



Adventures make one late for dinner.



Photo of the Week: backcountry camping: stargazing and staging photo ops.

Photo credit: Joshua Ma

### Upcoming Trips

#### This week

##### [Discovery Coast Circle Tour](#)

**Apr. 19th - Apr. 27th** --- South-West BC

Anyone interested in a 8-10 day car trip around Georgia Strait?

##### [Spring Soak](#)

**Apr. 21st - Apr. 23rd** --- Skookumchuck hotsprings

Planning a soaking session at Skookumchuck hotsprings. Come unwind and celebrate the end of exams! Or if you are still in exams, take a little break and soak.

##### [Tweed-Clad Elfin day-trip](#) (Tentative)

**Apr. 22nd** -- Garibaldi Provincial Park

Have no time for the Neve-Ski traverse coming this weekend? Join the light version of the Tweed-clad trip!

##### [A Tweed-clad, Old-school\(?\) Neve Ski Traverse](#)

**Apr. 22nd - Apr. 23rd** --- Garibaldi Provincial Park

The idea is to do cross the Garibaldi Neve, a classic ski traverse in the Coast Mountains, clad in old-school skiing/mountaineering attire.

##### [Spearhead Traverse](#)

**Apr. 22nd - Apr. 23rd** --- Whistler

Need to shake off that exam stress? Looking to get another traverse in before the end of the season? Look no further, folks!

#### Next week:

##### [West Coast Trail](#) (Tentative)

**Apr. 25th - Apr. 30th** --- Vancouver Island

Anyone interested to join the trip to famous West Coast Trail?

##### [VOC Spring Gearswap](#)

**Apr. 25th, 6:00 pm - 9:00 pm** ---GEOG 147

If you have some extra gear that you no longer need, come sell it. If you are looking to buy used/new outdoor gear for reasonable prices, come on out.

##### [Summer Kickoff Backyard Campout & Barbeque](#)

**Apr. 28th - Apr. 29th** --- North Vancouver

Get your bikes chains oiled, you hiking shoes polished, and your tents aired. Come join George in his backyard in North Vancouver to kick off the summer. Get hyped.

##### [Puffey Duffey](#)

**Apr. 29th - May. 1st** --- Pemberton

Done with the exams? Come to Pemberton to enjoy long, sunny days skiing.

### Past Trips

Ms. Manners enjoys sharing your trip pictures. Please send them to her intern (so that she doesn't have to harrass you to get them)! Email: [il\\_kapralov@mail.ru](mailto:il_kapralov@mail.ru)

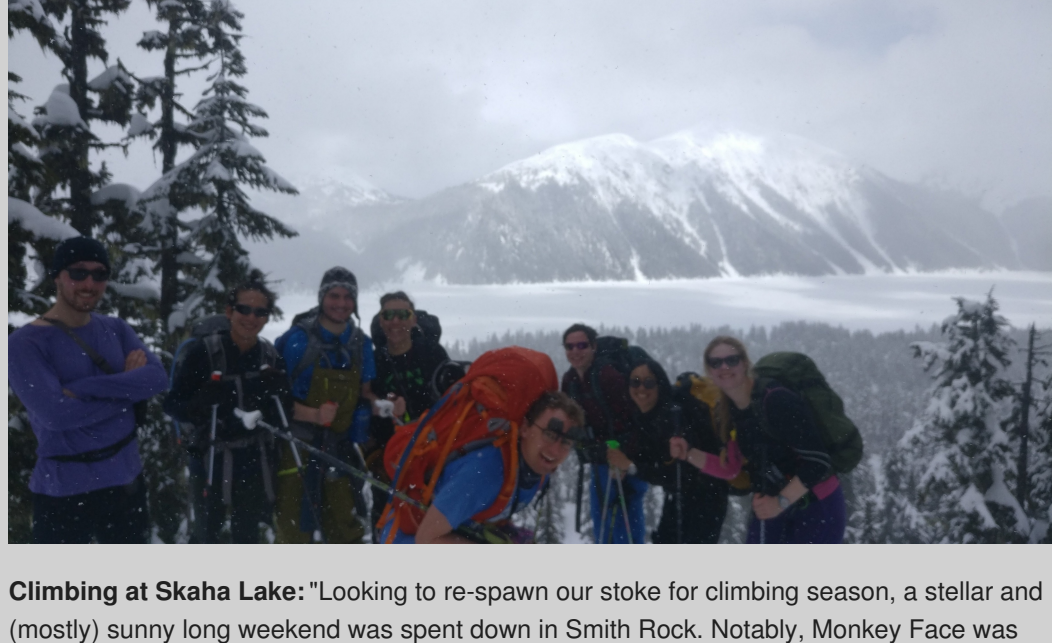
#### Trip reports:

Looks like VOCers are busy finishing their end-of-term assignments and getting ready for the finals. Ms. Manners hopes to see a stack of trip reports once the exams are over. Good luck on the finals!

