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Content :

Adventures make one late for dinner.

Photo of the Week: An idyllic view of the Lizzie Creek hut from this past weekend's workhike. Picture taken by Anton Norberg.

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Hey VOCers! Liz L is doing a survey about volunteer participation in the VOC (<https://survey.ubc.ca/surveys/37-03554ac3cf1c94cf4b78077f228/varsity-outdoor-club-volunteer-survey/>) for her technical writing class. It should take less than 5 minutes, so if you have a few minutes to fill it out she'd appreciate it a lot!

#### Upcoming Trips

##### THIS WEEK

Slideshow: Toba to Powell alpine traverse (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1284>)

October 26 --- ESB 2012 (tonight!)

After spotting a nice looking route on google earth deep in the coast mountains, Arran and Joane traversed ridges from Desolation Sound to Powell Lake for nine spectacular days. Ravishing ridgetop walking, gorgeous glaciers and the spice of wild adventure

Ski waxing workhike (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1317>)

October 27 --- VOC clubroom

Winter is coming! The quartermasters need your help getting our tele ski fleet in tip-top shape for the season ahead.

Eagle Bluffs and Black Mountain hike (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1321>)

October 29 --- Cypress Ski Resort

Walk from the Cypress Mountain Ski Resort Carpark to Eagle Bluffs via the two summits of Black Mountain. The walk is considered by many as the best vantage point on Vancouver's North Shore.

##### NEXT WEEK

Beacon training (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1325>)

November 1 --- VOC clubroom

Practice for avalanche rescue!

Wilderness First Aid practice (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1322>)

November 2 --- VOC clubroom

Review, discuss, and learn more about wilderness first aid.

MEC club night (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1264>)

November 3 --- MEC Vancouver

Get gear with a 10% discount!

Longsoak - Hotsprings weekend (<http://www.ubc-voc.com/tripagenda/details.php?>)

tripid=1316)

November 5 - 6 --- tbc

Plan is to soak, share drinks and food, and soak some more.

Elsay Lake overnight hike (<http://www.ubc-voc.com/tripagenda/details.php?tripid=1323>)

November 5 - 6 --- Elsay

Trip is dependent on the weather staying warm, if we get more snow, we'll reschedule it for a snowshoe adventure.

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)!

Lizzie Creek workhike: A group carried up the plywood, installed the new porch boards and did a bunch of other things. Some even made it to the hot springs Friday night! Some snowshoe fun was had as well. Pictures taken by Alberto Contreras and Anton Norberg.

Murrin workhike: Big thank you to all who went on this workhike, helped on the trails and lead it! SAS was very grateful for our help. Awesome work girls and guys!

Message Board Notes

- \* Use a smartphone as a backcountry to (<http://www.ubc-voc.com/phorum5/read.php?1,120010>) ol
- \* Backcountry skiing map (<http://www.ubc-voc.com/phorum5/read.php?1,111554>, page=2) powered by OSM
- \* Black Tusk and early season ski beta (<http://www.ubc-voc.com/phorum5/read.php?1,120204>)
- \* Wilderness First Aid course (<http://www.ubc-voc.com/phorum5/read.php?1,120196>)
- \* Solar lighting at Harrison Hut (<http://www.ubc-voc.com/phorum5/read.php?1,120186>)
- \* Phelix conditions (<http://www.ubc-voc.com/phorum5/read.php?1,120190>) - Oct 22
- \* Mt. Seymour trails closed (<http://www.ubc-voc.com/phorum5/read.php?1,120158>)
- \* UBC altitude research study (<http://www.ubc-voc.com/phorum5/read.php?1,120169>)
- \* VIMFF tickets available (<http://www.ubc-voc.com/phorum5/read.php?1,120173>)
- \* Ski wax type (<http://www.ubc-voc.com/phorum5/read.php?1,120187>)
- \* Annual mushroom show - Oct 30 (<http://www.ubc-voc.com/phorum5/read.php?1,120147>)

Ms. Manners

Another submission to Ms. Manners this week:

Dear Ms. Manners,

my friend said that they had a snow-gasm this last weekend? What is it? How do I know when I've had one? Oh I have so many questions.

Cheers,

Reader

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Dear reader,

A snow-gasm is a wonderful thing. It's the pleasurable feeling you get when you're out in the snow. It's different for everyone, but often you get it by skiing or snow shoeing. Your first few times might leave you with tired legs and wet pants, but it's worth it. Believe me. If you're keen to have one, join a beginner friendly ski trip...

Some words on safety: while you can achieve snow-gasm alone, it's best to have a

partner (or two!). As well, always have the appropriate safety equipment.  
Best of luck,  
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.

VOCene #26, Oct. 25 2016

Ye Olde VOC:  
A weekly recollection of the past of the club.

Quote of the Week:

"A goal without a plan is just a wish."  
– Antoine de Saint-Exupery

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:  
'tis the Winter season and thus the mighty Voile straps become even more  
essential. Bring them on your trip to fix broken bindings, tie skis to the roof,  
etc.

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

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**Varsity Outdoor Club**