

VOCene #31: Tuesday, February 10th, 2015

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Special Features

1. Slipstream Wilderness First Aid Training Discounts

Slipstream First Aid is once again offering the VOC a roughly 40% discount on their 50-hour and 90-hour Wilderness First Aid courses. These courses have been taken by members of the VOC in the past and have recieved very positive feedback.

To keep things flexible, Slipstream is allowing us to purchase course vouchers that are good for one year from purchase. With your voucher you can select any course date and location that works for you. Please signup using the signup tool by early February.

Discounted prices are as follows: 50-hour course: \$285 + tax = \$320; 90-hour course: \$475 + tax = \$535.

2. Want to get more involved in the club? Join the VOC Exec!

Why should you consider running for an executive position for the VOC on March 25th? Executive positions are not only for the most experienced or extreme VOCers, but are also for anyone who seeks responsibility or wants to become more involved in the club.

Being on the exec increases opportunities to get to know other club members through executive meetings and get-togethers, and also through an increased awareness of the activities being hosted each week, which exec members are encouraged to support and attend. Your responsibilities as an exec member are what you make them, but the added responsibility of running two trips a year on top of your position-specific duties often offers the opportunity to increase your involvement and meet more people. Furthermore, being on the exec can be very fulfilling and provides you with the opportunity to make suggestions regarding

changes that you feel could benefit the club.

The positions that are available are described more specifically (here), but are: President, Vice President, Treasurer, Secretary, Membership Chair, VOCene Editor, Trips Coordinator, Quartermaster(x5), Journal Editor, Public Relations, Archivist, FMCBC/ACC Rep, Huts Coordinator, Trail Coordinator, Climbing Wall Coordinator (new climbing wall in the fall!), and Swag Master. You must be a UBC student to run for an executive position. Execs meet once a week for meetings at a time that fits most exec members schedules. Execs must organize a minimum of two trips in a year in addition to their executive position responsibilities (e.g. Public Relations Rep organizes weekly slideshows when applicable)

Nominate yourself or others here

3. Climbing Wall Logo VOTING!

Submissions are in are we are no longer accepting more! But now it is time to vote for YOUR favourite climbing logo of the 10 submissions. Click on the link above, and note that there is a now a voting link in the initial post. Look through the 10 options, and cast your vote! Stay tuned for when voting will end.

The Usual Suspects

4. Recent Trip Reports

Remember, all your articles that you submit to the journal are EXCELLENT to also post on our website as a trip report! In fact, we strongly encourage it!

Norvan Falls Day Hike

After a fairly sluggish early-morning stumble to the bus loop to meet up with the group, I was officially out on my first VOC trip. Originally, the plan was for half the group to hike Lynn Peak and the other to head out to Norvan Falls. But after, as Artem put it, "a visit from the VOC gods," it was decided that Lynn Peak was way too miserable to attempt, and so the whole group headed out to hike to the Falls...

Cordillera Raura Alpine Traverse

We hadn't had much luck with our mountaineering objectives in Peru's Cordillera Blanca this season. On Pukaraju, our nice line of climbable snice (snow-ice) had turned to powder on slab a mere 30 meters below the ridge. On Artesonraju, Artem Bylinskii and I found wind-affected, unstable snow conditions and backed off at the bergshrund. On Mururaju, we drank from a stream tainted with lead and failed to make up for time lost clutching our stomachs before the weather blew in. Finally, after Nick arrived, we managed to touch the summit of Shaqsha. I recounted that story here. But still, the weather continued to be uncooperative for our alpine climbing objectives. Even if the weather permitted an ascent, the alpine ice that the Cordillera Blanca is famous for wasn't forming reliably in presence of so much afternoon cloudiness...

Evergreen Playground, Garibaldi Trail, Jan 31

We left our garage at 7am and we didn't have to chase around town picking up VOC people so we were crossing the Lions gate Bridge just as the sky was starting to

lighten up. The fog was so thick that the lights on the bridge disappeared near the top of the bridge support towers, but by Horseshoe Bay the fog was all gone and we had only high clouds, which persisted throughout the day...

