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I. Special Announcements

- 1) Final journal deadline

The final journal deadline is coming up soon: February 15th.

If you know you will write an article or have already submitted one, please update the wiki with the title and author name. When submitting, please remember to submit photos, and captions for your photos as well! Please include the location, names of people in the photo and who took the photo.

If you decide to change a trip report (TR) into a journal article, please don't just send the TR, but reread it, consider adding some information, give it a personal twist if it doesn't have one yet, maybe some background about the region the trip was, why you were on the trip (especially if you did that trip by

yourself and with friends). If you need some ideas you can also ask people you were on the trip with. If you're not sure, just read a couple of articles from old journals and you will get a hang of it, or you can send your article to the journal editor and she will send it back to you with some suggestions.

Also, if anyone is interested in some illustrations, comics, or simply some fun stuff, that would be great. Ideas can always be discussed on the message board!

Last but not least: HELP NEEDED!

So far only 3 people said they were interested in helping with editing. The first edition session will be Sunday January 30th at Kathrin Lang's (the Journal Editor) house at 11 am. She'll provide breakfast, coffee, tea, or just bring your laptop. If you are interested please email journal@ubc-voc.com.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=49224&t=49224>

<http://www.ubc-voc.com/wiki/VOCJ53>

2) Photo contest now open!

The annual and much acclaimed VOC photo contest is now open! The deadline for submission is February 15th at 4pm. You may submit a maximum of six photos.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=51587&t=51587>

http://www.ubc-voc.com/wiki/Photo_Contest_2010-11

3) The Quartermasters need your help!

The club has grown and so has the pile of gear in the gear room. This has resulted in a huge work load for our poor quartermasters. Therefore, they need some helpers! Here's your chance to give something back to the club, and also learn a bit about our equipment and meet lots of new people.

The Quartermaster helpers do things like:

- help fit boots to peoples' feet
- help adjust ski bindings to boots
- help people get the right pair of climbing shoes
- help adjust crampons to boots
- help people try their harness on

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=50366&t=50366>

II. Upcoming Events and Trips

1) Movie night: Loop!, Jan 26 (Wed, Today!)

"Since time immemorial VOCers have been concerned with the the themes of mountains, spirituality and the passage of time (well maybe not..). The Norwegian film Loop combines these philosophical themes with some wholly practical advice about how to spend the time you have. Spoiler alert: the secret is to be a hard charging, truth bomb dropping blond Norwegian, but for those who find this difficult the film provides a beautiful combination of words, music and jaw-dropping imagery to remind you that those who don't live now, never will.

Come see climber Kirsten Reagan send a big wall solo, founder of deep ecology and famed mountain man (also buddy of Knut's) Arne Naess do his thing, and two insane skiers (one of whom is a buddy of Kjell's) throw down in Lofoten...."

2) Intro to Backcountry Skiing: Elfin Lakes, Jan 29-30 (Sat-Sun)

The theme is 'Intro to Backcountry Skiing/Snowboarding', back at the popular Diamond Head area, but this time we'll continue past Red Heather to stay overnight at the Elfin Lakes Shelter. This is an excellent beginner-friendly destination, and new-to-skiing folks are highly encouraged to come! One-way trip distance is 11km, and the cost is \$10 to stay in the shelter, and now \$10 to tent. It's one of the closest ski destinations to Vancouver, and there's a few nice peaks in the area where one can practice their headplants.

http://www.ubc-voc.com/wiki/Elfin_Ski_Jan29-30

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=16978&t=16978>

3) Intro to Backcountry Skiing: Caspar Creek, Jan 29-30 (Sat-Sun)

This is a trip for those who want to learn what it's like to camp and ski in the backcountry without the comfort of a hut. We will be camping outside in the cold and snow, so you should have some previous basic camping skills and some skiing skills. We will be (tentatively) skiing to Caspar Creek where we will camp Saturday night, and ski and explore the area Sunday before heading out.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=17212&t=17212>

[http://www.ubc-](http://www.ubc-voc.com/wiki/29Jan2010_Caspar_Creek_Intro_to_Backcountry_Skiing#Sign_Up)

[voc.com/wiki/29Jan2010_Caspar_Creek_Intro_to_Backcountry_Skiing#Sign_Up](http://www.ubc-voc.com/wiki/29Jan2010_Caspar_Creek_Intro_to_Backcountry_Skiing#Sign_Up)

4) Todd's attempt on Garibaldi (advanced), Jan 29-30 (Sat-Sun)

If you've ever been to Squamish, you've probably seen the massive pyramid shaped mountain in the background as you arrive in town. That mountain is Garibaldi and basically any sort of mountaineer in BC has climbed it or wants to climb it (it's just too awesome not to climb it). Todd has tried to climb it four times now, all of which resulted in failure. Come join him on his fifth attempt! This is an advanced friendly trip.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=17147&t=17147>

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

5) X-Country Skiing at Cypress, Jan 29 (Sat)

Kathrin is organizing a x-country day trip to Cypress on January 29th, perfect for everyone who's busy but still wants to get out of town, into the mountains and into the snow.

Also perfect for everyone who has never been on skis before and would like to start with gentle hills, up and down, and not to forget, get a nice workout!

Info and sign-up is on the WIKI , available Thursday January 13th.

http://www.ubc-voc.com/wiki/X-Country_Skiing_at_Cypress

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=17107&t=17107>

6) Stanley Park Big Tree Hike, Jan 30 (Sun)

The UBC Ancient Forest Committee has extended a special invitation to the VOC to attend this event!

