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VOCene #19: Tuesday, November 11, 2014

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1. Monday, November 17: Almost Ablaze: Avalanche Canada Fundraiser Movie Night

The VOC is organizing another annual fundraiser for Avalanche Canada. This is the 5th annual fundraiser we've hosted for Avalanche Canada and the 3rd year we've held a movie.

This year we'll show the Teton Gravity ski movie "Almost Ablaze" in the Norm theater at UBC. "Awarded "Film Of The Year" at the 2014 International Freeski Film Festival, TGR's Almost Ablaze is a global odyssey combining state-of-the-art cinematography and the most progressive riding on The Planet. Experience a new level of sensory overload as each athlete is wired for sound, immersing the audience completely in the moment. Watch as athletes push the edge to realize a heightened state."

When: Monday, November 17, 2014. Doors will open at 7pm, we'll have a raffle at 7:40pm and the movie will start at 8pm

Where: Norm theater in the old SUB at UBC

Ticket prices: \$10 if you buy them before Nov 17 (\$15 at the door). Tickets are being sold in the VOC clubroom, at the Outpost in the SUB and at VPO

Check out the trailer.

2. Club SPOTs: What are they and when to use them?

What are they?

SPOTs are handheld devices that sends your GPS location to orbiting commercial satellites. With this information, your location can be updated regularly and viewed online by loved ones who wish to track your travel. You can also send out pre-determined messages to let people know that you are safe and expected to arrive on time, safe but expecting delays, not okay but can get out on your own, or not okay and need an emergency evacuation. Learn more about How it Works [here](#).

Who are they for?

These SPOTs are typically taken on trips where there are few extra-party people

expected to be encountered, there is no ease of close access for emergency rescue (e.g. via trails), and trips that occur over the span of several days to weeks. These devices are generally not intended to be taken out by club members who intend to do well-travelled hikes like Garibaldi or climb at the Smoke Bluffs for the day. This does not mean, however, that you need to be planning an epic to take out a SPOT! Especially as winter conditions fall upon us, a SPOT can be useful to have on a variety of trips, especially back country ski trips in remote areas.

How can I acquire one?

Well it is your lucky day! The club has 5 spots available for club members to take out when they leave a \$100 deposit. Batteries are not included, however, and you must ensure that you read the rental rules before embarking on your journey.

Important aspects to update are 1. Ensure YOUR name is associated with your spot, 2. update your pre-programmed messages, and 3. update your emergency contacts (the people who will receive your messages).

3. Recent Trip Reports

Seymour Saturday Nov 01

At 9 am, the parking lot at Seymour was a sheet of ice, which made it necessary to drive carefully unless you were into doing donuts. For the first half hour we needed to walk somewhat carefully to avoid patches of ice on the trail. We forked off the main trail and went up the ~~Forbidden face~~ which involved a bit of hanging on and route finding, but was quite satisfying...

4. Upcoming Trips

THIS WEEK

VOC slideshow: Traversing North Garibaldi Park on skis ~~on~~ Wednesday, November 12th
Annie Maurer, Cassandra Elphinstone, Frank Zimmermann, Jens Vent-Schmidt, Jeremy Leal and Sam McKoy went on a 7 day traverse from Mt. Currie, over the Spearhead towards the McBride and then out via the northern leg of the Tuwasus horseshoe. Some of them will show some pictures and share their adventure. Here is their trip report to give you an idea. Starts at 6:30 PM in Buchanan A202.

First Aid Refresher ~~on~~ Thursday, November 13th

Winter is around the corner. Now is a great time to brush up on first aid skills.... just in case you need them this winter! We can start with the basics and common injuries, and move on from there. This event will be held at 6:00 PM in Henry Angus Room 295.

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THIS WEEKEND

Tentative: Beginner friendly ski day trip ~~on~~ Saturday, November 15th

Note: snow levels are low, so this may be turned into a hiking trip; follow the discussion!

Plan is to have a day to get a taste of what backcountry skiing is like. It's okay if you've never skied or even seen snow before, all you need is general fitness,

autonomy and curiosity. Probably we'll head up to Zoa or Zupjok on the Coquihalla for a day. You can borrow everything you need from the gear room, because the VOC is special. :) Pre-trip meeting will be on Wednesday, November 12th, time and location TBD; e-mail organizer for details if not updated on the Trip Page or Message Board.

Intro to Winter!! And Maybe Skiing! Beginner Friendly 📅 Sat. Nov. 15th - Sun. Nov. 16th

Are you sick of shoulder season and stoked for winter? Come play in the snow! We'll be going to Phelix hut. For those who haven't been there, it's a total gem - it comfortably fits twenty people and can squeeze a lot more, and it's in a gorgeous alpine valley near a lake. I've been six or seven times and I'm not the least bit sick of it. The exact activities will depend on snow levels. I plan to make snow shelters and practice avalanche rescue. This is something no one does enough, and it'll be a great way to start the ski season. And speaking of--their MIGHT be enough snow to ski, but unless I get an updated snow report that won't be a focus of the trip. If you do want to ski you'll be carrying skis a long way for a bit of skiing, and scraping your skis on rocks. There's nothing wrong with this, I'm just letting you know what to expect and warning you not to bring skis you care about too much. Pre-trip meeting will be Wednesday, November 12th at 7:00 PM in the clubroom.

