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Description : **VOCene #4 2016**
Content :

Adventures make one late for dinner.

Photo of the Week: lunch time before the Consciences pass on the Pemberton Icefield traverse. Picture taken by Mike Cancilla. Send your nominations to the VOCene editor.

Upcoming Trips

If you are interested in leading a trip and would like some help, respond to this email and we'll find you a mentor!

THIS WEEK:

Lizzie Workhike (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1221>)
(beginner)

May 28 - 29 --- Lizzie Lake

Lizzie Lake and the surrounding area is an alpine heaven near Pemberton. This is an excellent opportunity to give back to the club, and work on making getting to Lizzie *not* involve hours of shielding your face from second growth. There will also probably be a desert potluck and ukulele. Pretrip tomorrow @ 7pm in clubroom.

FMCBC General Meeting (<http://www.ubc-voc.com/phorum5/read.php?1,118267>)

May 27 - 29 --- UBC & Locarno (see itinerary)

The BCMC is hosting this year's Federation of Mountain Clubs of BC AGM. The meeting agenda/itinerary can be downloaded here

(<https://bcmc.ca/m/news/view/FMCBC-AGM-Itinerary>) . They are also looking for volunteers; click here (<http://www.ubc-voc.com/phorum5/read.php?1,118267>) to find out more.

NEXT WEEK:

VOC Barbeque (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1225>)

June 1 @ 6pm --- Locarno Beach

Come on out for a social gathering and recount adventures! Look for the VOC flag.

Advanced Crevasse Rescue (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1189>)

June 4 - 5 ---

Practice for dealing with a crevasse fall on a two-persons rope team. This trip is intended for people who go out in the mountains regularly as a two-persons team.

Elfin Lakes (and beyond) (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1228>) (beginner)

June 4 - 5 --- Elfin Lakes

Elfin Lakes is still full of snow, with about 5 km of bootpacking (snow starts somewhere along the trail up to Red Heather). The weather is warm and inviting, the views breathtaking and the snow soft. Some wayfinding and skiing skills are required.

Past Trips

Ms. Manners enjoys sharing your trip pictures. Please send them her way (so that she doesn't have to harrass you to get them)!

May Bikepacking Expedition: Read the full trip-report here (<http://www.ubc->

voc.com/2016/05/20/the-may-bikepacking-trip-part-1-sunshine-coast) .

Brew Hut Workhike: A group of ten with a mix of boots, skis, and snowshoes went up to Brew Hut. Some things were fixed, Brew was climbed, people sang, and sledged. In the top left picture, Roland tests out the fixed outhouse floor, a little frog was found (top right), and a few people enjoyed the view (middle). Pictures taken by Sarah Chay.

Pemberton Icefield Traverse: Success! The traverse took 4 long days with abundant type I & II fun. The first day to Harrison Hut was all bootpacking and postholing (see bottom left picture of tired folks, taken by Mike Cancilla). Overall, the weather held up with a few white-outs. In the bottom right picture, Mike and Ross demonstrate setting a bearing during a moment of relative clarity. Picture taken by Birgit Rogalla.

Message Board Notes

- * FMCBC general meeting (<http://www.ubc-voc.com/phorum5/read.php?1,118267>) --- volunteer!
- * Zebralight order prices (<http://www.ubc-voc.com/phorum5/read.php?1,116183,page=2>) confirmed.
- * Joffre Lake conditions (<http://www.ubc-voc.com/phorum5/read.php?1,118264>) .
- * Potential VOCer looking for room (<http://www.ubc-voc.com/phorum5/read.php?1,118250>) .
- * Hut access & area maps (<http://www.ubc-voc.com/phorum5/read.php?1,82415>)
- * Moving sale (<http://www.ubc-voc.com/phorum5/read.php?1,118238>)
- * 2016 Library Acquisitions (<http://www.ubc-voc.com/phorum5/read.php?1,118114>) --- suggestions?

Ms. Manners

Dear Ms. Manners,

I've found that I'm always lagging behind my buddies and I think it's time for me to go ultralight. I've decided to bring 6 beers instead of 12 on each trip but I still feel like a slowpoke. Can you give me more tips to help me hike faster?

Cheers,

Inebriated Wanderer

Dear Inebriated Wanderer,

Beer is 95% water, so why not replace your water with beer? A 6-pack has ~2.13 L of beer, so 2.02 L of water (or two nalgene's). You can also bring a flask of hard liquor, brew beer at a hut, or leave the beer for the return. If you want to feel a bit lighter, I've heard cutting the tags off your clothing helps.

Cheers,

Ms. Manners

Ms. Manners is the VOC's resident expert on mountaineering and outdoors etiquette. Do you have a question for Ms. Manners? Email the VOCene editor and it will be forwarded on to Ms. Manners, with a reply posted the following week.

VOCene #4, May 24th 2016

Ye Olde VOC:

A weekly recollection of the past of the club.

Long Hike (now Rock Party) had its exciting moments in 1977. Alex led a Virginia (Russian-style barn-stomp) in the upstairs of Whistler cabin, causing a lamp to

break off the ceiling downstairs. There were also lessons in the salty-dog rag and other traditional dances. Let's convince someone (Roland) to teach us these!

Mountain News/Articles:

If you have an article you would like to write/share, send it to the VOCene editor and it will be featured here.

An artist's journey on the Appalachian trail. (<http://adventure-journal.com/2016/05/an-artists-journey-on-the-appalachian-trail/>)

Stupidity epidemic hits national parks. (<http://adventure-journal.com/2016/05/stupidity-epidemic-hits-national-parks/>)

Quote of the Week:

"Life is brought down to the basics: if you are warm, regular, healthy, not thirsty or hungry, then you are not on a mountain. . . . Climbing at altitude is like hitting your head against a brick wall - it's great when you stop."
~ Chris Darwin, The Social Climbers

Please send in your nominations for Photo of the Week to the VOCene editor.

Tip of the Week:

Sometimes it is more convenient not to wax your skis as much as possible. If you are anticipating to go on a trip with a lot of mellow up and down, less waxed skis minimize transitions as you'll have enough traction without skins. Oh, and don't forget to put sunscreen on the bottom of your nose if on snow!

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

Varsity Outdoor Club