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VOCene #25 ☺ October 26th, 2010

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I. Upcoming Events and Trips

- 1) Intro to Orienteering, Oct 26 (Tue)

The purpose of this event is to provide a quick and basic introduction to orienteering. You will learn how to follow bearings, orient yourself using a detailed map, and plan an efficient route that passes through the required waypoints. After learning the basics you will have the opportunity to try it out on a short course around UBC campus. Many of the skills involved in orienteering are very useful on backcountry trips. Hopefully you will discover that orienteering is a fun standalone sport, but also that navigation is a fun and useful tool to employ in the outdoors.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15573&t=15573>
http://www.ubc-voc.com/wiki/Intro_to_Orienteering_2010

- 2) Semi-Weekly Kayak Polo, Oct 26 (Tue)

For a while now, VOCers have been holding semi-weekly kayak-polo sessions at the

UBC pool or the beach. Typically, half the time is spent practicing rolls, as there's always people that want to learn, and the rest of the time we play kayak-polo. Please check the message board thread for updated information.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15763&t=15763>

http://www.ubc-voc.com/wiki/Kayak_Polo_%40_the_Aquatic_Centre

3) The Island of Your Dreams: Vancouver Island (slideshow), Oct 27 (Wed)

Long beaches of white sand? Snowy mountains? Rainforest? Tiny islands surrounded by turquoise water? Seals, whales and salmon? Yes! You can find all these on Vancouver Island. Maya and Gili will recount a few adventures on the Island and highlight the immense potential for exciting trips, just a few hours away. Note time change (due to Skaha pretrip): 7:30pm in the clubroom.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=50008&t=50008>

4) Ski Workhike Party, Oct 28 (Thu)

On thursday October 28th at 6:30 pm in the clubroom, a ski work party will be held. The quartermasters are looking for some keen members to come and help out fixing the club's skis! Some skis will need binding repairs and some need new skins.

If you are looking to do a workhike, this is an excellent opportunity to learn about tele skis and bindings, and possibly learn how to fix things if they happen to go bad on the trail. Post on the message board thread (see below) if you are interested in coming.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=49953&t=49953>

5) Coliseum Mountain, Oct 30 (Sat)

Coliseum Mountain is on the Northshore and Part of the Lynn Headwaters Regional Park.

It's a day trip for everyone interested and fit enough and for those who don't go to Skaha but wanna get out of town.

The hike is ~ 20 km, 8 - 10 h return and ~ 1250 m elevation gain.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15721&t=15721>

http://www.ubc-voc.com/wiki/2010_Oct_30_-_Coliseum_Mountain

6) Halloween Skaha Climbing, Oct 30-31 (Sat-Sun)

Skaha is a rock climbing area located near Penticton, BC, in the Okanagan Valley. It is generally pretty dry, making it a common destination for times of the year when Squamish is a little soggy. The VOC usually runs a trip there around Halloween. Skaha has climbs at all levels, in both the traditional and sport styles. There is also top-roping possibilities for beginners who know how to set up top-rope anchors. Absolute beginners should have attended longhike before, as this trip is not instructional (but will most probably have tons of nice people). There needs to be at least one person that can set-up a top rope anchor per group.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15603&t=15603>

http://www.ubc-voc.com/wiki/Skaha_Halloween_2010

7) Spooky Brandywine Mountain Scramble, Oct 31 (Sun)

Calling all ghosts and goblins... The plan is to summit Brandywine Mountain (2213m) on Halloween, in costume! It's reportedly a fantastic scramble, with an elevation gain of 1268m, and roughly 7 hours round trip, depending on party speed. The scrambling has limited exposure, so beginners are most welcome and encouraged! There will be lovely views of glaciers and the surrounding peaks. We will of course take awesome costumed summit pictures. Yes, this is trip number 13!

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15673&t=15673>

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

8) "Training for climbing, avoiding injuries" (slideshow), Nov 3 (Wed)

"Training for climbing, avoiding injuries" by Sabrina Burkhardt. In the clubroom, at 7pm.

9) Beginner friendly trip to Mt. Cook and Weart, Nov 6-7 (Sat-Sun)

The plan is to scramble up Mt Cook and Mt Weart (or anything else that looks good) but depends on conditions and how much snow is around etc. On Saturday head up to Wedgemount lake, camp some where by the lake for the night, possibly at the already flat wooden campsites. Head back to town Sunday evening sometime for a couple of beers. This is a beginner friendly trip, so even if you don't have any experience, we can try and teach you any skills you need. Some general fitness would make it easier though.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15779&t=15779>

http://www.ubc-voc.com/wiki/Beginner-friendly_trip_up_Mt_Cook_and_Weart

10) Beginner friendly day hike to Lynn Peak, Nov 6 (Sat)

A beginner-friendly day hike going up Lynn Peak trail. The Lynn Peak trail is located in the Lynn Headwaters Regional Park. Lynn Peak is the southernmost summit on the divide between Lynn Creek and the Seymour River. The trail is usually accessed from the Lynn headwaters side, but can also be reached from the trails in the Lower Seymour Conservation Reserve (LSCR).