Join the UBC Ancient Forest Committee for a guided walk through Stanley Park to look at ancient trees. Highlights will include a visit to the Tall Tree Grove, which contains Douglas-firs of 70m- 80m in height, tranquil groves of ancient western red cedars with huge diameters and complicated candelabra crowns and B.C.'s largest recorded red alder tree! Also see Stanley Park's best kept secret: an enormous Big leaf maple tree draped in mosses and ferns, which may be Canada's largest Maple Tree! Everyone is welcome.

<http://stanleyparksbigtrees.blogspot.com/>

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=17298&t=17298>

7) Tele Lessons with Phil, Jan 31 (Mon)

After Tele School, you may want another lesson or two for more feedback and tips/cues/drills. Phil Hammer (EOS) is a CANSI Level 2 telemark instructor and is offering free tele lessons to help out the VOC (and to get more teaching experience). If we have too many for one group, another ex-UBC CANSI Level 2 instructor is willing to participate. It looks like there are enough people for two groups this time, possibly going to Cypress.

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

8) Slideshow: Mountaineering in the Cordillera Blanca (Peru), Feb 2 (Wed)

The Cordillera Blanca ('White Range') is a beautiful range of mountains in northern Peru. It has 33 peaks over 5500m, and reaches 6768m (22,200') in altitude. Yet it has some of the easiest access and logistics for any peaks of its size. You can have a mule carry your pack to basecamp, and you can get back to town for pizza and beer within a day of climbing a 6000er. Come learn about mountaineering in the Blanca, as James Murphy recounts tales from his expedition there in June 2008. Clubroom, 7pm.

9) Intro to Ice Climbing, Feb 5-6 (Sat-Sun)

This is the VOC's annual trip which aims to introduce ice virgins into the realms of ice climbing. We will drive up to Marble Canyon near Cache Creek, which is one of the most reliable spots for ice climbing accessible in a weekend from Vancouver. Since it's a long drive Friday evening departures are encouraged. We will camp at the campsite by Crown Lake and spend both days climbing ice - top roping, for the most part. The actual ice is just a short walk away from the campsite. Saturday night will hopefully involve a bonfire (probably good to bring a bit of firewood with us). Depending on cars, instructors and conditions people can drive to a different spot on Sunday and then drive down via Pemberton if desired - this will be finalised at the pretrip meeting. In previous years we usually hung out in Marble Canyon for both days and there was enough to do there.

<http://www.ubc-voc.com/phorum2/read.php?f=3&i=17311&t=17311>

http://www.ubc-voc.com/wiki/Intro_to_Ice_Climbing_2011

10) Richard's Ski Adventure: Ipsoot Mtn., Feb 5-6 (Sat-Sun)

Richard is organizing an intermediate-advanced friendly skiing trip to Ipsoot Mountain. People interested in participating should have winter camping skills,

have carried an overnight pack and have been on backcountry skis before and can handle all kinds of Coastal snow (elephant snot, crust, ice, etc). This trip will only take place if the avalanche conditions are moderate or low, as we will be travelling across avalanche paths and complex terrain. Ipsoot Mountain is a classic winter ski trip, and a relatively strenuous weekend trip. If the weather is ideal, this may turn into a 3 day trip allowing ascents of Rhododendron, Miller, or Sugarloaf also. Early mornings, dark nights, cold fingers, numb toes, and breakable crust guaranteed. We will organize tents (4 season only), stoves, rides, dinners at the trip meeting. You should have your own skis and boots that are compatible with your feet. If the weather changes and it's going to be miserable and cold and wet, we may change this to a daytrip to somewhere else.

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

11) Semi-Weekly Kayak Polo, Feb 8 (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 (which will be available soon).

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

Previous session: <http://www.ubc-voc.com/phorum2/read.php?f=3&i=17219&t=17219>

III. 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) 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, and a freshly painted wall (coming very soon).

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

4) VOC T-Shirts on sale!

The VOC t-shirts have arrived and are now on sale! The t-shirts are 100% cotton and were printed by American Apparel, so they are high quality. This is a great present for your friends and family, or a way of showing your pride in being a member of the coolest club at UBC. The price is \$17 for a shirt (exact change only) or \$20 for a shirt + Voile strap (see below). The t-shirts are on sale by exec members - lunch time is a good time to drop by.

<http://www.ubc-voc.com/phorum2/read.php?f=1&i=51097&t=51097>

5) VOC Voile straps on sale!

Yes, Voile has made us a special, limited edition, of their popular "Voile Straps", with the VOC logo printed on them! These straps are invaluable in many situations. Just this weekend our beloved Public Relations guy, Ignacio, broke a binding while out backcountry skiing. The fix? Two long Voile straps to lash his boot to the ski, and he managed to ski out. They have been used in the past for to tie skis together, tie skis to roof racks, hold broken skis together, make a sled, and much more! They are one hell of a useful item. We have three sizes, and prices are lower than MEC! The VOC straps will be on sale during normal gear hours, get them while they last!

IV. 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,

This weekend I climbed Mt. Poopalot in a "day", 14.5 hours on zero hours of sleep the night before and minimal food input. What do you think I did when I got home, exhausted and hungry? Straight to Facebook to post a summit photo! You would think I'd be more interested in some food and my bed, but no... Is something wrong with me?

Thank you,

Exhausted and Hungry Yet Boastful

=====

Dear EHYB,

It's a good question: why are our primal instincts for shelter, food etc. sometimes overcome (temporarily) by our need for self glorification?

While we ponder this difficult question, I assure you that your behavior is completely normal, and is the premise under which most FB posts are posted anyway - it's an opportunity to boast of your successes, show off your mighty skills and traits. The trick is to also bask in the glory of your failures...

Yours,
Ms. Manners

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

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Varsity Outdoor Club