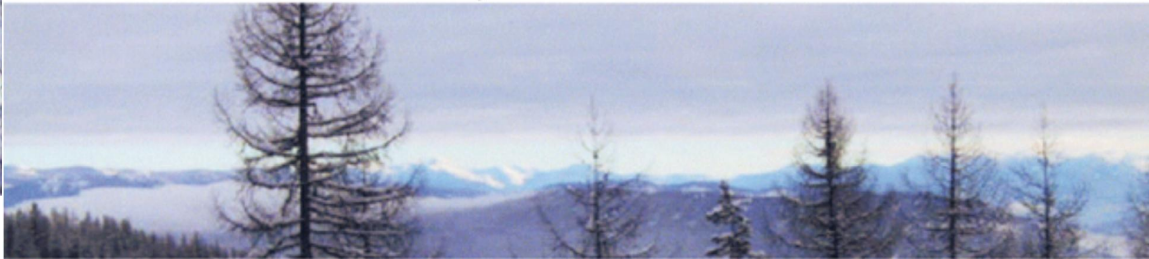


Nordic Wrecks

## Nordic Wrecks X-Country Ski and Snowshoe Club



<http://nordicwrecks.org/>

November 2019

### President's Message

#### Hello Skiers and Snowshoers

**Please Note:** We will be having our next meeting on Monday, December 9<sup>th</sup>, 2019 in the Mike Butler room of the Dogwood Pavilion at 624 Poirier Street in 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. A representative from Coast Outdoors in North Vancouver will be showing the club the latest ski and snowshoe equipment, clothing and accessories for the 2019/2020 season.

**We will be deciding the future of our December 15 Manning Park trip at this meeting. At the writing of this newsletter, we do not have enough people signed up for this trip. Please sign up by calling Avril (trip leader) at 604 942-3164 or at the next meeting.**

Our fabulous wind up dinner tickets are ready! Join us for a yummy Chinese dinner on Sunday, March 8<sup>th</sup> at 5:00 pm at the Wah Wing Restaurant (#207 2748 Lougheed Highway, Coquitlam). We will have a great assortment of door prizes and your \$25 ticket includes the meal, tip and taxes. Alcoholic beverages are available for purchase.

Walk to the Opera:

On Wednesday, February 26, 2020 Jeff Roger will be leading the Walk to the Opera. This year's presentation is Madame Butterfly, which will begin at 2:00 pm at the Shadbolt Centre in Burnaby. Please purchase your \$15.00 tickets by calling the Centre at 604 205-3000 or online at

shadboltcentre.com. More details about the event will be available in February.

Steve Chapman, our recent guest speaker from the Coquitlam Search and Rescue, reminded the club about the Ten Essentials that can make a difference when suddenly faced with an outdoor misadventure.

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)
5. Fire starter (lighter or water proof matches)
6. First aid kit
7. Emergency shelter (garbage bags work)
8. Sun and bug protection
9. Signaling devices (whistles work well)
10. Pocket knife

Let's hope we see the snow on the mountains soon so our winter outdoor season can begin.

Jeannette Blanchard (President)  
jeannette\_blanchard@hotmail.com