failed. It took Teddy Roosevelt's resolve and inspiration to construct this engineering marvel. The history and future of the Panama Canal will be presented. This talk is a great primer for those planning a trip, for travelers to relive their passage and those who want to learn more. Since first sighted by Balboa in 1513, it was a dream to carve out this 47-mile long ditch - and we're digging again with new locks to be opened in 2014 on the centennial of the original canal.

### **12. Alaska - The Last Frontier**

The Beringia Migration over the Siberian land bridge provided the superhighway for Asians to come to North America. Centuries later, the Danes and Russians arrived. Finally, Seward's folly proved to be one of the shrewdest deals in history. Most of the state lies above the Arctic circle and no, you can't see Russia from there. Juneau, the capital, is not accessible by roads! Learn how this vast land is part of the "ring of fire" and how it became one of our great national treasures.

### **13. The Iditarod: The Last Great Race on Earth**

The great 1927 Serum run to Nome brought a diphtheria cure to the north. Now this tribute race of 1,000 miles pits men, women and dogs against the elements with sheer desire. Dog sledding is a major sport that outdraws more participants than football in Alaska. Learn how this race turned Alaska into the place: "Where men are men . . . and women win the Iditarod."

### **14. The Wildlife of Alaska - Big and Bold**

The land, sea and skies of Alaska are home to one of the most diverse fauna ecosystems on the planet. Birds, bears and whales all striving to survive in the disappearing wilderness. Denali National Park houses massive grizzlies, giant moose and the state bird: the mosquito! The last frontier continues to draw those seeking solitude and a chance to see nature as it has been for millennia.

### **15. Alaska: Coping with the Cold**

One third of Alaska is above the Arctic Circle. How do they cope with Seasonal Induced Depression and cabin fever? Learn how they do it from dog sledding to Skijoring to the Running of the Reindeer. These resourceful northerners love it! See how they keep their sanity.

### **16. Exercise with Scenery: Hiking**

From a stroll around the block to hiking the Wonders of the World; one step at a time. Hiking is just walking with scenery! Walking is one of the best exercises we can do without stressing our joints. Hiking can be a great exercise, but we need to learn about proper shoes, treatment of drinking water, use of trekking poles and Leave No Trace hiking.

### **17. Exercise with Scenery: Bicycling**

We all know how but things have changed since we were kids! Do you know who invented the bicycle? Why the “high-wheeler” worked? Come and learn how to pedal your way to a healthier lifestyle. Advances in design, shoes, peddle clips and technique make this a superb fitness activity. A lot has changed since we rode our 30-pound Schwinn. Get an update on this growing sport and alternate form of transportation. With gas costing more each week, many are opting out of their cars and getting bikes.

### **18. Exercise with Scenery: Scuba Diving**

The beauty and the peace of the deep are calling. This primer provides a great overview of the sport, with images to get you motivated to get certified. Learn about Jacques Cousteau and the early days of SCUBA. See why most divers want to see sharks. We are visitors in a strange world. We know more about the moon than we do about the oceans; see what awaits you just below the surface.

### **19. Nordic Walking: Fitness is Only a Step Away**

Walking with poles is the rage in Europe. Groups are seen en-mass rounding city parks with their poles. Learn how this fitness activity can burn an average of 20% more calories than just walking. Heart rate increases of ten beats per minute are common. It’s easy, it’s fun and it’s social; all without knee or joint pounding! Rick Deutsch developed the Nordic Walking program used on Crystal Cruises and instructs guests while on board. Learn how to do it properly from a Certified Instructor. Adjustable LEKI poles are provided for the class. Dress for walking and bring water. Limit 10 per session. Fitness is only a step away!

### **20. Travel For Free: Be a Cruise Ship Lecturer**

Learn how to become a featured speaker on cruise ships and earn free travel for two. Engaging lecturers are rewarded with complementary trips. Your life experiences can be developed into Enrichment Presentations. Destination speakers are able to convey the history, culture and the charm of locales to enhance passenger's travel dreams. Talks full of "Info-tainment" engage passengers. There is a process that must be followed and this presentation will set you on the path to success

### **21. Yellowstone - the First National Park**

At over 5,000 acres, Yellowstone spans three states. Born from Volcanic eruptions, the park’s hot geysers are fed by a magma field just two miles below the surface. Old Faithful is the signature landmark and it shoots steam up so reliably you can almost set your watch by it! The park is also known for its wildlife: from grizzly bears to Elk. The largest bison herd grazes here. Learn about the tragic fire of 1989 that burned 32% of the park.

### **22. Death Valley - The Hottest Place on Earth**

In 1913, Death Valley recorded the earth’s highest temperature ever – 134 degrees. Home of the 20-mule teams that hauled borax 165 miles to the railhead in Mohave. The Valley is both beautiful and unusual. 150 foot high sand dunes, rocks that move across the playa, and a Castle built in a Spanish motif all intrigue. The Devil’s Golf Course, Devil’s Cornfield and Dante’s View all attest to a place that is steeped in mystery.

### **23. The Grand Canyon - A Big Hole in the Ground**

Unique in the entire world, it contains the Colorado River for 277 miles. It has a span of up to 18 miles wide, and is a mile deep. At the bottom of the cliff walls, nearly two billion years of the earth's geological history is exposed. Hiking to the river, trekking rim to rim or rafting the Class 10 rapids, you will get your heart pumping. Learn how a one-armed Civil War veteran, John Westley Powell, made the first harrowing trip all the way in a wooden dory.

