

Document type : **vocene**
Date : **2016-08-16**
Description : **VOCene #16 2016**
Content :

Adventures make one late for dinner.

Photo of the Week: Fun being had by a group up in the Watersprite Lake area.
Picture taken by Alberto Contreras.

Upcoming Trips

THIS WEEK

Brew Hut mid-week (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1275>)

August 17 - 18 --- Brew Hut

If you'd like to join, send Roland an email asap. There are two seats free in his car.

Hike to Ben Lomond (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1276>)

(Beginner Friendly)

August 21 --- Subject to change

Come take the high road by the bonnie banks and braes! This route should be mainly hiking and some minor scrambling. Plan hinges on being able to attain a key, so things will probably change.

NEXT WEEK:

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:

* Garibaldi Lake 7 - 9 August (<http://www.ubc-voc.com/2016/08/12/garibaldi-lake-7-9-august>)

* A tantalizing series of unfortunate events (<http://www.ubc-voc.com/2016/08/09/a-tantalizing-series-of-unfortunate-events>)

Watersprite Lake: Beautiful hiking and scrambling happened up at Watersprite Lake this past weekend. Pictures taken by Alberta Contreras.

Message Board Notes

* Missing person: (<http://www.ubc-voc.com/phorum5/read.php?1,119290>) been near Baby Munday recently?

* Be bear aware (<http://www.ubc-voc.com/phorum5/read.php?1,119281>)

* Want to borrow InReach (<http://www.ubc-voc.com/phorum5/read.php?1,119247>)
* Key access (<http://www.ubc-voc.com/phorum5/read.php?1,119289>) to Britannia Creek FSR
* Kinder Morgan public consultation meetings (<http://www.ubc-voc.com/phorum5/read.php?1,119200>)
* FS: Touring Bike (<http://www.ubc-voc.com/phorum5/read.php?1,119286>)
* Crotch-cam, lurk-cam (<http://www.ubc-voc.com/phorum5/read.php?1,119277>)
* VOCJ59 (<http://www.ubc-voc.com/phorum5/read.php?1,119258>) : article submissions and edits

Ms. Manners

Dear Ms. Manners,

After a long weekend in the mountains, it's impossible for me not to fall asleep in the car ride home. The gentle rocking reminds me of being a little kid. How does the driver stay awake?

Cheers,

Sleepy head

Dear Sleepy Head,

Having a talkative navigator goes a long way at keeping the driver bright and awake. Just remember to give them some time to chip into the conversation too. Amusement can always be had at the expense of sleeping passengers. Blaring loud music and pondering Ms. Manners questions are also encouraged. Occasionally the driver has to make the call to pull over and sleep for a few hours or drive back the next morning for safety's sake.

Thy humble servant,

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 #16, 16 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:

"Subarbia is where the developer bulldozes out the trees, then names the streets afters them."

~ Bill Vaughan

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