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Content :

Adventures make one late for dinner.

Photo of the Week: Freek and Dhavan have an icicle fight at Mt. Gandalf nearby Phelix Hut. Picture taken by Lena Foerstel. Please send your nominations to the VOCene editor.

Happy summer solstice!
Upcoming Trips

THIS WEEK:

Mt. Adams trip (<http://www.ubc-voc.com/phorum5/read.php?3,118684>) (intermediate)
June 24 - 25 --- Mt. Adams (US)

Luca and Andrew are looking for two people to join their trip. Self-arrest skills are mandatory, but exposure to crevassed, avalanche-prone, or otherwise risky terrain should be minimal.

How many VOCers does it take to replace a helicopter? (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1237>) (beginner)

June 25 - 26 --- Brew Hut

The VOC has a long tradition of attempting the ridiculous. This trip IS ridiculous. It might just work. Ross wants to recruit a small army to help carry wood from the summer trail head (much closer than the winter trail head) to the hut. If, over the course of the weekend we can carry half a tonne of wood then we will have proven that we don't need to pay the big bucks for a helicopter! Message board discussion (<http://www.ubc-voc.com/phorum5/read.php?1,118379>) .

Skiing at Panorama Ridge (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1240>)

June 25 - 26 --- Garibaldi Provincial Park

Want to fit a few more turns in this season? Remember, it's always ski season! Here's your chance.

NEXT WEEK:

Learn to Climb Outside (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1239>) (beginner)

June 28 (flexible) --- Squamish

Want to get climbing outside? Never climbed before or have only climbed inside? Gabe wants to show you outdoor climbing.

Summer Solstice at Seymour (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1235>) (beginner)

June 28 - 29 --- Mt. Seymour

Celebrate the longest day and the start of the summer on top of Mt Seymour with some weekday camping, leaving after work on Tuesday and getting back in town for work on Wednesday morning.

NEAR FUTURE:

Phelix work hike (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1201>)

July 1 - 3 --- Phelix Hut

Just in case you don't feel tired enough from hauling wood up Brew, come join us for the Canada Day Weekend and help us keep Phelix in good shape!

Mountain Tinder (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1236>)
(Mountaineering Camp)

July 1 - 4

Discover new and interesting mountaineering partners nearby.

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)!

Alpine Skills Course: A small group learned a lot about safe travel scrambling (up Vantage on Friday) and then over glacier on Saturday, ascending the Twin One Glacier. Sunday they practiced crevasse rescue skills and self-arrest. Special thanks to Sam McKoy for organizing! Pictures taken by Kasia Celler.

Lions Hike: A group of fun people led by Vincent Hanlon went on a hike to the Lions and spent most of their time inside a cloud.

Mt. Coliseum fast and light: This trip turned out to be 'Light and Fast to Norvan Falls' due to a foot injury. It was VERY wet - there was a bit of protection from the trees but a downpour started in the open sections. (Attached a photo of muddy, soaked shoes afterwards!) The group ran into a woman on the way back who had just come across a black bear on the trail - waited for a while talking loudly and then ran back all of together. Also ended up filling a whole Tupperware with fresh raspberries from by the side of the road. Picture taken by Katie Moreland.

Message Board Notes

* Spearhead Hut committee press announcement (<http://www.ubc-voc.com/phorum5/read.php?1,118676>) in Whistler June 27th

* Early summer scrambling (<http://www.ubc-voc.com/phorum5/read.php?1,118643>)
conditions conditions & equipment

* South America travel plans (<http://www.ubc-voc.com/phorum5/read.php?1,118612>)

* Prussiks: how thin is too thin? (<http://www.ubc-voc.com/phorum5/read.php?1,118591>)

* Minors, outdoors, and the law (<http://www.ubc-voc.com/phorum5/read.php?1,118434>)

Ms. Manners

Dear Ms. Manners,

Could you explain to me the relation between the structural integrity of a tent and my sobriety? I'm tired of waking up in the middle of the night because my tent collapsed on me.

Cheers,

Unstable tent dweller

Dear unstable dweller,

As you might have noticed, a lot of VOCers like to quantify and correlate things. Well, lucky for you, somebody created a figure correlating the number of beers you've had to the structural integrity of your tent. I'm guessing this might be your problem? Just setup your tent right away when you get to your site for the night. Otherwise, try using some guy lines and tent pegs to better bind down your tent.

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.

Ye Olde VOC:

A weekly recollection of the past of the club.

The first ski traverse of the Neve which was done by a VOC party in 1946!

Quote/joke of the Week:

"How can you tell Santa's a climbing bum? He's got a beard, always wears the same clothes, and only works one day a year."

~ Anonymous

Weekly recipe:

Every now and then I'll include a recipe from the VOC wiki (<http://www.ubc-voc.com/wiki/Recipes>) here. Try them out and share yours!

Black bean and sweet potato mush (http://www.ubc-voc.com/wiki/Black_bean_and_sweet_potatoe_mush)

A yummy, filling, stoveless (make at home) meal.

Tip of the Week:

Blister care! Wrap pro-wrap around something equivalent of the size of your blister (such as a finger). Roll it off the object and you have a donut like thing. Spread tincture of benzoin around the blister and place the donut on the skin around the blister. At this point, the blister has a raised ring around it and any pressure that was on it from your shoe should be on the donut instead. Hold in place with some comfortable, breathable tape and you'll be happy.

Other things VOCers did this weekend:

This past week a large group of VOCers made use of their Slipstream Wilderness First-aid vouchers and took the 50 or 90 hour course. Here's some pictures of a pelvis splint, covering an abdominal injury, and more! Pictures taken by Jens Vent-Schmidt and Birgit Rogalla.

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