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SEDR 108

ANCHOR-1 OPERATIONS MANUAL

COPY NO. 112



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SECTION 1

ANCHOR-1 MISSION

1.1 INTRODUCTION

The Anchor-1 mission seeks to study and explore the realms of innerspace revealed only through periods of prolonged isolation and intense reflection.

1.2 ANCHORNAUT DEFINED

Anchor, from Greek: ἀναχωρέω anachōreō, signifying "to withdraw," and -Naut, from Ancient Greek "ναύτης" meaning "sailor."

1.3 CASE STUDIES

The emergent field of anchornautics derives influence from individuals who have exemplified the core principles of the anchoritic practice, and/or have experienced revelation through periods of aloneness.

These case studies briefly examine the lives of these practitioners of contemplative tradition.

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1.3.1 JULIAN OF NORWICH

Julian of Norwich (1342 - 1416) was a spiritual mystic who chose to enter the contemplative life as anchoress of the Catholic church. An anchoress (or Anchorite, male form) withdraws from secular society to lead an intensely prayer-oriented, ascetic life, seeking greater communion with the divine from the confines of a small cell (anchorhold; fig.1) attached to a church. Anchoritic Rule, known as the 'Ancrene Wisse,' stated that an anchoress was to be anchored under a church like an anchor under the side of a ship, to hold it, so that the waves and storms do not pitch it over.

When she was thirty, Julian experienced a desperate illness during which she witnessed dramatic, mystical visions which healed her and radically changed her. As an anchoress, Julian wrote of these events in a book called "Revelations of a Divine Love," considered by scholars to be the first book written in English by a woman.

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FIG. 1 - ANCHORHOLD, CELL OF AN ANCHORESS

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SECTION 1

ANCHOR-1 MISSION

1.3.2 BRIAN WILSON

Brian Wilson (Born June 20, 1942) is a songwriter best known for his contribution as founding member and chief songwriter for the pop vocal group, The Beach Boys. (Fig.2)

In 1963, Wilson co-wrote the chart topping single "In My Room." (Fig.2.1) The song represented a departure from The Beach Boy's signature surf-pop themes and found Brian exploring more contemplative concepts. "Brian was always saying that his room was his whole world," remarked song co-writer Gary Usher. Brian would also note: "I had a room, and I thought of it as my kingdom. And I wrote that song, very definitely, that you're not afraid when you're in your room."

After a breakdown in 1964 that lead to a diminished role in The Beach Boys and the cancellation of Brian's masterpiece album "Smile" in 1967, a psychologically overwhelmed Wilson retreated into the bedroom of his family home, locking himself away for a period of 2 years.

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FIG.2 - BRIAN WILSON

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There's a world where I can go and tell
my secrets to
In my room, in my room
In this world I lock out all my worries
and my fears
In my room, in my room

Do my dreaming and my scheming
Lie awake and pray
Do my crying and my sighing
Laugh at yesterday

Now it's dark and I'm alone
But I won't be afraid
In my room, in my room
In my room, in my room
In my room, in my room

FIG.2.1 - "IN MY ROOM" LYRICS

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SECTION 1

ANCHOR-1 MISSION

1.3.3 AL WORDEN

Alfred Merrill Worden (Born February 7, 1932) is an American astronaut and served as the command module pilot for the Apollo 15 mission to the moon in 1971.

Al holds the designation in the Guinness Book of World Records as the "Most isolated human being." As Command Module pilot, Worden remained behind in the capsule as his crewmates, David Scott and James Irwin, descended to the lunar surface. When the orbiting command module was at its greatest distance from Scott and Irwin on the moon, Worden was 2,235 miles away from any other human beings. He remained in isolation for 3 days, and nearly 74 orbits around the moon, and occupied a space roughly the size of a Volkswagon Beetle. During that time, Al reflected on his experience by writing a series of poems. (Fig.3.1) His works questioned the notion of humanity against the backdrop of the great expanse of the universe, seen right outside the command module window.

