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Content :

Adventures make one late for dinner.

Photo of the Week: Morning sun overlooking the Stein Valley from Tundra Lake preceded and followed by rain. Picture taken by Birgit Rogalla.

VOC slideshow evenings are coming up again! Anyone keen on sharing outdoor experiences or interesting travels with sweet pictures or videos, send an email to jessmellage@gmail.com (<mailto:jessmellage@gmail.com>)

Upcoming Trips

THIS WEEK

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

September 6 --- UBC campus (tonight!)

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.

Care for a cuppa tea? (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1283>)

September 8 --- VOC clubroom, basement of SUB

Come by during your lunch break for tea, treats and conversations.

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

September 10 - 11 --- Cypress Glacier

Pre-trip meeting is tomorrow, please show up on time!

NEXT WEEK:

Clubroom clean-up (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1279>) (workhike)

September 13 -- VOC clubroom

Help clean up the club room and complete a workhike.

VOC Barbeque (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1281>)

September 14 --- Locarno Beach

Meet people, discuss trip ideas, eat. What's not to like?

Tantalus range camp (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1282>)

September 17 - 18 --- Tantalus range

Join for some technical climbing or scrambling in the Tantalus range.

Mt Macfarlane hike (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1250>) (Intermediate friendly)

September 17 - 18 --- Nearby Chilliwack

A lovely overnight hike/scramble with a long up hill to get there.

Annual Black Tusk trail run (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1266>)

September 17 --- Garibaldi Provincial Park

Another year, another run! Enjoy the wonderful meadows in Garibaldi by running through them. High level of fitness required.

Swan Falls loop (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1270>)

(Beginner friendly)

September 18 --- Swan Falls

Take a break from your first couple weeks of classes and head up to Buntzen Lake (Port Moody) for a wicked hike!

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:

* Sky Pilot scramble (<http://www.ubc-voc.com/2016/08/30/skypilot-scramble-august-2016>)

Stein Valley traverse: Cassandra, Elisa, Vincent and Birgit spent seven days traversing the Stein Valley from Lytton to Lizzie Creek with a side trip to Elton Lake. Loads of fun was had and there were no packrats to be found. Pictures taken by Birgit Rogalla.

Harrison Hut: A relatively large group gathered at Harrison Hut for the long weekend. Amongst other things, people scrambled up nearby peaks such as Overseer and were asked if they wanted Vodka by a group of visitors.

Tricouni to Brandywine Traverse: Happened. Stories to be told next week hopefully.

Message Board Notes

* White waterkayaks for sale (<http://www.ubc-voc.com/phorum5/read.php?1,119418>)

* GPStopo map for Hurley (<http://www.ubc-voc.com/phorum5/read.php?1,119422>) FSR

* Kits Beach clean up (<http://www.ubc-voc.com/phorum5/read.php?1,119453>) and volunteer BBQ

* Travel insurance to the US (<http://www.ubc-voc.com/phorum5/read.php?1,119400>)

* Songbook songs (<http://www.ubc-voc.com/phorum5/read.php?1,115610>)

* Partners for USclimbing Sept/Oct (<http://www.ubc-voc.com/phorum5/read.php?1,119412>)

* Looking for people toclimb Mt Baker (<http://www.ubc-voc.com/phorum5/read.php?1,119445>)

* Volunteerfor clubs days (<http://www.ubc-voc.com/phorum5/read.php?1,119399>)

* Give Lea a ride to Rogers Pass (<http://www.ubc-voc.com/phorum5/read.php?1,119398>) the 13th

* Cheap car for sale (<http://www.ubc-voc.com/phorum5/read.php?1,119396>)

Ms. Manners

Dear Ms. Manners,

The other week I got glared at by someone in my group after they offered me some of their trail mix. Are there any unwritten rules or procedures for eating other peoples' trailmix? Theirs usually looks better than mine and has these yummy candies and chocolate I like to eat. Is it acceptable for me to only eat the good stuff? You know, I might be helping them be healthier.

Cheers,

Sweet Tooth

Dear Sweet Tooth,

It is considered most proper to eat other people's trailmix in a random sample, so the distribution of items of your handful of mix should be similar to the overall bag ratios. When you stray from this ratio you might be accused of stealing, being unfair, or otherwise glared at. Not that this is encouraged, but there are ways to

be sneaky and get away with this. First, practice at home feeling around in a trailmix bag for the snacks you prefer without looking. Now, next time somebody offers you their trailmix, quickly apply these skills to pick out the good stuff while continuing a conversation with your friend. You can also point out a neat feature in the area, then while they are looking away quickly sneak your hand into their bag and get your yummys.

Beware, people are protective of their food,

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.

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

Quote of the Week:

"A crude meal, no doubt, but the best of all sauces is hunger."

~ Edward Abbey

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!

For an extra treat, bring powdered pudding on a trip and substitute milk with its powdered equivalent.

Tip of the Week:

Use a lightweight drybag inside your backpack rather than a backpack cover to ensure your stuff really stays dry.

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

Varsity Outdoor Club