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Event Report

[Home](#)
[Future trips](#)
[Past trips](#)
[Trip guidelines](#)
[Conditions](#)
[Routes >](#)
[Forum](#)
[Membership](#)
[Reference >](#)
[FAQ](#)
[Photo contest](#)
[What's new](#)
Member
[Login](#)
Changes
■ today

■ yesterday

■ < 7 days

■ < 30 days

Getting Ready For The Season - An Evening With Niko Weis (event)

[return to Reports list](#)

Mon Jun 18, 2012

 Leader: **Carol Hunter**

Co-Leader:

To say Niko Weis is a dynamic speaker is an understatement! He had a captivated audience for one and a half hours, then had a crowd around him wanting more after the talk. With his knowledge and experience with winter guiding, summer guiding, nutrition, health, and safety, he tailored the evening to suit the questions our members put forward. This particular talk was not specific to any one topic, but was more a wide-ranging introduction to several...

Very briefly, he discussed:

- What we eat affects our lives down to the cellular level. As a society we consume way too much sugar and refined products which tend to acidify our bodies. He shared what he ate on his trips to counter this effect.
- That most of us do not drink nearly enough water as we should. We should really start hydrating well before a trip, and keep hydrating throughout the trip.
- That winter should be embraced with continued hiking, snowshoeing or backcountry skiing. Precautions need to be taken regarding weather and snowpack conditions.
- That there is a need for safety equipment on deep snowpacks and on glaciers to prevent/rescue any who fall through. This includes the **Comox Glacier**.
- That problems may occur when people do activities they are not prepared for. Going on a strenuous trip without prior conditioning can stress the body to the point where the person cannot go further, or worse.

Thanks to Carol Hunter for arranging to get Niko for this introductory talk. Later this summer she may arrange with him to give a presentation exclusively on nutrition, and later in the fall one on winter safety.

If you think my report is a little too glowing, then I suggest you talk to any one of the participants listed below for their thoughts, and I would encourage you to make it to the upcoming events. Thanks also to Creekside Commons for generously supplying us their great space! (Bob)



[Carol Hunter photo]

Report contributors: Carol H, Bob S,

Participant list (21 of 21): Stella B, Geoff B, Bucky B, Ian B: **guest**, Maybeth H, Carol H, Bev K, Don K, Ralph L, Jeanine M, Don M, Pam M, Glenn O, Sheila O, Tim P, Kate P, Andy R, Ken R, Bob S, Bruce S, William W,

[return to Reports](#)