



## Nordic Wrecks X-Country Ski and Snowshoe Club



<http://nordicwrecks.org/>

**November 2018**

### **President's Message**

Hello everyone!

We will be meeting on Monday, December 3<sup>rd</sup>, 2018 in the Mike Butler room of the Dogwood Pavilion, 624 Poirier Street, Coquitlam.

Come at 7:00 pm with your completed membership form and begin signing up for our trips. Our formal meeting starts at 7:30 pm. Linda Vanderhoek will be showing some photographs of her cycling trip along the Erie Canal from Buffalo to Albany, New York. In January, Susan Zander and George McLeod will be showing pictures of their hike on the Coast to Coast trail across England.

**We will be deciding the future of these trips at this meeting:  
Manning Park on December 8 and January 5.**

**At the writing of this newsletter, we do not have enough people signed up for these two trips. Please sign up by calling Kathy Leko (trip leader) at 604 839-2776 or at the next meeting. It is extremely important to have more people sign up as our buses are already committed for those dates.**

Our fabulous wind up dinner tickets are ready! Join us for a yummy Chinese dinner on Sunday, March 10 at 4:30 pm at the Woking Dragon Restaurant (1190 Lansdowne Drive in Coquitlam). We will have a great assortment of door prizes and your \$20 ticket includes the meal, tip and taxes. Alcoholic drinks are available for purchase.

Steve Chapman, our last guest speaker from the Coquitlam Search and Rescue, sent me the list of the Ten Essentials that can make a difference when suddenly faced with an outdoor misadventure. I thought I would share these with you as a reminder.

1. Flashlight or headlamp and spare batteries
2. Extra food and water
3. Extra clothing (rain, wind and water protection)
4. Navigational aids (map, compass, GPS, cell phone, etc)
5. Fire starter (lighter or matches)
6. First Aid Kit
7. Emergency shelter (garbage bags can work as a shelter)
8. Sun protection
9. Pocket knife
10. Signaling device such as a whistle

Here are some links that might also be helpful when preparing to venture out for the day:

[coquitlam-sar.bc.ca](http://coquitlam-sar.bc.ca)

[coquitlam-sar.bc.ca/wilderness-education/ten-essentials](http://coquitlam-sar.bc.ca/wilderness-education/ten-essentials)  
[adventuresmart.ca](http://adventuresmart.ca)

[avalanche.ca/map](http://avalanche.ca/map)

[tricitymap.com](http://tricitymap.com)

[goldenearsmap.com](http://goldenearsmap.com)

Once again Burnaby 8 Rinks at 6501 Sprott Street will be our bus pick up zone. Please park your cars on the outer edge of the parking lot, at the back of the 8 Rinks building which is off Norland Avenue.

Here's to a happy ski and snowshoe season!

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