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Content :

Adventures make one late for dinner.

Photo of the Week: Sunset during the 2016 Veenstra traverse from Owl-Tenquille. Picture taken by Nathan Starzynski. Please send your nominations to the VOCene editor.

Upcoming Trips

THIS WEEK

Watersprite Lake hike and scramble (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1268>)

August 13 - 14 --- Watersprite Lake

An absolutely beautiful location to hike to, with scrambling options in the area!

A further description here: <https://waterspritecabin.ca/location/>

LATER:

Stein Valley Traverse (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1271>)

August 27 - September 3 --- Lytton to Lillooet Lake

This hiking traverse will be 7 or 8 days. It's a classic, either a trip through an alpine paradise followed by a few days' hike out a beautiful dry unlogged valley, or the opposite.

The Mountain-Ready Workout (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1272>)

August 30 --- UBC campus

This is an interval training workout, so if you want to increase your hiking/skiing fitness so you can boost up those hills/do super long days, then this is the workout for you! Meant for all levels of fitness.

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:

* East ridge of Alpha Mountain (http://www.ubc-voc.com/2016/08/02/alpha_east_ridge)

* Tolkien Range long weekend (<http://www.ubc-voc.com/2016/08/06/tolkien-range-july-long-weekend>)

Veenstra Traverse 2016: A large group set off to complete the Owl-Tenquille traverse; an attempt last year was thwarted by bad weather. It was a complete success! There is an abundance of incredible pictures from this trip. Pictures taken by Christian Veenstra, Nathan Starzynski and Dhavan Vora.

Message Board Notes

* Kinder Morgan public consultation meetings (<http://www.ubc-voc.com/phorum5/read.php?1,119200>)

* Group size restriction in Glacier National Park

* Cool job opportunity (<http://www.ubc-voc.com/phorum5/read.php?1,119220>) --- deadline today!

* Head lamp batteries and charger order (<http://www.ubc-voc.com/phorum5/read.php?>)

1,119080)

* Tough Tag order (<http://www.ubc-voc.com/phorum5/read.php?1,118270>)

* Selling puffy (<http://www.ubc-voc.com/phorum5/read.php?1,119205>)

* Phone delivery to Whistler (<http://www.ubc-voc.com/phorum5/read.php?1,119222>)

* Ride offered to/from Kootenays (<http://www.ubc-voc.com/phorum5/read.php?1,119229>)

Ms. Manners

Dear Ms. Manners,

Sometimes while hiking and climbing, my calf starts jittering uncontrollably! This seems to happen most often when I'm freaked out by the exposure. Why does my body do this? Is there anything I can do to alleviate this problem?

Sincerely,

Piston Legs

Dear Piston Legs,

Some people refer to this as Elvis legs. It usually occurs when you stay in one place/position for a while and can be a combination of physical fatigue and fear. When you have all your weight on the ball of your foot and your heel is lifted, your calf is strained and objects to this by spasming. Drop your heel a few cm lower and it should go away quickly. Trust yourself and your ability!

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 #15, 9 August 2016

Ye Olde VOC:

A weekly recollection of the past of the club.

For now, read some of the old VOC journals here (<http://www.ubc-voc.com/members/vocj>) . More stories to come starting in September!

Quote of the Week:

"Climb the mountain so you can see the world; not so the world can see you."
~ McCullough

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!

Try your hand on dehydrating vegetable and fruits! Read instructions here (<http://www.ubc-voc.com/wiki/Dehydrating>) .

Tip of the Week:

Want to be able to identify some of the stars and constellations in the sky? Read this (<http://adventure-journal.com/2016/08/a-beginners-guide-to-reading-the-stars/>) beginner guide.

[Click here to delete this document](#)

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

Varsity Outdoor Club
