

VOCene #26 📅 November 2nd, 2010

In this VOCene:

I. Upcoming Events and Trips

- 1) "Training for climbing, avoiding injuries" (slideshow), Nov 3 (Wed)
- 2) VOC Gearswap, Nov 4 (Thu)
- 3) Beginner friendly trip to Mt. Cook and Weart, Nov 6-7 (Sat-Sun)
- 4) Beginner friendly day hike to Lynn Peak, Nov 6 (Sat)
- 5) Clubs night at MEC, 10% off!, Nov 9 (Tue)
- 6) Semi-weekly Kayak Polo, Nov 9 (Tue)
- 7) Climbing in South Africa (slideshow), Nov 10 (Wed)
- 8) Smith Rock 2010, Nov 11-14 (Thu-Sun, Remembrance Day Long Weekend)
- 9) Breanne and Vicky's "Phelix the Hut" ski trip, Nov 11-14
- 10) Annual Beginner Friendly Skiing Debacle to Brew Hut, Nov 13-14 (Sat-Sun)
- 11) Sitka Surfboards Buy Night, Nov 16 (Tue)

II. Miscellaneous

- 1) Avalanche Course signup
- 2) T-shirt design competition!
- 3) Rewards and incentives for trip organizers
- 4) Looking for slideshow presenters
- 5) VOC Journal: call for articles and your help
- 6) Banff Mtn. Film Festival: tickets on sale

III. Ms. Manners

I. Upcoming Events and Trips

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

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

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=50168&t=50168>

- 2) VOC Gearswap, Nov 4 (Thu)

The VOC Gear Swap will be an opportunity for members to come together to sell outdoor gear to each other, and buy outdoor gear from each other. Please only bring gear that pertains to non-motorized outdoor sports. Things like skis, climbing gear, bicycle parts, outdoor clothing, and hiking/mountaineering boots are highly encouraged. If you're planning on selling heaps of stuff, please come at 6pm to set up.

http://www.ubc-voc.com/wiki/V.O.C._Gear_Swap

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=50084&t=50084>

3) 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

4) 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>

5) 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

6) Semi-weekly Kayak Polo, Nov 9 (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

7) Climbing in South Africa (slideshow), Nov 10 (Wed)

"Climbing in South Africa, a slideshow" by Dan Gainer (clubroom, 7pm)

8) Smith Rock 2010, Nov 11-14 (Thu-Sun, Remembrance Day Long Weekend)

Smith Rock State Park is the premier rockclimbing destination in Central Oregon and is famous worldwide as an early birth place of bolted sport climbing in North America. Climbing is on two primary volcanic rock types. The welded tuff of the main formations provides knobby and pocketed face and irregular crack climbs at all angles and all difficulties. The basalt columns of the upper and lower gorges provide steep splitter cracks and delicate bolted face climbs.

Fall and Spring are prime seasons, winter can be cold and snowy but manageable, summer is formidably hot.

Top-ropeable climbs are limited in number as most formations are more than 1/2 rope length high. However there are numerous quality bolted and traditionally protected climbs at easy grades for the beginner lead climber.

http://www.ubc-voc.com/wiki/Smith_Rock_2010

9) Breanne and Vicky's "Phelix the Hut" ski trip, Nov 11-14

Vicky and Breanne are organizing an intermediate trip to the Brian Waddington Hut to ski, snow levels permitting, for a make-shift long weekend. Both the ski access and the yo-yo difficulty are both rated difficult, thus the intermediate classification of the trip. There will be no instruction and you're expected to have some avalanche training or pair up with someone who does.

Failing appropriate snow levels we will still be going as a hiking trip. It will be determined at the pre-trip meeting if we'll be hiking or skiing.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15867&t=15867>

http://www.ubc-voc.com/wiki/Breanne_and_Vicky's_%22Phelix_the_Hut%22

10) Annual Beginner Friendly Skiing Debacle to Brew Hut, Nov 13-14 (Sat-Sun)

Lisa is organizing a beginner friendly skiing trip to the Brew Hut. People interested in participating should probably have some winter camping skills, have carried an over night pack and have been on backcountry skis before or be very keen/tough/willing to suffer a bit. The last point is key - if you don't mind suffering and are in reasonable shape, I'll make sure you make it to the hut.

In fact, that's the whole point. This should be a trip in the classic VOC skiing style - a bunch of keen VOCers, never having been on tele skis before, will tough their way up to the hut and discover that (despite the suffering) they really love the mountains in winter. Exchange students who've never seen snow before are ideal, and this is probably the best place to start if you want to be skiing across the Garibaldi Neve this spring (this, or one of Roland's Red Heather trips...).

Past trips of this style have taken anywhere from 4 to 17.5 hours to reach the hut (in the good old days before GPSs sometimes they didn't find the hut at all). Days are short and the snow is fluffy - so put your headlamp at the top of your pack.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15929&t=15929>

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

11) Sitka Surfboards Buy Night, Nov 16 (Tue)

Sitka Surfboards Vancouver, located at 1864 West 4th Avenue, will be hosting a buy night for the UBC Varsity Outdoor Club on Tuesday, November 16th from 6:00-9:00pm. With exclusive deals being offered to members of VOC...be sure to come out and score some west coast inspired gear.

http://www.ubc-voc.com/wiki/2010_Nov_16_Sitka_Surfboards_Buy_Night

II. Miscellaneous

1) Avalanche Course signup

Don't want to get hit by an avalanche this winter? Well, the easiest thing would be to stay in the city... but if you want to keep going on out into the mountains then taking an avalanche course would be a good start. Soon there will be meters of snow covering our favorite playground, and these courses give you the basic knowledge you need to start becoming aware of the special hazards so much snow poses - that way you can actually make decisions. Information on specific dates/prices is posted on the wiki, so find a date which works for you and pay as soon as possible - payment is the only way to secure your spot, and these courses fill up quickly.

http://www.ubc-voc.com/wiki/2010_2011_Avalanche_Courses

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=15889&t=15889>

2) 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

3) 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

4) 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>

5) 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

6) 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

Ms. Manners was unavailable this week to answer the mass emails and letters that have landed on our office lately. In fact, the whole editing board of the VOCene is on vacation in an undisclosed location. Rumors have it that they will experience the wonderful phenomenon of blue skies and warm sunny weather. This has not been confirmed so far. Apparently a replacement has been found for the next two weeks, but don't be surprised if you see some changes.

CONTRIBUTIONS to the VOCene are welcome. Please send all inquiries 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>

[Click here to delete this document](#)

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

Varsity Outdoor Club