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FIG.3 - AL WORDEN

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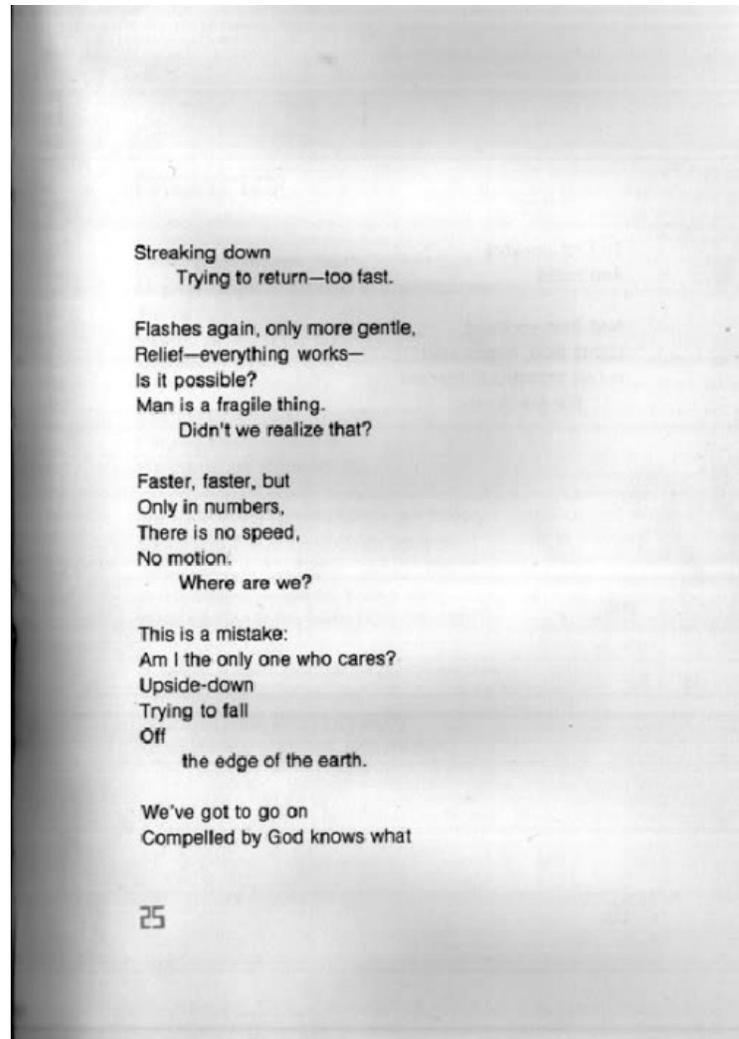


FIG.3.1 - AL WORDEN POETRY SAMPLE

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SECTION 2

ANCHOR-1 HABITAT

2.1 HABITAT CONFIGURATION

The following section details the configuration of the Anchor-1 habitat.

2.1.1 CREW COMPARTMENT

The Anchor-1 crew compartment or inner structure (Fig.4) is a sealed cabin maintained by the environmental control system (ECS). The compartment, protected by an isolation shield, contains controls and displays for necessary for the support of one occupant. The compartment is provided with crew sustainability equipment, food and water, waste management provisions, and emergency first aid.

The interior volume is 400 cubic ft. However, necessary equipment and crew provisions occupy 156 cubic ft., leaving a usable volume of 244 cubic ft.

2.1.2 EQUIPMENT BAY

The sole crew member has personal and accessory equipment provided for his use in the crew compartment. A major item of personal equipment consist of an EVA suit with communications assembly. For a full list of crew equipment, refer to section 2.2 "Inventory."

