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Content :

Adventures make one late for dinner.

Photo of the Week: Tenquille Lake on the night of July 31st. It is a stylized composite of 100 shots of the Milky Way over Copper Mound. Picture taken by Vincent Chan-Ying.

Upcoming Trips

THIS WEEK

Sky Pilot (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1277>)

August 27 --- via Sea to Summit trail

Sky Pilot is a fantastic scramble around Squamish. The sea to sky gondola can be taken on the way down, saving a lot of time and knee joints.

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

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

Trip planned and ready to go!

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

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.

NEXT WEEK:

Harrison Hut (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1193>) (beginner friendly)

September 1 - 5 --- Harrison Hut

This trip will be relatively low output, carefully avoiding carrying too much or covering too much distance in any day. While up there we might do a bit of hut maintenance work and cut firewood.

NEAR FUTURE:

Glacier School G1 (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1265>) (instructional trip)

September 10 - 11 --- TBD

Learn the basics of glacier travel and crevasse rescue techniques! Curriculum will include: self-arrest, knots for mountaineering, basic hauling systems for rescue, traveling on a glacier, and much more! Signup for 'committed' opens at midnight on the 31st.

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:

* New routes and first ascents in the Ossa region (<http://www.ubc-voc.com/2016/08/16/new-routes-and-first-ascents-in-the-ossa-region>)

* Brew Hut August 17 - 18 (<http://www.ubc-voc.com/2016/08/19/8088>)

Brew Hut: Josi, Roland, and Dave went up to Brew last week. Brew was ascended a few times and the view of the Alcoholic Traverse was enjoyed. Picture taken by Josi.

Rainbow Lake: Ten VOCers hiked up to Rainbow Lake and Hanging Lake with a mixture of sun, rain, and thunderstorms. A few enjoyed the 'warm' Hanging Lake water while the others napped. Traffic on the way back was heinous.

Message Board Notes

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

* Weekend front country camping advice (<http://www.ubc-voc.com/phorum5/read.php?1,119316>)

* Summer 2016 climbing accidents (<http://www.ubc-voc.com/phorum5/read.php?1,119300>)

* Local overnight paddling spots (<http://www.ubc-voc.com/phorum5/read.php?1,119303>)

Ms. Manners

Dear Ms. Manners,

I've heard that some people bring a solid block of butter for food in the backcountry. I guess it has an efficient calorie:weight ratio, but can the body digest that kind of pure fat very well? Is it a good idea?

Cheers,

Hungry Hiker

Dear Hungry Hiker,

Let's go down memory lane to a certain VOCer who tried to train themselves to drink olive oil as a high calorie food. The resulting intestinal distress was apparently quite unfortunate. This leads to the following advice: if your crap is not messed up, your body is probably handling it okay. Just adjust the amount of butter till you get the right consistency. But remember, you need to be able to actually eat your food. Forcing down oatmeal with lots of butter first thing in the morning is a struggle.

Now for a more useful answer, I roamed the interwebs (turns out there's lots to read on how to reduce fat... not what we're looking for). Please correct me if this is wrong. The amount of fat that gets absorbed by your intestines depends on your bile salt secretion. Whatever is not absorbed is passed. After the lipids have been properly broken down, they are transported via the bloodstream. Before they are stored as fat, they can be converted to energy. Some of the fat you ingest is used in the production of lipoprotein molecules as well as used in building cell membranes. Whatever is left of the fat after the above steps is stored as adipose tissue. So, not all the fat you eat can be used and your intestines might complain.

Bring that stick of butter and report back your findings!

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 #17, 23 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:

"As I do more laundry, nudists seem less crazy."
~ Anonymous

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!

Some pretty good and easy to make granola bars
(<http://allrecipes.com/recipe/81298/playgroup-granola-bars/>) .

Tip of the Week:

Wheeeeeeeeeee! Snow! In case you can't see the image below, check out the website here (http://www.cpc.ncep.noaa.gov/products/predictions/long_range/seasonal.php?lead=2) .

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

Varsity Outdoor Club