

Document type : **vocene**  
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Description : **VOCene #18 2016**  
Content :

Adventures make one late for dinner.

Photo of the Week: Because it was just so good, the photo of the week is featured for one more week. Picture taken by Vincent Chan-Ying.

#### Upcoming Trips

##### THIS WEEK

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.

Tricouni to Brandywine traverse (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1278>)

September 3 - 5 --- Tricouni etc.

Spend the last weekend of the summer outside! We'll be going from Tricouni to Brandywine in the course of three days, so we'll have nearly the whole weekend in the alpine!

##### 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:

\* Veenstra traverse --- Thimble berries found (<http://www.ubc-voc.com/2016/08/27/thimble-berries-found-the-veenstra-traverse-owl-tenquille-lakes-6-7th-august>)

Sky Pilot: 4 VOCers went up to Skypilot over the weekend. Including 2 new VOCers first trip with the club. Awesome weather awesome scramble, great company. Started 8 am from Sea to Sky trail in highway 1, back at Gondola station at

7.30pm. Hike was beautiful, trail is well marked all the way to the summit. We crossed the small glacier with crampons and ice axe.

#### Message Board Notes

- \* Watersprite Cabin (<http://www.ubc-voc.com/phorum5/read.php?1,119368>) volunteers
- \* Summer 2016 climbing accidents (<http://www.ubc-voc.com/phorum5/read.php?1,119300>)
- \* Looking for place: #1 (<http://www.ubc-voc.com/phorum5/read.php?1,119364>) , #2 (<http://www.ubc-voc.com/phorum5/read.php?1,119363>)

Ms. Manners

Ms. Manners is out having fun, see y'all later!

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 #18, 30 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:

Whooooooooo! 1.5 more months till snow!

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

**Varsity Outdoor Club**