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ANCHOR-1 HABITAT

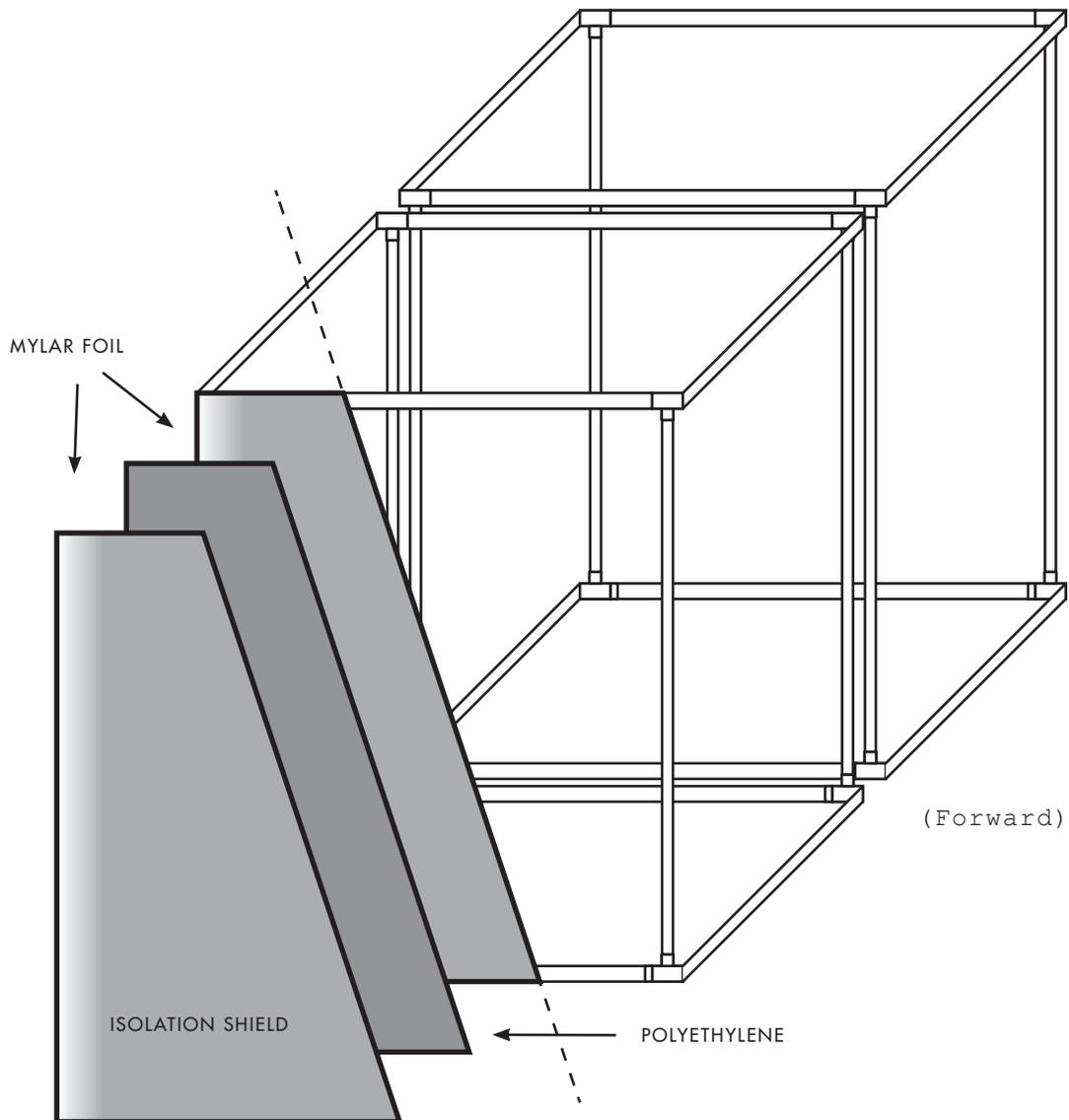


FIG.4 - CREW COMPARTMENT

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ANCHOR-1 HABITAT

2.2 INVENTORY

- Batteries (AAA x 3)
- Books (see Sec. 2.4)
- Chair
- Computer (iMac)
- Consumables (see Sec. 2.3)
- Controller
- Cot
- Desk
- Duct Tape (1 roll)
- Ear Plugs (qty. 2)
- Extention Cords (qty. 2)
- Garbage Bag
- Headlamp
- Headphones
- Jumpsuit (orange)
- Liquid Soap (59 mL)
- Multitool/Swiss Army Knife
- Nail Clippers
- Notebook
- Paper Towels (1 roll)
- Pen/Pencil
- Pillow
- Playing Cards
- Q-Tips (qty. 12)
- Scissors
- Shirts (qty. 7)
- Sleeping Bag
- Socks (qty. 7 pairs)
- Toilet
- Toilet Paper (2 rolls)
- Toothbrush
- Toothpaste (3 oz)
- Towel
- Underwear (qty. 7)
- Washcloth
- Water (24 liters)
- Water Bottles (32 oz, 16 oz)
- Zip Ties (qty. 12)

