

VOCene #12: September 16, 2014

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1. Tip(s) of the Day!

As a club, we are starting a new series of short articles with 5-10 Tips on given topics. These are written from the opinion of the author, and we encourage you to comment on these articles on the message board to state if you found the article useful or not, whether you agree/disagree, and whether you can think of additional points to add to the topic of discussion. If there is a topic YOU would like to hear about, please send it to your VOCene Editor, Cora Skaien.

This week, we are highlighting four articles:

(a) 5 Tips For Your First VOC Trip

Heading on your first trip and don't even know where to start? Here are 5-quick tips to consider when embarking on your first journey with us, or a trip of similar nature with others! More details about each topic can be found in the articles below. Post what you think of this article on the message board thread.

(b) 10 Things New VOCers Need to Know About How the Club Works

New to the club and wondering how it works? The club is rather large and can use a wide variety of resources. To get you a head start, we will outline ten of the basics here. Post what you think of this article on the message board thread.

(c) 6 Items You Should Own in the VOC

In the VOC, you can get by without owning a lot of gear. Gear can be expensive after all. But for the avid adventuress/adventurer having a few key items around will make your outdoor life much easier. Post what you think of this article on the message board thread.

(d) 5 Definitions of Beginner Friendly

In the VOC, many (and often most) trips are advertised as "Beginner Friendly". It is important to note, however, that this can have MANY different meanings and may not match up with your idea of what a "Beginner Friendly" Trip really is. It is important to get a better understanding of what you may be signing up for. Post what you think of this article on the message board thread.

Have more questions? Check out the Frequently Asked Questions site from the VOC wiki.

2. Clubs Days September 16-18

Clubs Days is a three day event where the VOC has a booth that showcases the awesome trips and adventures throughout the year, as well as answer questions for interested new members and sell Longhike/Rock Party tickets. The location will be in the SUB, so look out for the booth over the coming days! Be aware that Rock Party is a high-demand event and that tickets can sell out, so purchase early at our Clubs Day Booth!

3. Rock Party Volunteers: Ensure you have purchased a ticket first!

Although volunteers are needed for a wide variety of tasks at Rock Party (e.g. DRIVE the DJ, drive the beer, flip burgers, cut tomatoes and prepare lettuce, etc.), please ensure that you have already purchased a Rock Party ticket before signing up as you cannot sign up for an event you cannot be at. I apologize for instigating awesome volunteering earlier. Volunteering for a slot at one of the needed volunteer positions for Rock Party does count as a workhike. Stay tuned on the message board and in future VOCenes for specific details of how to sign up to volunteer.

4. Call for Slide Show Presenters

Have you done an amazing trip either locally or somewhere else in the world? Do you want to share your experience? Then why not make a slide show and present it to the club?

We will have ongoing slideshows on Wednesdays at around 7pm starting in October probably. If you know someone who has done some great trip, you can also make suggestions and then we can email them and ask for a slideshow.

Either comment on the message board thread or send an email to Steff at steffiyo@gmail.com to sign up to present a slideshow, or suggest someone who has a trip worth sharing!

5. Call for Rock Party/ Long Hike Instructors!

Two more instructors are still needed for Rock Party this year! Please contact Ian Johnston at iaejohnston@gmail.com if you would like to get involved.

6. Recent Trip Reports

Harrison Hut Renos: a week of hard work in a beautiful place

"There was a bit of confusion as to whether I was going in the first place, but after many of my other summer plans had fallen through, I was pretty determined to get up to the Harrison Hut for a week of hard work and beautiful scenery. I had never even been past the first clearcut on the trail, so I wanted to contribute to this project. I had never built a hut, but I hoped that I would be able to help and learn a ton in the process..."

Illal and Spiral, August 2014

"At 10pm on Friday evening we were still trying to figure out what to do on the weekend. After scanning various maps and trip reports, I somehow recalled a trip we did five years ago to Jim Kelly and Coquihalla Mountain, a beautiful and under-appreciated area up the Coquihalla Highway, about a 2.5 hour drive from Vancouver. After a quick call to Pascale and Ignacio, we finished packing and headed to bed for a few hours of sleep..."

7. Upcoming Trips

Glacier School 1 Dry-land Review, practice, and refresher 📅 Thursday, September 18th

It is always great to review and practice what was learned at G1, specifically crevasse rescuing and the pulley systems used. Those who didn't attend G1 are still welcome to come and learn! Please bring: climbing harness, 2 prussiks, 2 locking carabiners, 2 non-locking carabiners, and a rope.

Hot Springs - Party Weekend! 📅 Fri. Sep. 19th - Sun. Sep. 21st

The hot springs are a fantastic weekend getaway and the perfect place for an outdoor party. Plus the trail to them isn't too awful. BYOB and a delicious dessert to share!! This trip is beginner friendly, so long as you're comfortable with an overnight pack. For maximum hot spring enjoyment, parties will ideally arrive and camp at the trailhead Friday evening in hopes to hike in reasonably early Saturday morning 📅 all the more time for enjoying in the springs! Sunday we'll pack up and head out 📅 whenever. IMPORTANT: Because of the nature of this trip, some participants will likely choose to enjoy the hot springs in the nude. This is certainly NOT mandatory (there is a changing room near the springs for those so inclined), but if that possibility makes you uncomfortable, this might not be the trip for you. Pre-trip meeting will be Wednesday, September 17th at 6:30 PM in the clubroom.