#### Short trip notes:

**The Price is Right with Mount Price!** The price turned out to be to high for Mt. Price. Last weekend the group of 8 people made it to the Garibaldi lake. Due to the late start and unstable snow caused by high temperature, team took a conservative decision to turn back half way from the top. Despite that, team enjoyed the trip and had a lot of fun together.

Photo by Lukas Schreiber.



**Climbing at Skaha Lake:** "Looking to re-spawn our stoke for climbing season, a stellar and (mostly) sunny long weekend was spent down in Smith Rock. Notably, Monkey Face was ascended via the West Face Variation Direct route, to a late, wet, but an undoubtedly stoke-filled finish!" - Dhavan. Photo by Dhavan Vora.



**The Spearhead Traverse:** "Spearhead was fantastic. White out all day Saturday, camped. Beautiful day Sunday. Best skiing of the year - more like winter skiing. Triggerred a size 2, severely wind loaded and storm loaded but avoidable slope. No one injured. 40km total. 2260m elevation gain total. 15hrs travel time." - Shane. Picture taken by Shane Monks O'Byrne.



**The Neve Traverse:** On the photo: "Morning Ski down to Camp - Birgit skis back down to camp, After abandoning our attempt at Garibaldi due to avalanche concerns. The turns were lovely." - Caroline Jung. Photo by Caroline Jung



### Message Board Notes

- Discussion continues on [Helicopter drops at Phelix](#) thread
- [Free stuff](#) anyone?
- Youre ideas for [2016 Library Aquisitions](#)
- [Bunyan Velo Expedition Fund](#) - your chance to make an epic bike trip
- ["Telemark skiing is stupid: A Quick Summary"](#)

## Ms. Manners

Hi Ms. Manners!

I was recently told that it is dangerous to drink untreated water from the streams in the backcountry. Do I have to bother buying a water filter?

Thirsty VOCer.

Hi!

(Ms. Manners is not a professional health adviser. Please don't sue her!)

Outdoor enthusiasts in BC are lucky to have few concerns about the water quality in their area because the mountains are unpopulated and only few parasites, that can infect human, reside at our latitudes.

Generally main health danger of water contamination comes from humans. Parasites are evolved the way to infect effectively only one, or several specific species. So, if you are a human, you are more likely to get infected by worms, protozoans, viruses or bacteria by contacting with other humans or human waste. If you want to minimize chances of getting sick by drinking water in the backcountry trips avoid drinking water from the streams that come close to the settlements upstream from the point where you take the water.

BC is in intermediate climate zone where human parasites are not that common as for example in Africa. But despite that, there is one Protozoan species in BC streams that will make you sick if you drink water that contains it. *Giardiasis* can be found in our streams even without presence of humans. It usually resides in wild mammals and was first discovered in beavers (That's why the sickness that is caused by *Giardiasis* is named beaver-fever). Its spores are transmitted through animal feces and contaminated water. As little as 10 spores of the parasite is enough to cause the symptoms in humans. Symptoms include diarrhea, abdominal cramps, nausea, weight loss, and fatigue. The parasite doesn't cause serious health threat unless the patient has weak immune system. To minimize the risk of having this bug in your water, it can be treated by filter with pores smaller then 1 micron in diameter, by UV light or by boiling for one minute, but don't count of chlorine pills as *Giardiasis* is resistant to chlorine. ([BC Center for Disease Control](#))

Given the information above here are the measures that will minimize the chances of you getting sick:

- Don't drink untreated water from lakes or any other bodies of water with standing water as that increases the chances of high concentration of parasites.
- Use your map to determine if there is any human settlements or animal farms upstream of the creek you want to drink from.
- Don't drink murky water. It is gross and likely unhealthy.

Although these measures will not save you from getting beaver-fever. If you don't want to tempt fate, you can treat your water with a filter (<1micron pore), boil it for one minute or treat it with a UV water purifier.

Stay hydrated!

Cheers,

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 #49; Apr. 18, 2017

### Ye Olde VOC:

A weekly recollection of the past of the club.

In the late 1960s and early 1970s, Longhike was a mandatory introduction to the club in the form of a hike and evening celebration at the Whistler Cabin. New members would gather in groups by gender and perform a dance to music, referred to as the Chorus Line.

### Quote of the Week:

"Alternatively, we could drill a hole into the gas tank [of the snowmobile] and give out a fitting plug with the rental."

--- Jens Vent-Schmidt, [Where to buy a used snowmobile for the VOC?](#)

### Weekly recipe:

Every now and then I'll include a recipe from the [VOC wiki](#) here. Try them out and share yours!

For questions, comments, or rants contact your clueless VOCene editor/Ms. Manners: [vocene@ubc-voc.com](mailto:vocene@ubc-voc.com)