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ANCHOR-1 HABITAT

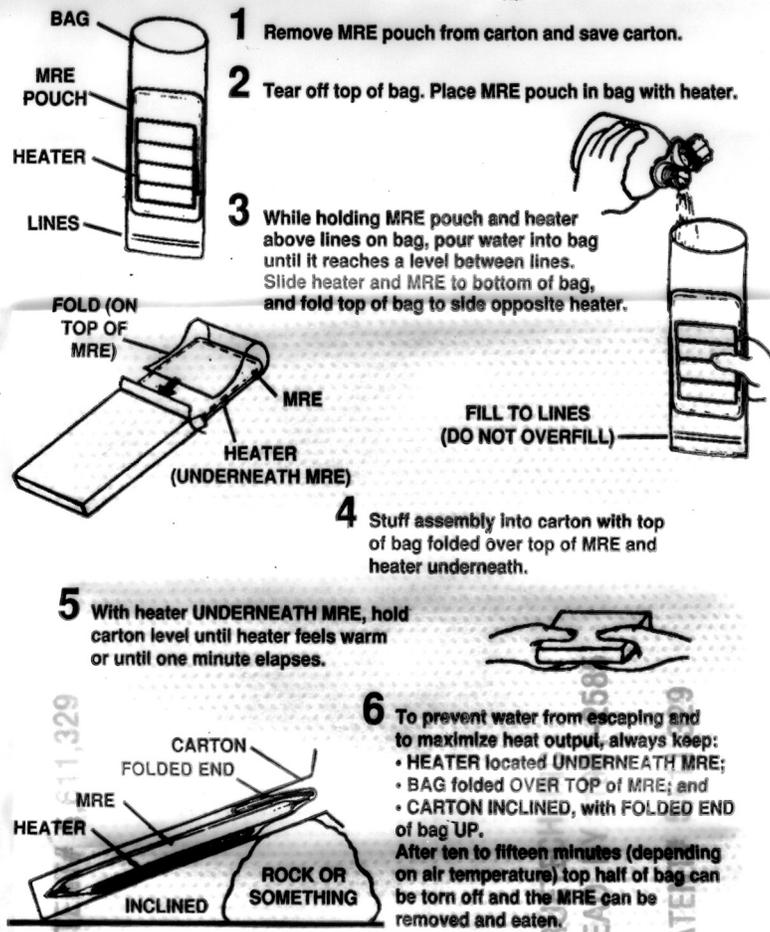
2.3 CONSUMABLES

The following list details the meals ready-to-eat (MRE) for the Anchor-1 crew member. Each MRE is a self-contained, individual ration in lightweight packaging. Rations are heated using a flameless ration heater (FRH), through a water-activated exothermic chemical reaction. (See Figure 5. for activation instructions.)

<u>List*</u>	<u>Qty.</u>	<u>Title</u>	<u>Serving</u>
A	2	Spaghetti w/Meat Sauce	8 oz.
B	2	Beef Stew	8 oz.
C	2	Chicken Veg. Noodles	8 oz.
D	1	Cheese Tortellini	8 oz.
E	2	French Toast	3.5 oz.
F	2	Cinnamon Bun	3.5 oz.
G	1	Pastry, Brown Sugar	1.5 oz.
H	2	Haribo® Gummi Bears	48 oz.

Each meal (A-D) provides about 1,200 Calories (1,200 kcal or 5,000 kJ). They are intended to be eaten for a maximum of 21 days, and have a shelf life duration of up to three years (depending on storage conditions).

* See Figure 5.1



Knead MRE to ensure uniform temperature. CAUTION: The contents will be HOT.

