

Document type : **vocene**
Date : **2016-09-27**
Description : **VOCene #22 2016**
Content :

Adventures make one late for dinner.

Photo of the Week: Fall colours by Tenquille Lake. Picture taken by Alberto Contreras. Send your nominations to the VOCene editor!

Upcoming Trips

THIS WEEK

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

September 27/29 --- UBC campus (tonight!)

Interval training workout! Meant for all levels of fitness.

Rope inspection workshop/workhike (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1295>)

September 27 --- VOC clubroom (tonight!)

A quick workshop on rope inspection for any new climbing rope owners! Will also inspect some club ropes.

Basic crevasse rescue clinic (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1293>)

September 29 --- Wreck Beach

Clinic will discuss crevasse rescue steps, roping up for glaciers and other skills.

Beer-ienteering (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1269>)

September 29 --- BUCH D322

If you want to get more comfortable with orienteering, this event is for you!

Lizzie Creek Workhike (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1288>)

September 30 - October 2 --- Lizzie Creek

Trail maintenance and potentially do some work on the hut.

24 hrs of Squamton Hell (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1294>) (intermediate)

October 1 - 2 --- Squamish

A friendly VOC climbing competition where the objective is to climb as many routes as possible to score the highest amount of points in a 24 hour period!

2nd Annual harvest hustle and post run feast (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1286>)

October 2 --- North Shore

Just like the name suggests; a run followed by a feast hosted by Michael and Hannah.

NEXT WEEK

Many weekend trips planned --> see Trip agenda

During the week:

Wilderness First Aid practice session (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1299>)

October 5 (before the slideshow)

Remind yourself of the things you learned in your wilderness first aid course through scenario practices!

Slideshow: bike touring the Hebrides (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1289>)

October 5 --- ESB 2012

Join Mike and Lizzy in sharing their awesome adventure! Supported by the Neil Mackenzie Adventure Grant, they completed a 500 km bike lap of the western isles of Scotland and discovered Vancouver weather really isn't that bad.

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:

- * Indian Arm kayaking (<http://www.ubc-voc.com/2016/09/25/indian-arm-kayaking-2016>) 2016

- * Lead Ladder (<http://www.ubc-voc.com/2016/09/21/lead-ladder-2016>) 2016

- * Black Tusk trail race: the sunny rendition (<http://www.ubc-voc.com/2016/09/21/black-tusk-trail-race-the-sunny-rendition>)

- * Running from Cheakamus to Rubble Creek (<http://www.ubc-voc.com/2016/09/21/running-from-cheakamus-to-rubble-creek-just-your-average-anniversary-activity>) --- Just your average Anniversary activity

- * Dutch expedition to Phelix (<http://www.ubc-voc.com/2016/09/19/dutch-expedition-september-11-13>)

Liberation at Washington Pass: The Beckey route up Liberty Bell got a fair amount of VOC traffic. People did routes up Concord Tower, the West Face of the North Early Winter Spire, and the South Arête and SW Rib of the S.E.W.S. The weather didn't cooperate on the second day, so some headed to Mazama for sport climbing, while a couple groups did the Spontaneity Arête on Le Petit Cheval. Pictures taken by Julien Renard.

Indian Arm Kayaking: Another year with an enjoyable weekend kayaking up the Indian Arm. Weather seems to have held up and fun was had! Read the trip report here (<http://www.ubc-voc.com/2016/09/25/indian-arm-kayaking-2016>) . Picture taken by Maya Motyka.

Message Board Notes

- * Rock Party ticket buy/sell thread (<http://www.ubc-voc.com/phorum5/read.php?3,119756>)

- * Video of Team Bad Idea faces Scottish winter (<http://www.ubc-voc.com/phorum5/read.php?1,119769>)

- * Large crampons and ice screws for sale (<http://www.ubc-voc.com/phorum5/read.php?1,119730>)

- * Tool inventory (<http://www.ubc-voc.com/phorum5/read.php?1,119731>)

- * VOC fall gearswap (<http://www.ubc-voc.com/phorum5/read.php?1,119715>)

- * Size 44 scarpa boots for sale (<http://www.ubc-voc.com/phorum5/read.php?1,119723>)

Ms. Manners

Dear Ms. Manners,

I saw this book titled "The New Alpinism" by Steve House. What is it? Is there an old Alpinism? What's the current Alpinism? And can you tell me more about these "Mountain Ready Workouts"? What do mountains have to be ready for? How do we workout mountains?

Sincerely,
Confused Hill-ist

Dear Confused Hill-ist,

"New Alpinism" refers to a style/philosophy of mountain climbing based on many principles elegantly laid out in the Mark Twights "Extreme Alpinism". It's a style of alpine climbing in which you go light, carry everything you need, and move fast. This is in contrast to the older "Expedition-Style Mountaineering" with siege tactics. Think Reinhold Messner as the prototype of an Alpinist.

The most important point made in Steve House's introduction is that while modern climbing/bouldering are nearing the human physical limits (like the Olympic sports), Alpinism is nowhere near that limit. This is encouraging because it means there is still a lot to do in Alpinism and lots of capacity for improvement.

Thus "New Alpinism" is putting together the style of Alpinism, modern exercise science research and approaching it with the mentality of an athlete, which means training, proper nutrition and hard work.

This isn't for everyone. Most people simply want to enjoy the outdoors at the capacity that they can and that's wonderful. But for those few which dream of big walls; Training for the New Alpinism and Mountain Ready Workouts are is a great start.

Cheers,

Ms. Manners (with serious help from the Archivist)

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.

VOCene #22, Sept. 27 2016

Ye Olde VOC:

A weekly recollection of the past of the club.

For those just joining the club, the VOC is turning 100 next year!

Quote of the Week:

"I think my strongest asset by far is my temperament. I have a winning temperament."

~ Donald Trump (at the debate last night)

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!

Tip of the Week:

Put newspaper in your wet shoes to soak up the water and prevent them from smelling quite so bad.

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

Varsity Outdoor Club