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15831&t=15831>

<http://www.ubc-voc.com/wiki/Nov062010LynnPeak>

11) Clubs night at MEC, 10% off!, Nov 9 (Tue)

10% off at MEC during our clubsnight with the ACC! That's right - after regular hours on Tuesday November 9th our very own Mountain Equipment Coop will be opening their doors to allow our members a chance to buy gear at 10% off the retail price. This event is for members of the VOC and ACC, in addition to getting a good price on gear it will give you a chance to see what these clubs are all about and how your free ACC membership works (did you know you get a free ACC membership as a VOC member?) at the display tables we'll have set up. The doors re-open for us at 7pm then you can shop 'till you've got all the gear you need, you run out of money, or 9:00pm - whichever comes first! Be sure and sign up on the wiki - we need to know how many people will attend. As there is no pre-trip meeting, if you can't make it please remove yourself from the list. We'll be checking names at the door.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=49484&t=49484>

http://www.ubc-voc.com/wiki/Nov2010Mec_clubsnight

II. Miscellaneous

1) T-shirt design competition!

Every once in a while the club designs its own shirts so that you can show the world that you are part of this awesome club! We would like to get new shirts out before Christmas and therefore we're looking for a new design. This is where you come in. We need your ideas, your creativity and your talent for a new fun VOC shirt!

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=49967&t=49967>

http://www.ubc-voc.com/wiki/2010_T-Shirt_Competition

2) Rewards and incentives for trip organizers

In an effort to reward our dedicated members who spend time teaching and leading our beginner members on some of the most fun trips to some of the most beautiful places in BC, we have developed a partnership with ProMotive.com to offer discounts on backcountry brands. These discounts are open to members who we call VOC Trip Organizers. You may be thinking to yourself, "I have led trips for the VOC! Am I a VOC Trip Organizer?" Or "how do I lead trips for the VOC to become a VOC Trip Organizer?" Well, in order to answer these questions, the exec has come up with a handy check list to determine if trips you have already led qualify you as a VOC Trip Organizer, or how help you lead your first trips to qualify you as a VOC Trip Organizer. See more info in the links below.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=49623&t=49623>

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

3) Looking for slideshow presenters

Every year we hold weekly slideshows at the clubroom (and sometimes in bigger rooms if it gets crowded). We're looking for people to talk about cool trips and adventures they've been involved in, basically show us your cool pictures and tell us about all the cool/hardcore stuff involved. After the slideshows we usually go for a beer at the Gallery upstairs.

Email Ignacio at rozada@math.ubc.ca if you want to give a slideshow. The format is very flexible and we've had a few instructional seminars too (how to build a harness, how to pack super light). We might even show some of the movies in our library, especially since we now have a new fancy projector.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=49186&t=49186>

4) VOC Journal: call for articles and your help

Every year around March/April the VOC publishes its annual journal. This wouldn't be possible without the help of all of you! To find out how you can contribute/help take a look at the links below, and feel free to contact the Journal Editor, Kathrin Lang at journal@ubc-voc.com. First deadline for articles covering stories from April to October 2011 is December 1st!

http://www.ubc-voc.com/wiki/VOC_Journal_2010_-_2011

5) Banff Mtn. Film Festival: tickets on sale

This is a great chance to see a selection of mountain films from the famous Banff Mountain Film Festival, from the comfort of Vancouver. We are selling a limited number of tickets. The shows will be December 2 and 3 in the Hollywood theatre, and December 4 in North Van. If you buy them from the VOC you'll save \$3 compared to if you buy them online. To buy the tickets drop by the clubroom during gear hours or most days during lunch time and ask an exec member to sell you the tickets.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=49878&t=49878>

http://www.accvancouver.ca/bmffworldtour_2010.htm

III. Ms. Manners

Do you have a question for Ms. Manners? If so, email it to to your friendly neighbourhood VOCene editor and he'll forward it to Ms. Manners for review. Remember, there's no such thing as a stupid question, so ask away.

Dear Ms. Manners,

I'm new to the mountains and I've heard winter is brutal. To prepare, a friend told me I should put my head in the freezer for half an hour every day. He also said I should swallow ice cubes. Is this true?!

I hope to hear from you soon,
Preparing for Winter

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Dear PW,

I've never heard of those methods. They sound like something out of the KGB book of torture... Probably they won't kill you and might even make you stronger. Or not. Let us know.

To survive weekend trips in the mountains, if you aren't planning on staying in huts, I'd invest in a good warm down sleeping bag and maybe a down jacket. That being said, you can probably get away with just wearing many fleeces, taking the "onion layering" method to another level.

Yours,
Ms. Manners

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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

UBC Varsity Outdoor Club
<http://www.ubc-voc.com>

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(This is no joke, no wimpy confirmation screens will appear, so don't mess around)

Varsity Outdoor Club