Cheakamus/rubble Creek Traverse: castle towers and/or black tusk 📅 Fri. Sep. 19th - Sun. Sep. 21st

So crossing the Neve seems like not the best of ideas, but I like crossing things, so maybe this will work better. We are not sure which direction we will be going yet, but we will have one car at the cheakamus lake parking lot and one at the rubble creek parking lot and then walk between them. There are options of things to climb on the way. I would like to climb Castle Towers for sure and maybe Black Tusk if there is time/energy. These are not the most complicated scrambles, but it will make for long days, so this is the tip for you if you enjoy hiking for 10-12 hours a day :-)) I have never done this particular route or climbed these peaks, so some route finding might be needed. Pre-trip meeting will be on Wednesday,

September 17th at 7:00 PM either inside or just outside the Clubroom.

Mountain Biking at Mt. Fromme, North Van (Beginner friendly)! 📅 Saturday, September 20th

Lets shred some north shore trails before the colder weather settles in. Im thinking Espresso and Pipeline (or more if people are up for it!). Trails are black and suited for intermediate/advanced or expert riders. You can always walk the tricky sections. I'm also up for doing blue trails if more people are of that level! Its all about building your confidence and getting practice in! Mountain bike, helmet and armour are essential. Pre-trip meeting will be Tuesday, September 16th at 7:15 PM in the Clubroom.

VOC Member Info Night 📅 Tuesday, September 23rd

Are you new to the VOC and wanting to know more about the club? Come to MATH 100 at 6:30 on September 23rd. There you can learn about what trips are typically run, how to rent gear, and much, much more. All are welcome.

VOC Social+Beginner Friendly Intro to Tea Drinking 📅 Wednesday, September 24th

New to the VOC and looking to socialize with other club members old and new? Come drink tea, throw frisbees, make new friends, see old friends, lie in a hammock, walk on a slack line and be merry. We will meet under the trees by the big VOC flag between Irving, the old SUB, Brock Hall and the New Sub, right next to east mall. 49.267811, -123.251753. Bring your backcountry stove, favourite tea bag and tea vessel and we will share the art of tea making (a neccasary skill for advanced VOC trips) Everyone is welcome. In the event of inclement weather, this may be moved indoors. Indoor location TBA. Event starts at 6:00 PM.

8. Message Board Highlights

a. Want to become a better climbing partner? Check out these 8 easy tips to being a fantastic climbing partner. Not everyone has the same take, so be sure to read these useful tips as well as the discussion that has sprung up from it.

b. Is it a good idea to travel on Rainier in Late September this year? A club member is looking for some beta and advice. Go to this link here to provide beta/advice, or follow the conversation.

c. Do you regularly rent MODO cars for weekend trips? Check out the MODO Car Thread here to read up on the most recent incident with damaging a MODO car on a logging road, and the consequences. Be in the Know before you Go.

d. Someone is missing a blue glacier rope. If you have it, please contact this club member.

e. Want cheap or free gear? Check out these links here: 1, 2, 3, 4

d. The Brian Waddington Hut is closed for wildfire management Sept 2014! This is the hut located near Phelix Creek. As a result, it is not currently safe to travel to this area, so do not plan to go up there until further notice.

e. People's Climate March - Sunday September 21st: On Tuesday next week, September 23rd, a global climate summit will be held in New York at the UN Headquarters. It will be attended by over 120 heads of state from around the Earth, with the intention of discussing a global plan for emissions reductions, in preparation for a legal agreement in 2015. (Stephen Harper isn't even attending). To express

support for the summit, and to show local governments that people actually care, numerous events are being organised around the globe on Sunday the 21st. Our local Vancouver one is at: 700 Hamilton Place (Hamilton and Georgia), 1pm, Sunday Sept 21st.

f. Sept 27, 2014: Presentation "A Geologist's View of Sea-to-Sky country": Friends of Garibaldi Park Society and BC Parks is presenting Dr. Bob Turner with "A Geologist's View of Sea-to-Sky country". Saturday September 27, 2014 at 7pm, at the Ranger Station at Garibaldi Lake. Bob Turner is a retired Geologist with the Geological survey of Canada and Author of "Vancouver: City on the Edge". Check out this link for more information regarding this opportunity!

g. Have a room or 2 available in your place starting in November? Two friends of a VOCer are looking for a long-term place to stay. Please visit the message board thread for details.

9. Ms. Manners

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

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Dear Ms Manners,

I'm having trouble figuring out food for trips. My friends think I only eat butter and cheese on the weekends, but I actually eat these every day. What is the optimal cheese to butter ratio for keeping a balanced diet.

Also, how do I make all other food taste like butter and cheese?

From,
Serious Asiago Muncher

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Dear Serious Asiago Muncher,

Although I do realize that you might find butter and cheese delicious, and they do have quite a high caloric value for weight which is great for trips, I do recommend that you look to broaden your food intake to meet more nutrition requirements. In addition, butter and cheese can melt in your bag on trips to make quite the mess!

I recommend that you consider dehydrating some food, which yes CAN be initially covered in some butter or cheese (although it might be quite greasy), or at least dehydrate some vegetables that can be added to your butter and cheese. Some pasta can also be a good addition, and tastes delicious with butter and cheese! For breakfast, I recommend oats which pack light and are quite filling when hot water is added- but perhaps avoid the butter and cheese with these ones.

Remember, variety is the spice of life! You do not want your life to be dull, do you? If you are food grouping as well, I am sure your partner does not want to eat only butter and cheese, but rather... "real" food... so perhaps take a break from your weekly butter and cheese diet for weekends, and explore other food options... which can still incorporate butter and cheese if it is properly wrapped to avoid

buttery and cheesy clothings/tent/sleeping bags.

Sincerely,
Ms. Manners

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

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Varsity Outdoor Club