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NEXT WEEK

Almost Ablaze: Avalanche Canada Fundraiser Movie Night 📅 Monday, November 17th
Details are as above! Doors open at 7:00 PM, show starts at 8:00 PM. Tickets are \$10 in advance or \$15.00 at the door. Tickets can be purchased from The Outpost on the main level of the sub (\$10+fee+tax), in the club room (\$10.00) or at Valhalla Pure Outfitters (\$10.00+tax).

CPR for Avalanche Rescue 📅 Thursday, November 20th

Are you interested in learning or refreshing your Cardiopulmonary Resuscitation (CPR) skills? I'm offering a 4 hour course on emergency CPR. The course will be taught at the Layperson (C) level and include a few skills (Assisted Respiration, Hypothermic patients ...) which are more likely to be useful in the backcountry than the simple layperson CPR. I've been an instructor for the Canadian Red Cross through the McMaster Emergency First Response Team and McMaster Ath & Rec for 3 years. I've been an Emergency Medical Responder through EFRT for 5 years. This course will be offered for free for those interested and you will not receive any certification (\$\$\$). The course will be limited to 12 participants at this time. This event will run on from 6:00-10:00 PM.

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NEXT WEEKEND

MEC Vancouver 4th Annual Snowfest 📅 Saturday, November 22nd

MEC Vancouver is hosting there 4th annual Snowfest on Saturday, November 22nd. This event marks the beginning of the snowsports season for MEC Vancouver where we bring in our participating exhibitors to educate and engage with the public. We run the event between 9am- 3pm in-store, along with our legendary snowswap which takes place on the roof between 9am-2pm. The event in-store hosts numerous FREE clinic specials focusing on snow safety, backcountry travel and ski and board repair. Sign up for these clinics will be posted on the MEC events page.

MEC Vancouver Film Festival 📅 Saturday, November 22nd

MEC Vancouver, Protect Our Winters and Fresh Air Cinema are excited to host the screenings for Momenta (Canadian Premiere), The Little Things and All.I.Can. Tickets will be \$10 with all proceeds donated to J.P Auclair Fund & CPAWS. Purchase of tickets include free popcorn, prize draw entries and an MEC club night 10% discount card. Food trucks will be stationed on W. Broadway for your convenience. Event runs from 4:00-8:00 PM at 130 West Broadway, Vancouver BC. Showings will take place on MEC Vancouver's roof inside our festival event tent.

5. Message Board Highlights

a. Haven't gotten in enough climbing yet and want more despite the upcoming rains? Check out the The indoor climbing faff thread!

b. Participants wanted for a focus group: The Outdoor Education stream in the Faculty of Education at UBC is looking at developing some for-credit 400-level skill-based outdoor education courses. This takes place Tuesday, November 18th from 5:30-6:30 and requires signing up on the doodle page.

c. Roe Creek FSR blocked @ 7 KM: Going to Brew Hut? Be aware that you may not be able to drive passed the 7 km mark, or alternatively may be trapped beyond the 7 km mark.

d. Looking for climbing partners for the sub climbing wall (beginner): Didn't know we had a small climbing wall behind the Norm theatre? We sure do! Want to get involved? Check out this thread and the posted schedule.

e. For sale: ski jacket, bike

f. \$5 VIMFF discount for VOC members: Use this promo code online when you order and get \$5 off!

g. Evening course: Decision making in the mountains 📅 Tuesday, December 9th: Save the date now if you are interested!

6. 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,

My mother is worried about my well-being this weekend while I am away on a club trip, and wants me to call her regularly. I have been told that I will not have cell reception, so how can I reassure her of my safety?

Sincerely,
Child of Concerned Parent

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Dear Child of Concerned Parent,

This can be the concern of many parents, especially those without much back country experience themselves. Depending on the activity, they often have nothing to be worried about. For example, if you are hiking a well-travelled trail or staying close to a city, then although their concerns are valid, there is minimal risk involved to you.

On other trips, however, there can be more unpredictable elements that may increase the risk of the trip and justify your parents' concerns. Although you are likely perfectly safe, you can help alleviate the concerns of your parent(s) by taking the no fun route of not going on an amazing trip, or by taking a SPOT with you as described previously in this VOCene, and provide your parents with a link so they can track your progress and receive pre-programmed messages to let them know regularly that you are okay.

Hopefully with time, they will grow less concerned about your safety in certain activities and you will no longer be required to provide them with a method to physically track you... hopefully your cell phone does not allow them to do this already without your knowledge!

Sincerely,
Ms. Manners

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

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

Varsity Outdoor Club