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Content :

Adventures make one late for dinner.

Photo of the Week: Segment of the Tantalus enchainment. Picture taken by Matteo Agnoloni. Please send your nominations to the VOCene editor.

Upcoming Trips

THIS WEEK

VOC Barbeque (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1261>)

August 3 --- Locarno Beach

Bring food, stories and each other!

To somewhere with snow for August turns (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1248>)

August 6 --- to be determined

It used to be popular to ski all 12 months of the year, so it's time to get some turns in August. Location is to be decided; it'll be somewhere north. Exceptional skill in walking skis is essential.

Veenstra Traverse 2016 (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1262>)
(moderate friendly)

August 6 - 7 --- Owl-Tenquille

Time for another annual Veenstra traverse! This route is beautiful with some very rugged terrain, many lakes, and no mandatory glacier travel. You'll need to be in good shape, and some previous general-mountaineering experience is desirable, but not entirely necessary for everybody.

NEXT WEEK:

Mount MacFarlane hike and scramble (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1250>) (intermediate friendly)

August 13 - 14 --- Mt. MacFarlane (Chiliwack)

The hike in is ~21 km return and fairly steep. From the upper lake, an easy scramble leads to the top of Mount MacFarlane. There are numerous lakes in this area for cliff jumping as well.

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:

* How to write a trip report (<http://www.ubc-voc.com/2016/07/30/how-to-write-a-trip-report>)

* Harrison Hut (<http://www.ubc-voc.com/2016/07/29/harrison-hut-july-2016>)

* Meager Obelisk (<http://www.ubc-voc.com/2016/07/30/meager-obelisk-july-22-24>)

* Alcoholic Traverse (<http://www.ubc-voc.com/2016/07/30/alcoholic-traverse-july-2016>)

Tantalus Dirtbagging: Matteo Agnoloni and Kevin Burton spent five days doing the Tantalus Enchainment. Things that went wrong included a 3 hour Squamish River crossing, a forgotten harness, and a thermarest launched off a cliff. Picture taken by Matteo.

Semaphore Lakes Long Weekend: Many gathered at Semaphore Lakes. Days were filled with scrambles up Locomotive, Tender, and Face, while evenings were filled with poetry, music, stargazing and conversations.

Phelix Long Weekend: Happened! Will hopefully share pictures next week.

Message Board Notes

- * Head lamp batteries and charger order (<http://www.ubc-voc.com/phorum5/read.php?1,119080>)
- * Packraft rental (<http://www.ubc-voc.com/phorum5/read.php?1,119165>)
- * Advice about belt drives/internal hubs (<http://www.ubc-voc.com/phorum5/read.php?1,119162>) for bikes
- * Looking for housemates (<http://www.ubc-voc.com/phorum5/read.php?1,119156>)
- * Tough Tag order (<http://www.ubc-voc.com/phorum5/read.php?1,118270>)

Ms. Manners

Dear Ms. Manners,

What's a good technique for using poles when hiking? So far, poles only increase the number of things I trip over.

Sincerely,

Awkward Walker

Dear Awkward Walker,

It takes a little while to get used to hiking with poles. Once you've gotten used to them they're quite helpful in maintaining balance and relieving pressure from your knees on those long descents. The various movement patterns for poles are: opposite pole to forward leg (maximizes balance), parallel to legs (minimize leg fatigue and stress), and double pole (good for stepping up or down). Read more here (https://backpackinglight.com/hiking_poles_technique/) .

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.

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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:

"It's always further than it looks. It's always taller than it looks. And it's always harder than it looks."

~ The 3 rules of mountaineering

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!

Plenty of wild berries to be found! Keep your eye out for blueberries, blackberries, thimbleberries, huckleberries etc.

Tip of the Week:

Leave a note in your car under the windshield, saying when you expect to be back, where you're going, and the names of the people in your group. Then if somebody is looking for the car/you it makes life easier.

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

Varsity Outdoor Club