5. Upcoming Trips

THIS WEEKEND AND READING WEEK BREAK

Daughters of Ice (Beginner Friendly) 📅 Fri. Feb. 13th - Mon. Feb. 16th- TENTATIVE Beginner Friendly Ice Climbing Trip likely to Marble Canyon. Depends on conditions and availability of a car. Learn the fundamentals of ice-climbing on top-rope and have a great time :) More info can be found on the wiki page. Pre-trip meeting will be Tuesday, February 10th at 6:15 PM in Buchanan B306 (TONIGHT!!).

Snow Lover's Getaway at Manning Park 📅 Fri. Feb. 13th - Sun. Feb. 15th
Hey there snow lovers! Join the VOC for a romantic* get away out at Manning Park over Valentine's weekend: drive up and camp on Friday, ski the groomed runs on Saturday, and then finish out the weekend with a tour on Sunday. This trip is not instructional. You need to be reasonably competent on skis and self sufficient within your group. If you've never been on a pair of skis and you've never camped in the snow, this trip is not for you. If you've only been on skis once (like at teleschool) but enjoy sleeping in the snow, that's perfect! This is a good opportunity to practice both! The pre-trip meeting was held on Thursday, FEB 5, at 5:30pm the week BEFORE the trip. This is because the trip organizer needs to submit a group discount form 1 week prior to our trip. It's a significant discount so it's worth planning ahead. Cost: Lift tickets will be \$40 (\$35 + tax @ 12%) per person. You must pay this fee IN CASH in person at the pre-trip meeting before you can come on the trip.

Creeeeeek Climbing 📅 Fri. Feb. 13th - Sun. Feb. 22nd
I like skiing; I really do. But I miss climbing more it seems. So in an effort to kick start the season early I'm keen to head down to Indian Creek for an epic week of warm stellar climbing on beautiful splitter craaacks. This trip will take place during reading week between Feb 13th-22nd and you'll need to be self sufficient in terms of belaying and lead climbing (or at least find yourself a willing rope-gun). Note it's all Trad climbing at the creek. Driving seems to be the best/cheapest option, probably split between two days each way would make it manageable. Spaces limited by the number of cars provided by you wonderful people. There is no pre-trip meeting, please e-mail trip organizer for details.

Advanced Avalanche Skills Training (AST-2) 📅 Sat. Feb. 14th - Wed. Feb. 18th
This session is for AST-2, which is for more advanced skiers who have also already taken AST-1. Details can be found here:
<https://drive.google.com/file/d/0BwdhLZ1rdB6YUzhpaVpvQWpkSGs/view?usp=sharing>

Sphinx Bay Camp 📅 Sat. Feb. 14th - Sun. Feb. 22nd
Sign Up on the Wiki. Want to get skiing over the break? Want to bag amazing peaks, get 2000 foot runs, or just hang out in an amazing setting - but not quite sure where or how to do it? Answer: Sphinx Bay. Back in the day, the VOC used to swarm up to Sphinx Bay for their annual Spring Ski Camp - this generally happened during exams, but it was a large event, often involving food drops by aeroplane to extend the party. We even built the Burton Hut up there. More recently it seems that we havn't quite been sure whether or not Garibaldi Lake is frozen during exams - so let's do it during Reading Break. The VOC is often hanging out around Sphinx Bay

anyway, this should just help people get together. Pre-trip meeting will be Wednesday, February 11th at 6:00 PM in the clubroom.

Ski Trip for some Snu Snu. Advanced-Beginner Friendly 📅 Sat. Feb. 14th - Sun. Feb. 15th -TENTATIVE!

Sometimes, Snow is lovely-it's gorgeous, fun, and catches you softly when you fall. Sometimes Snow breaks your heart-it turns unpredictable and hard, pelts and sandpapers your face with a howl, obscures your vision, and sometimes it even buries and suffocates you. Whatever happens though, you keep coming back to Snow. Now that's true love. I'd like to make this an advanced-beginner friendly outing-this means that the following is required: overnight back-packing experience, some back country skiing experience, physical fitness, and attendance at the pre-trip meeting. Pre-trip meeting will be on Tuesday, February 10th at 6:00 PM in the clubroom (TONIGHT!!).