FIG.5 - FRH ACTIVATION

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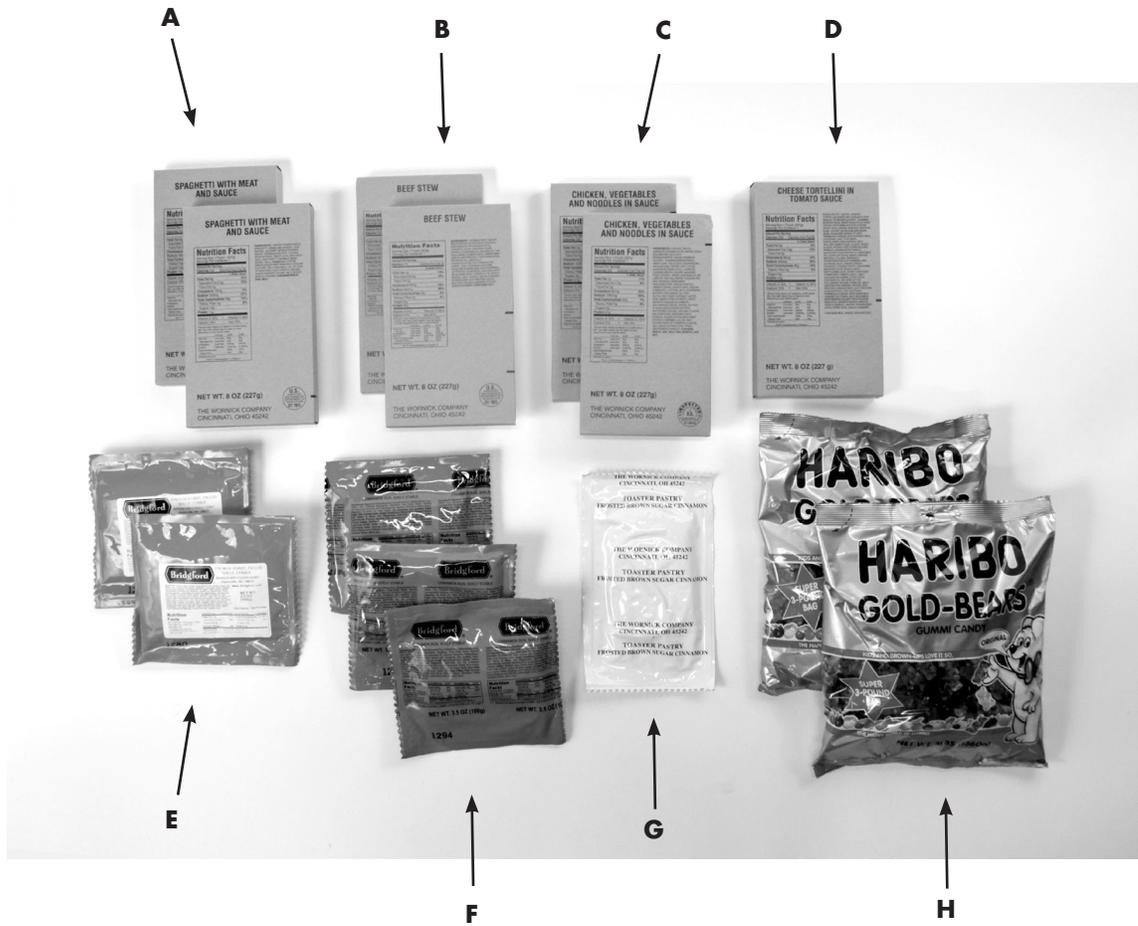


FIG.5.1 - CONSUMABLES

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SECTION 2

ANCHOR-1 HABITAT

2.4 BOOKS

1. The Undiscovered Self
C. G. Jung
Paperback (8 oz)

2. Enders Game
Orson Scott Card
Paperback (6.4 oz)

3. The Beach Boys' Pet Sounds
Jim Fusilli
Paperback (4 oz)

4. Apollo
Charles Murray, Catherine Bly Cox
Paperback (1.9 pounds)

5. Revelations of Divine Love
Julian of Norwich
Paperback (6.4 oz)