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VOCene #23 - October 17, 2007

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I. Trip Reports

- 1) Edible Wilds Hike

Hopefully Samantha Landa won't mind if I include her trip report here:

So this is my first post ever, my first official VOC outing ever, and therefore my first trip report ever, so bear with me if I left out a few details or posted this in the wrong place.

Following a 7:40 meeting time and a lot of coffee, we hopped on the ferry to Bowen Island (to Crippen Regional Park). Meghan and our other guide gave us the low-down on the plans for the day. A gorgeous, beginner-friendly hike.

Meghan got down to business right off the bat. I never imagined that eating cedar and skunk cabbage (boiled) could make for emergency rations--or non-emergency, if it's to your taste. We were informed that we could make a damn good salad from fern fiddleheads and flour from fern rhizomes(while being taught how to differentiate between a sword fern and a bracken fern; I forget the latin names already, but 'mutiny' was somewhere in there) and make a floury substance from bullrushes. We walked around the south end of Killarney Lake and were shown an abundance of pond lilies from which one can salvage the starchy root--and the flower's seeds to pop like popcorn, I believe. And fir needles are similar to rosemary...eerily similar...

It being mid-October, we were taught to identify different berry-bearing plants based mainly on their leaves. Elderberries,

huckleberries and salal all grow in coastal BC. Don't eat white snowberries--apparently you will regret it later. Basically, don't eat anything you aren't 100% confident about, especially if it's really ambiguous and is similar to something you know to be poisonous. Bring a field guide.

The group had split in two, but we reunited for lunch on a boardwalk beside the lake. A few people had been analyzing mushrooms, one of which was definitely hallucinogenic. But I digress. The sun had come out and three layers suddenly seemed excessive. Some of the members of the group trekked uphill to the village for hot chocolate and gelato; funnily enough, it turned out to be the steepest grade we experienced all day.

## II. Upcoming Events and Trips

### 1) Mini Clubs Days, Oct. 18-19

We are going to be staffing a table in the SUB next week to sign up some more members. We are looking for volunteers to sit at the table for an hour (or two, or more!) and tell people about how great the VOC is. Sign up on the wiki: (this also counts as a workhike)  
Tickets to Higher Ground (see below) will be available at the table!  
[http://www.ubc-voc.com/wiki/Mini\\_Clubs\\_Days\\_2007](http://www.ubc-voc.com/wiki/Mini_Clubs_Days_2007)

### 2) Phelix Trail Workhike, Oct. 20-21

This is a workhike to finish off the new trail to the Phelix Creek (Brian Waddington) Hut. It counts as a workhike and you'll get to stay in a swanky hut. More info on the wiki and board:  
[http://www.ubc-voc.com/wiki/Phelix\\_Creek\\_Trail\\_Workhike\\_3](http://www.ubc-voc.com/wiki/Phelix_Creek_Trail_Workhike_3)  
<http://www.ubc-voc.com/phorum2/read.php?f=3&i=190&t=190>

### 3) Skaha, Oct. 20-21

The VOC's annual trip to Skaha is this weekend. The Skaha Bluffs are located just outside Penticton and are typically a dryer place to climb than Squamish this time of year. We will be staying at the Lost Moose Campground for a low cost (\$200 for everyone for both nights = ~\$5 per person) Drivers are needed, if you are going and have a car, please drive it!  
[http://www.ubc-voc.com/wiki/Skaha\\_2007](http://www.ubc-voc.com/wiki/Skaha_2007)

### 4) Big Trees Hike, Oct. 20

Vince is leading a half-day beginner friendly hike to see a 600 year or tree on the north shore (on Saturday morning). It's a rough trail with several creek crossings, but should be a good option if you can't get away for the whole weekend!  
<http://www.ubc-voc.com/phorum2/read.php?f=3&i=134&t=134>

### 5) Needle Peak, Oct. 21

Andrew is leading another beginner friendly hike this weekend, this time to Needle Peak on the Coquihalla (Sunday). Needle peak is a great destination, with a fun little scramble at the end.  
<http://www.ubc-voc.com/phorum2/read.php?f=3&i=139&t=139>

### 6) Higher Ground, Oct. 23

We are showing the movie "Higher Ground - A Mountain Adventure Film" in the Norm Theatre on Tuesday Oct. 23. Doors 7:00pm, movie, 7:30pm.

Tickets are \$5 for members and \$10 for non-members. From the organizer (Christian S.): "This is an epic epic movie filled with rather insane athletes performing feats of insane awesomeness. Some of the things you will see are Free Climbing a 5.13a R route in Zion Natl Park, Ice Climbing on the Stanley Headwall, BC, and Ski Mountaineering in the BC Coast Mountains." More info about the movie is here: <http://hg-productions.com/>  
Tickets at the door or at the mini clubs days table (see above).

### III. Other

#### 1) Norm Climbing Wall

If you weren't aware, the VOC has an indoor climbing wall behind the stage in the Norm Theatre in the SUB. In order to use the wall, you need to pass a belay test given by an executive member. When you pass, we'll sign your membership card and enter your name into the list of authorized users. Everyone who uses the wall needs to pass the test. There must be at least 2 people at the wall at all times.

Most importantly: you cannot use the wall unless we have the theatre booked. You can find out when the theatre is booked here: [http://www.ubc-voc.com/wiki/Climbing\\_wall\\_available\\_hours](http://www.ubc-voc.com/wiki/Climbing_wall_available_hours)  
Even if you can get into the wall at other times, you are not allowed! To get access during the available times, you see the proctor in the SUB.

#### 2) Message Board Reorganization

You may have noticed that the message board has been slightly reorganized. There are now two boards, one for trips, and one for other discussion. Please post trips and their associated trip reports on the trip board. For more information on this change, and to give you feedback, visit:  
<http://www.ubc-voc.com/phorum2/read.php?f=1&i=32041&t=32041>

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CONTRIBUTIONS to the VOCene are welcome. Please send all inquiries or additions to: [vocene@ubc-voc.com](mailto:vocene@ubc-voc.com). To unsubscribe from the VOCene mailing list, sign in at <http://www.ubc-voc.com/member/update.php> and uncheck the 'want VOCene' box

UBC Varsity Outdoor Club  
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**(This is no joke, no wimpy confirmation screens will appear, so don't mess around)**

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**Varsity Outdoor Club**