### **24. Alcatraz - "The Rock"**

Alcatraz has served as a fortress from the Spanish days through the Civil War, but it's best known as the ultimate Federal Penitentiary. It held some of the most notorious men in the criminal underworld. No one was ever sentenced to Alcatraz – they had to "earn" it. All in sight and sound of one of America's most glamorous cities. The rock operated nearly three decades; yet not a single person ever successfully escaped.

### **25. Venice - "... undoubtedly the most beautiful city built by man."**

The Renaissance city of Venice was built in a marshy lagoon to protect its inhabitants from marauding Huns. Sited on a group of 118 small islands separated by canals and linked by bridges, it is renowned for the beauty of its setting, its architecture and its artworks. During the Middle Ages, it was a major maritime power and a staging area for the Crusades as well as an important center of commerce and art. Learn about its history and its future as the sea threatens treasures such as St Mark's Basilica and the Piazza San Marco.

### **26. Barcelona – Art Deco center of Europe**

Originally founded by the Romans, the city was conquered by the Visigoths, the Arabs, and by Charlemagne of the Franks. Today, the "Gothic Center" comprises the old town and features the Neo-Gothic architectural work of Antoni Gaudi. His immense but still unfinished Catholic church, the "Sagrada Família." It has been under construction since 1882. Resembling a giant anthill, it will be the tallest church in the world when finished in 2026.

### **27. The Cold War and the Bay Area's readiness**

In the post WW2 world, the two largest powers employed a strategy of "Mutually Assured Destruction." Bomb Shelters were sold at shopping malls, "duck and cover" was the mantra. The Cuban Missile crisis brought us to the brink of the end. Learn the San Francisco Bay area's role in the Cold War.

### **28. Silicon Valley – The Center of the Computer Age**

It's the home of Intel, Apple, HP, Google, Yahoo, Facebook and many other giants of the industry. How did it all get started? How did this former "Valley of Heart's Delight" get transformed into the center of innovation? Once home to orchards and flowers, the World War 2 boom in electronics fueled the growth; what's next?

### **29. California's Roots – How it got to be**

The Spanish controlled the western coastal areas for hundreds of years. We became the “Golden State” for many reasons. Learn how the missions, presidios and settlements led to the establishment of San Diego, Santa Barbara and San Francisco. The Mexican War for Independence and the Spanish American War were pivotal events leading to the growth of the western frontier.

### **30. The Undersea Realm – Mystery and Beauty**

The Earth's surface is 70% water, yet there is more scientific data about distant planets than there is about the undersea environment. Although there are an estimated 200,000 species of fish, scientists acknowledge they know less than 2% of the ocean's biology. You will learn how man has adapted to the depths and why scuba diving lets us briefly enter another world.

### **31. Howard Hughes and his Spruce Goose**

Born with a gift for mathematics and engineering, Howard, Jr. inherited his father's fortune from the Hughes Tool Company. He had a passion for aviation and set many speed records. He built and flew his gigantic “Spruce Goose” – still one of the world's largest planes ever. Learn his story and why he died a lonely recluse. *“I'm not a paranoid deranged millionaire. Goddamit, I'm a billionaire.”*

### **32. Napoleon Bonaparte - General, Dictator, Emperor**

The French Empire under Napoleon controlled most of Western Europe. Only Great Britain escaped his grasp. His strategic sense allowed him to dominate on the battlefield. Once called the Little Corporal, his size was irrelevant to his success. Winning battle after battle, the Battle of Waterloo was his downfall and led to his eventual confinement by the British on the island of Saint Helena.

### **33. Genghis Khan –Ruthless Conquerer**

He is known by history as the emperor of the brutal Mongol Empire. These nomads conquered China and went on to subjugate Asia and Eastern Europe. The Mongol controlled lands became the largest contiguous empire in history after his death. Over half of the world population was under his rule. Kahn was a ruthless conqueror who often killed every living thing during a battle – including pets.

### **34. The life and times of a Modern Day Muir**

Passion is what drives human endeavors. John Muir, the driving force behind Yosemite National Park was such a man. Learn how the same passion, motivation and enthusiasm led a 2<sup>nd</sup> grade fledgling basketball neophyte to play for a major university ten years later. His desire to “Seize the day” - every day took him on adventures worldwide. The John Muir connection? He has hiked the signature landmark of Yosemite 40 times and has written the only guidebook to doing it.

**35. The Titanic – The rest of the story**

The “unsinkable” RMS Titanic left Southampton, UK headed for New York City on its maiden voyage. The sinking of the Titanic caused the deaths of more than 1,500 people in one of the deadliest peacetime maritime disasters in modern history. Only 333 bodies of victims were ever recovered; many found adrift 100 miles away. Why did this sad event happen to one of the most modern ships of the day? Halifax became the “City of Mourning” as the closest city to the disaster.

**36. Aviation - From Da Vinci’s Glider to the Space Station**

Since first observing birds, humans have sought to fly. From Greek mythology we learn of Icarus, his flight towards the sun and the resulting crash into the sea. In the 16<sup>th</sup> Century, Leonardo da Vinci sketched out a glider that could have flown. Aviation progressed from the propeller era through the jet era and into the aerospace realm. Man was no longer limited to terrestrial adventures. Space: the final frontier.