

VOCene #30 📅 January 19th, 2010

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I. Upcoming Events and Trips

- 1) Weekly Slide Show: Sports Injuries - Jan. 20

This week's slide show will be on Sports Injuries. Scott Nelson's brother, Matthew Nelson, is a chiropractor in Vancouver, and has volunteered to give a slideshow on common sports injuries, how to avoid getting them, and how to treat them if you do.

The slide show will be at 7:00PM, Wednesday January 20th, in Henry Angus 321. You can find a map here:

http://www.maps.ubc.ca/PROD/index_detail.php?showMapCampus=y&bldg1ID=023

- 2) Tele School 2010 - Jan. 23

Instructors are needed for Tele School at Seymour this weekend! If you're available to instruct, please sign up on the wiki.

It's hard to learn how to ski in the backcountry, and that's why there's Tele School. Tele school is an instructional lift skiing trip to one of the local mountains near Vancouver. Instructors are volunteer VOC members, not professional certified ski instructors. Students will be split into groups of 4 or 5 based on their ability level and matched with an instructor for the day.

Students need to pay for their lift tickets this week, see the wiki and message board for times that Lewis is available.

http://www.ubc-voc.com/wiki/Tele_School_2010#Date

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=11740&t=11740>

- 3) Intro to Backcountry Skiing - Jan. 30-31

To make room for lots of participants, there will be two groups heading out for separate intro to backcountry skiing trips. This trip is for people who have basic camping skills (and are prepared to camp outside in the cold, on snow) and

skiing skills. Winter Longhike and Tele School are good preparation for this trip.

The trip is, perhaps obviously, an introduction to skiing in the backcountry. Skiing in the backcountry is a lot different than skiing in a resort for a bunch of reasons, including snow conditions, routefinding, avalanche danger etc. This trip is geared to introduce people to these differences so they can learn to be more confident heading into the wilderness in winter (on skis).

More details and sign-up on the wiki:

http://www.ubc-voc.com/wiki/Intro_to_Backcountry_Skiing_2010

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=11895&t=11895>

II. Miscellaneous

1) VOC Photo and Video Contests

In addition to the annual VOC Photo Contest, this year we'll also be holding the inaugural VOC Video Contest. Details of the contests have yet to be decided, but remember to keep shooting photos and video of anything you deem worthy while you're out with the club!

2) VOC Journal Call for Submissions

It's that time of year again - the time when you recall your favorite VOC moments, craziest trips, wittiest ideas or anything else VOC that you're fond of, write them down and submit them to your journal editor for this year's VOC journal.

Submission deadline: February 20th

What to write about: Anything VOC-related: trip reports, epics (accidental or otherwise), outdoor adventures abroad, how to turn your wonderful life partner into a wonderful climbing partner, bizarre things you've found in huts, how to survive the shoulder season, philosophical musings on the beauty of nature, backcountry recipes, etc.

If you think you can't write, but you've got something to say: We can edit stuff up so it looks pretty good. Just pretend you're talking to a friend.

You can find more information, along with some writing tips and ideas for articles on the wiki:

<http://www.ubc-voc.com/wiki/VOCJ52>

CONTRIBUTIONS to the VOCene are welcome. Please send all inquires or additions to: 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

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