



### Faces of Hope with BGV's CEO, Mike Dudick The Grand Negotiator

"Do you miss it?" I ask. "Yeah sure," he says, "every once in a while, I wouldn't mind having a drink in a social setting. But that's a fleeting thought today, whereas it wasn't two years ago. When you stop drinking, your negotiations with yourself change. Yeah, it would make me feel good for a minute, but I know that later on I'm going to feel better about not doing it, and then I win the negotiation."

WATCH THE VIDEO



### THE BRECKENRIDGE OUTDOOR EDUCATION CENTER

For anyone who has hiked up the hill behind the Grand Timber Lodge to the path that loops around the Sawmill Reservoir, you have happened upon a Rocky Mountain beauty that exists on a 39-acre parcel of land which boasts magnificent mountain views, rugged trails, abundant fishing and, more importantly, the home of the [Breckenridge Outdoor Education Center's](#) (BOEC) Wilderness Program headquarters, the [Griffith Lodge](#). You are invited to witness the magic that BOEC has to offer, knowing that BGV Gives invests in ongoing support of BOEC's mission and vision to expand the potential of all people, especially those with special needs and disabilities, through meaningful, educational and inspiring outdoor experiences.

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### Three Simple Steps to Improving Your Heart Health

So, you want to improve your heart health! Don't think that you have to make big changes to have an effect on your heart health, though. Even small, basic steps can have dramatic effects.

One of the biggest drops in heart disease risk occurs when you go from living a sedentary lifestyle to being active for as little as one hour a week. Obviously, the more active you are, the better. But just one full hour of activity over the course of a week makes a difference.

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### Sustainability and Environmental Health Tip

Did you know that food waste is the number one material in America's landfills? As food waste breaks down, it emits potent greenhouse gasses which have serious negative consequences on the atmosphere. In 2020, Summit County residents and visitors diverted nearly 233,000 pounds of food waste from the landfill! You can help BGV and Summit County reach our Waste Diversion Goals by collecting food scraps at home and recycling them properly.

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## Upcoming Events

All events are subject to change and/or cancellation due to COVID-19 and current Public Health Order. Check individual web sites for the most up-to-date information.



#### Events, Workshops & Activities

Breck Create

Throughout January, February & March

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#### Daily Tours and Museums

Breckenridge Heritage Alliance

Throughout January, February & March

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#### Various Monthly Activities

Building Hope Summit County

Throughout January, February & March

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#### Free Community Dinner Takeout Only

Fr. Dyer United Methodist Church

Every Sunday

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#### Free Community Dinner Takeout Only

Silverthorne Elks Lodge

Every Tuesday

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#### Banff Mountain Film Festival Virtual World Tour

Breckenridge Outdoor Education Center

Watch online at your convenience!

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#### Almost Famous Virtual Cinema

Breck Film Fest

February 9

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#### Party for the Planet Pandemic Home Edition

High Country Conservation Center

March 5 (Online Silent Auction March 1-5)

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Our mission is to facilitate and further extend Breckenridge Grand Vacations' philanthropic reach and impact in Summit County and the surrounding area.

MISSION STATEMENT



Have any questions? Contact Deb Edwards at 970-547-8748 or [dedwards@breckgv.com](mailto:dedwards@breckgv.com)

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Breckenridge Grand Vacations | PO Box 6879 | 100 S. Main St. | Breckenridge, CO 80424  
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