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Varsity Outdoor Club
VOCene #25 , Nov 24 2015

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**** Special Features**

- * High-def cameras for everyone!

The VOC has recently been offered an employee's discount on high-definition camera orders from Lens & Shutters. The more orders the better, we need at least 5-10. Talk to Carly Peterson about it if you're interested.

- * Meru showing

The VOC is proud to present a showing of Meru, a climbing and mountaineering film which even non-climbing friends of mine seem in awe of. Get your tickets in advance before we run out! This is tonight.

- * Neil Mackenzie Adventure Grant

Neil Mackenzie was one of the VOC's most talented members, and one of its most enthusiastic and capable teachers, until his tragic death in January 2015 on Mount Joffre with Stephanie Grothe and Elena Cernicka. To preserve and honor Neil Mackenzie's memory, Neil Mackenzie's parents and the VOC are working together to provide a grant for any VOCer planning really cool outdoors shenanigans somewhere in the world. The preference is for climbing in Scotland, but any self-propelled outdoors adventure which you couldn't do without this grant is fair game. If you

have a big idea for a trip somewhere in the world, but particularly in Scotland, you might want to apply for this grant. Full details are here: http://www.ubc-voc.com/mediawiki/images/2/27/Neil_Mackenzie_Adventure_Grant_2016.pdf . Deadline for submissions is January 29, 2016.

We look forward to reading the applications!

** The Usual Suspects

** Upcoming Trips

THIS WEEK

pre MERU Beacon practice · Tuesday, November 24th (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1101>)

Description:

Beacon training! It is that time of year when the snow has blanketed the mountains and the musical sound of avalanches rumbling in the distance tells you you better know how to use your beacon.

This will help you become familiar with the use of avalanche beacons so you will have even more fun on the AST1 course you are about to take.

Participants must bring their own beacon. You can sign these out during gear hours. Also bring a head lamp, warm clothes and BEVERages for the organizer. Meet at the club room 17:00

This will be a very short intro before the Meru film.

Meru. Avalanche Canada / Neil Mackenzie Adventure Grant Fundraiser. [Film] · Tuesday, November 24th (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1064>)

Description:

Get stoked for the VOC annual outdoor film showing. This year we are showing the critically acclaimed alpinism documentary film Meru, winner of the Sundance festival's Audience Award for best documentary. Tickets will be on sale in the clubroom for 10 dollars and for 15 dollars at the door. Location is Norm Theatre in the Old Student Union Building

THIS WEEKEND

Beginner Friendly Brian Waddington/*Brew* Hut Ski Trip · Sat. Nov. 28th - Sun. Nov. 29th (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1074>)

Description:

UPDATE: Due to overwhelming demand, this trip will be split in two and half the group will go to the VOC's Brew Hut (http://www.ubc-voc.com/wiki/Brew_Hut) . To go to either the Brew or Brian Waddington, sign up for this trip and attend the pretrip meeting. We will split up the groups then.

The VOC's Brian Waddington Hut (http://www.ubc-voc.com/wiki/Brian_Waddington_Hut) is a magical place, one of my favourites in these mountains. The plan is to visit the hut over the weekend, on skis if possible, and everyone is welcome.

Intro To Ski Falling at Red Heather (Beginner Friendly) · Sat. Nov. 28th - Sun. Nov. 29th (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1095>)

Description:

Have you never been on skis before? Never winter camped? This trip is for you! Red heather is a wonderful place to learn how to ski because it has very moderate slopes. However, skiing for the first time is challenging (especially if you are tele skiing) and learning in powder conditions makes it even more difficult. If you come on this trip looking to learn how to ski, you should not expect a successful experience, but you should expect to have fun. Falling into powder is almost as satisfying as skiing through powder.

We will be camping at red heather (although not in the hut). It will be cold but if you come prepared then you will be warm (no promises). If this is your first time winter camping that is ok, I will go over the basics at the pre trip meeting. We may merge with the brew hut trip depending on the interest

NEXT WEEK

Slideshow: In the mountains, we forget to count the days, by Dylan Heerema .
Wednesday, December 2nd (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1071>)

Description:

Come and join us while Dylan Heerema shares his slideshow "In the mountains, we forget to count the days"

"Stories, photos and musings from ten years spent without a real job. Incoherent rambling will be kept to a minimum if possible. Locations may include Norway, Asia and South America; covert beer drinking is encouraged. See you there!"

AST-1 Block A · Tue. Dec. 1st - Sun. Dec. 6th (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1088>)

Description:

Overview

The VOC is once again partnering with Canada West Mountains to provide its members with discounted avalanche skills training (AST) courses, with the intent of helping mitigate the risks of backcountry winter activity. This is Block A of three AST-1 sessions

Note: All participants must be intermediate+ level skiers or snowboarders, i.e. able to handle various snow conditions - powder, crust, etc. Individuals who are interested in participating in a snowshoeing based should email me directly, as discounted snowshoeing-based prices are also available for public courses for members (\$180).

** Message Board Highlights

-Come help the VOC celebrate its centennial in 2017! (<http://www.ubc-voc.com/phorum5/read.php?1,114298>)

** Ms Manners

Hi Ms Manners,

I've got a trip coming up with a 12 hour drive each way. I'm the driver. Any advice?

Cheers,
Already Sleepy

Hey Already Sleepy,

The best way to deal with a 12 hour drive is to not drive for 12 hours straight. Park somewhere and nap for 3 hours in the middle, or maybe get your passengers to drive the car. It may feel like you're asking a lot out of them by getting them to drive for 3-4 hours, but it's actually not when you calculate the total stress accrued in comparison to the alternatives. Quantify stress level as an integer greater than 0, where 0 is unconsciousness and 100 is a PhD thesis defense.

Scenario 1: 1-2 other passengers drive for a proportion of the time.

Stress level: 10. Total stress for each passenger: $10 * t$, where $t = 4$ hours. Total stress is 40.

Scenario 2: 1 person drives for approximately 12 hours. 1 person drives for roughly 5 seconds from the passenger seat by grabbing the steering wheel and wrenching it hard right while screaming 'GET OUT OF THE WAY'.

Stress level: like 30,000 or something * t , where $t = 5/(60*60) = \sim .0014$. Total stress is about 42.

So you can see it's actually pretty close, but not driving for 12 hours straight is still a better option.

If you are set on doing this, I've been told that a good way to stay awake is to sing along to 'Electric Pow Wow Drum' (https://www.youtube.com/watch?v=_zH9wHWMi_k&list=PLJUWhNVb1jHNpJvmbnDf-CjGswI1rQZl4), particularly with your head stuck out of the window for the chorus. Try to get your passengers to join in!

Happy driving,
Ms Manners

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

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