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AFTER READING BREAK

How to Become a Great Trip Leader (Fundamentals)! 📅 Thursday, February 26th-TENTATIVE

Ever led a trip before but you've felt that your skills could use refinement? Or wonder why some trip organizers consistently get full trips year after year and you wish yours did too? Or did you just attend the Becoming a Trip Leader discussion and wish to expand beyond the basics? Whatever your reason, there is a solution! Join me, Zack Wentz, an AMGA certified Single Pitch Instructor, to discuss the skills that make a good leader into a great leader! Topics covered will include: leadership attitudes, hard vs. soft skill development, decision-making, future development, and more! This is a fundamentals course in leadership development, so no prerequisite knowledge is necessary. Get stoked to keep the stoke going out there! Event will be at 6:00 PM, location TBD.

Chillwack River Valley Skiing (Beginner Friendly) 📅 Sat. Feb. 28th - Sun. Mar. 1st
The Chilliwack River Valley is a place rarely visited on skis by the VOC. Maybe that's for good reason; maybe it isn't. This is a trip to find out. But if it looks anything like this, it should be fantastic. We'll be exploring Flora Peak just north of Chilliwack Lake. We'll start on a trail, then break off around treeline and camp somewhere near Flora's west ridge. Sunday morning, we can head up to the summit, ski a few laps, or just hide in our sleeping bags. This trip is beginner friendly. Skiing will likely be a bit steep on the trail, and we will gain about 800m elevation on Saturday, depending on where we set up camp. If you have already done some hut trips, this should be a great trip to expand your skills. If you have neither skiing nor camping experience, you're in for type two fun, but you're welcome to join. Pre-trip meeting will be Monday, February 23rd at 6:00 PM at the Gallery in the UBC Sub.

6. Message Board Highlights

a. Want to get together with people for skiing, climbing indoors or trail running? Check out the Whistler FAFF thread, The indoor climbing faff thread, and the Trail Running FAFF Thread.

b. You can still get your Climbing Stoke going despite the rains! Alternatively, you can also start getting stoked about skiing or stoked about ice climbing! Or,

get your Mountain Bike Stoke on year-round. Check out these threads for awesome videos, photos and more!

c. Sublet available: May and June

d. Room for rent, Feb15/Mar 1

e. Traveling South for Reading Break?- someone is looking to hitch a ride to California!

7. 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 just bought a new commuter bike and I feel like I am having an affair and it is depressing me. I brought the shiny new Brodie Energy home striped the bike lights and water bottle holder off my old bike and had this sudden horrible feeling that I was cheating on my old bike. My old bike and I have just had so many great long rides and adventures together that the thought of mounting another bike on Monday for my daily commute seems terrible. Sure the old bike needs some work, is old and bit slow but highly functional once I do some repairs. Plus by now it has enough grime and dents in it that no one is going to want to work hard to steal it where as the new one is all shinny so I am afraid to take it out. What do I do? Hang the new bike up like a pretty wall fixture and stay faithful to my old bike or ride my new bike and try not to feel like I am getting dirty looks from my old bike?

Yours sincerely,

The Bike Affair

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Dear The Bike Affair,

This is a common problem with new gear in general. All of the good memories and previous faithfulness to your old gear will inevitably make you guilty when you decide to 'upgrade'.

I would recommend talking to your old bike, and suggest that you might still be able to be friends. Your old bike might be okay with this. You can still go for rides in the park together. All three of you (i.e. you, your new bike and your old bike) may be able to hang out in the area where you store your bikes. Who knows? Perhaps your old and new bikes will even become friends while being stored together!

But also take the time to listen to your old bike. As you mentioned, it is old and slow. Perhaps it is trying to tell you that commutes to campus and elsewhere are too much for it to handle on its ageing joints, and that perhaps it wishes to retire. Perhaps your old bike is even glad that you have found a newer mode of

transportation to give your old bike a rest! I am sure your old bike would still appreciate short rides in a nearby park and a little love (e.g. grease the chains, fill up a tire, service the brakes) from time to time.

I once had a dog with severe arthritis, who loved going on walks! His arthritis was so bad that he could no longer do it without severe pain. We still took him on walks, but we had to make sure that they were shorter to alleviate some of the issues. Perhaps your old bike has arthritis, and you need to let it know you love it but are just looking out for it. Hopefully this helps.

Sincerely,
Ms. Manners

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

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Varsity Outdoor Club