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Content :

Adventures make one late for dinner.

Photo of the Week: Incredible views of Mt. Fee on the Alcoholic Traverse this past weekend. Picture taken by Alberto Contreras. Please send your nominations to the VOCene editor.

BC Parks photos for funding campaign:

A campaign (<http://mountainclubs.org/time-to-show-what-a-lack-of-funding-has-done-to-our-parks/>) encouraging people to take photos of issues in BC Parks such as broken/missing signage, missing trail markers, trail braiding, broken bridges, litter etc. Please watch for these issues when you're hiking in provincial parks this summer. Send your photos at the fundbcparks@mountainclubs.org (mailto:fundbcparks@mountainclubs.org) email and/or tag them on Twitter with #FundBCParks .

Support the expansion of Flathead River Valley Park:

Despite the ban on Flathead mining and energy development announced in February 2010, the area is still urgently in need of permanent protection. Logging, trophy hunting of grizzlies and other animals, increased road access, and quarrying still threaten the Flathead and its remarkable wildlife. The Flathead Wild team is working to create a National Park in the southeastern one-third of B.C.'s Flathead River Valley and a Wildlife Management Area in the rest of the valley and adjoining habitat. [www.flathead.ca (<http://www.flathead.ca/>)]

Upcoming Trips

THIS 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.

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

July 23 --- Tricouni Peak

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

NEXT WEEK:

August Long Phelix Trip (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1254>) (beginner friendly)

July 30 - August 1 --- Phelix Hut

August long weekend is one of the best times of the year to go on adventure, so why not head up to Phelix hut to scramble some peaks?!? The area is closed as of August 15th to give Grizzlies their space, so this is one of your last summer opportunities to explore this area!

August Long Weekend at Semaphore Lakes (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1257>)

July 30 - August 1 --- Semaphore Lakes

A hiking/scrambling trip to Semaphore Lakes. The trail can be accessed by 2WD and there is only a short approach to the lakes. Afterwards, we can do some of the scrambles described in Matt Gunn's book: Locomotive, Tender, Face... and also go swimming, relax... or choose to do whatever we'd like!

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)!

Alcoholic Traverse: After an impressively complex organization of logistics, a group gathered for the Alcoholic Traverse. Weather held up and a great time was had with incredible views. Special thanks to everyone on the trip! Pictures taken by Alberto Contreras.

Mt. Ossa: Fun scrambling, amazing views, great company, surprisingly good weather. Submitted on Saturday making for a long day; camped by the trio of lakes. Pictures taken by Lena Foerstel.

Howe Sound Crest Trail [trail run]: Went well! Not as much terrain was runnable as expected due to slippery conditions up high, but everyone had a great time. The majority of the time was spent inside a cloud so there were no views, though fortunately it wasn't hot.

Message Board Notes

* FMCBC: Time to show what a lack of funding has done to our parks (<http://www.ubc-voc.com/phorum5/read.php?1,118978>)

* Support the expansion of the Flathead Valley Park (<http://www.ubc-voc.com/phorum5/read.php?1,118979>)

Ms. Manners

Dear Ms. Manners,

On a hike a while back, I heard a high frequency "buzzing" sound emanating from my ice-axe and my friend's hair was standing on end. What causes this and what should I have done?

Yours sincerely,

Nearly Fried

Dear Nearly Fried,

The nerdy explanation:

Thunderstorms have high voltage differentials between the clouds and ground. A lightning strike is a naturally occurring electrostatic discharge. What you must have felt was static electricity building up around you. It is a sign that a lightning strike is imminent. The buzzing or whining sound is a result of the static electricity, concentrated at the uncovered spike. There is also a phenomenon called St. Elmo's Fire. This is when an object such as your ice-axe radiates a bluish-violet glow (from nitrogen and oxygen in the air). The electric field around the object causes ionization of the air molecules which produces a faint glow (a mixture of proton clusters and electrons --- plasma). Hair standing on end is the result of the ions in hair responding to the electrical potential difference between the thundercloud and the Earth; it means that you are part of the discharge path of thousands of volts, when the ions eventually neutralise.

What you should do:

A lightning strike may have been imminent. If you see thunderheads approaching (or

any of these signs), you should get off the peak or ridge as fast as possible. The spots most likely to be struck are based on 3 factors: relative height (summit vs. valley), isolation (think tall tree in an open field), and a streamlined, skinnier shape (tree vs. a boulder). For a much more thorough discussion, read here (<http://www.climbing.com/skills/learn-this-laws-of-lightning/>) .

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 #12, July 19th 2016

Ye Olde VOC:

A weekly recollection of the past of the club.

Read some of the old VOC journals here (<http://www.ubc-voc.com/members/vocj>) .

Quote of the Week:

"My parents impressed on me the values that you work hard for what you want in life; that your word is your bond and you do what you say and keep your promise; that you treat people with respect."

~ Melania Trump (but really Michelle Obama)

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!

It's blueberry season! Keep your eyes out for sweet treats while you hike.

Tip of the Week:

Learn how Lyme disease can be prevented

([http://www.healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/lyme/prevention-eng.php?](http://www.healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/lyme/prevention-eng.php?_ga=1.126313412.832284903.1428511706)

[_ga=1.126313412.832284903.1428511706](http://www.healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/lyme/prevention-eng.php?_ga=1.126313412.832284903.1428511706)) . Also find out what you can do if you are bitten by a blacklegged tick.

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

Varsity Outdoor Club