



Nordic Wrecks X-Country Ski and Snowshoe Club



<http://nordicwrecks.org/>

December, 2023

President's Message

Happy Holidays everyone,

Thank you to the brave members who ventured out to our last meeting to hear a wonderful presentation given by two members of the Coquitlam Search and Rescue team. Their talk reminded us to be prepared for all conditions when out on the trails hiking, snowshoeing or skiing. The ten essentials that everyone should carry when on their outdoor adventures are:

- 1 Flashlights or headlamps and spare batteries
- 2 Extra food and water
- 3 Extra clothing (rain, wind and water protection)
- 4 Navigational aids (map, compass, GPS, mobile phone)
- 5 Fire starter (water proof matches, mag striker)
- 6 First Aid kit
- 7 Emergency shelter (emergency blanket or even a garbage bag)
- 8 Sun and bug protection
- 9 Pocket knife
- 10 Signaling Device (whistles, air horn, bear bangers)

While all of the ten essentials are extremely important, even more important is to tell someone where you are going and when you should be back. Let's stay safe this year in the great outdoors!

Please Note: Our next two meetings do not fall on the first Monday of the month. Our first meeting in the new year will be on **Monday, January 8** in rooms 5/6 of the Pinetree Community Center. The event will begin at **7:30** with a short presentation about snowshoeing including equipment

and what local areas are available to try out the sport. Following the discussion there will be plenty of time to socialize and sign up for those trips you would like to go on.

Our February AGM meeting will be a potluck dinner on Sunday, February 11th. The evening will begin at 5 pm with a very short meeting followed by dinner. The potluck will be held at our residence (Linda and Jeannette) 316 Second Street, New Westminster. Please bring a dish to share, either a main dish or a sweet, along with your own plate, cutlery, serving utensil and any special beverage you want to enjoy during the evening. (coffee and tea will be provided)

Most Important: We still have plenty of room on all of our day trips and even some spaces on both our Silver Star and Sun Peaks trips. Once again please invite your friends, family or neighbours to any of our trips. They do not need to become members for that first trip but hopefully they will enjoy themselves so much that they will become members in the future!

Please consider going to Manning Park on January 6 as we need a few more people to make the trip a go. You can call **Sharon at 604 740-5335** to add your name to her list.

Our most recent numbers for each trip are as follows:

Manning Park, Saturday January 6: **17 confirmed**

Callaghan Valley, Sunday January 14: **19 confirmed**

Silver Star, January 23-25: **33 confirmed (We need 1 male and 1 female to share rooms with two members who are without roomies)**

Lost Lake, Saturday January 27: **16 confirmed**

Manning Park, Sunday February 4: **14 confirmed**

Callaghan Valley, Sunday February 18: **15 confirmed**

Sun Peaks, February 20-22: **24 confirmed**

Manning Park, Sunday February 25: **6 confirmed**

Callaghan Valley, Saturday March 2: **15 confirmed**

Lastly, please sign up for all those trips you are interested in so we can have a successful, fun season!!

I hope to see many of you soon on Cypress Mountain skiing or snowshoeing.

Jeannette Blanchard (President)
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