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Content :

Adventures make one late for dinner.

Photo of the Week: Taken two weeks ago at Semaphore Lakes, with 15 minutes of exposure. The peak at the right is Locomotive Mountain. Picture taken by Vincent Chan-Ying. Please send your nominations to the VOCene editor.

Check out this movie created by VOCer Martin Cermak titled The Last Summer Break (https://www.youtube.com/watch?v=CHQi08d_lW0) ; view the trailer here (<https://www.youtube.com/watch?v=sj35jrc66DE>) .

Upcoming Trips

THIS WEEK:

Alcoholic Traverse (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1252>)
(Beginner friendly)

July 15 - 18 --- Brandywine to Brew

This is in the tradition of legendary VOC traverses, going from Brandywine to Brew, hence the name. Alcohol need not be consumed.

Attack on Castle Towers (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1211>)

July 16 - 17 --- Castle Towers, Garibaldi Park

Last year, Vincent failed siege on Castle Towers. Now stronger than ever, he is determined to lead a strong capable team to conquer Castle Towers. Will you join him on this quest?

Howe Sound Crest Trail (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1191>)
(running edition)

July 16 --- Cypress to Porteau Cove

The Howe Sound Crest Trail is a beautiful & high traverse between Cypress Mountain and Porteau Cove. You'll need to be a strong runner, comfortable on very rocky, rooty, uneven terrain.

Tantalizing Ossa scrambles (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1210>)

July 15 - 17 --- Mt. Ossa, Tantalus range

NEXT WEEK:

Sooke Potholes bike trip (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1256>)

July 23 - 24 --- Vancouver Island

On the first day, follow Galloping Goose trail from Swartz Bay till its end in Leachtown - a ghost town left from gold-rush times. The route is about 150 km on the island + 80 km ride to and from Tsawwassen, which is 230 km in total. The trip will be mostly flat unless you decide to make the loop on the second day via logging roads.

Week long Tantalus dirtbagging (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1214>) (intermediate/advanced)

July 17 - 23 --- Tantalus

Spend 5-7 days in the Tantalus range to climb Alpha, Serratus, Dione, and Tantalus

and explore the area.

Tricouni Weekend (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1251>)
/Daytrip (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1249>)

July 23/24 --- Tricouni Peak

Tricouni is a fantastic hike and scramble above beautiful alpine lakes and meadows, north of Squamish.

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)!

Trip reports:

* Bears, Uzbeki Trout soup, and paddle boards (<http://www.ubc-voc.com/2016/07/06/bears-uzbeki-trout-soup-and-paddle-boards-truly-epic-nonsense>)
--- truly epic nonsense

* 50 Shades of choss (<http://www.ubc-voc.com/2016/07/08/50-shades-of-choss>)
[mountaineering camp]

* Mt. Rainier (<http://www.ubc-voc.com/2016/07/11/7858>)

Needle Peak hike: A large group hiked and scrambled up Needle Peak in the Coquihalla, followed by going up Flatiron. Pictures taken by Dmitri Oguz and Lena Foerstel. A sub-group continued from Needle Peak along the ridge to Markhor; see picture bottom right.

Mt. Wedge: A group went up to Wedgemount Lake on Saturday and successfully summited Mt. Wedge with beautiful skies. Pictures taken by Matteo Agnoloni.

Message Board Notes

* Transit to Tsawwassen (<http://www.ubc-voc.com/phorum5/read.php?1,118904>) with a bike

* Natural waterslide (<http://www.ubc-voc.com/phorum5/read.php?1,118930>) in North Van

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

* Packing food for a 7+ day trip (<http://www.ubc-voc.com/phorum5/read.php?1,118692>)

* Outdoor grants (<http://www.ubc-voc.com/phorum5/read.php?1,118899>)

* Pawel islooking for a room (<http://www.ubc-voc.com/phorum5/read.php?1,118895>) in September

Ms. Manners

Dear Ms. Manners,

I hear that every year a few souls are immortalized into print in the form of a VOC Journal article. How do I become one of these lucky souls?

Yours sincerely,

Not so famous Joe

Dear Joe,

The VOC publishes a work of literary genius every spring: The Annual VOC Journal. You can submit an article about one of your VOC adventures for next year's journal! For details on how to do this, read here (<http://www.ubc-voc.com/wiki/VOCJ59>) .

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 #11, July 12th 2016

Ye Olde VOC:

A weekly recollection of the past of the club.

In the early days of the VOC, chaperones were present on mixed trips, to protect the honor of "the fair sex" and alcohol was forbidden at all club activities into the mid 70's, on the threat of expulsion.

Quote of the Week:

"I say, beware of all enterprises that require new clothes, and not rather a new wearer of clothes."

~ Henry David Thoreau

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!

Homemade granola bars (<http://allrecipes.com/recipe/81298/playgroup-granola-bars/>)

Tip of the Week:

After a weekend in the pouring rain or wet snow, put newspaper in your boots to help draw out the moisture and prevent the lovely 'eau du wet boots.'

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

Varsity Outdoor Club