

Mid-December 2024 Newsletter

BVCCSC is grateful to be located on the unceded territory of the Wet'suwet'en Nation
Two Key Places: Dzilh Yez (Hudson Bay Mtn), **Dzilh Cin'** (base of Hudson Bay Mtn, includes Smithers)

Source: Dolly Alfred's Facebook page: <https://www.facebook.com/witsuwitenwednesday>

JAN'S GROOMING UPDATE:

Our new Bison machine is a beauty and I'm sure you have seen the results recently. We're continuing to train our operators, so if you do notice some hiccups here and there, no worries, we're in training! If you do see the Bison on a trail, don't approach, it's a large and powerful force of nature that needs its space. As to not startle the beast, do make eye contact and slowly move to the side until the Bison has moved along. Previous encounters have shown that it does enjoy seeing friendly waves from a distance...

TRAILS:

- The new lower part of Down the Mountain and Valley View will need more snow for us to be able to open them. In the meantime, we're grooming the "old" connector to Valley View.
- Demo Forest Upper fork will be groomed periodically by smaller machines (trail is too narrow for Bison)
- Our goal is to open Wild Dog & Hilltop soon. Check Nordic Pulse to see when they will open.
- Trails that are closed and still need your best snow dance moves are:
 - Perimeter G to F from (Golden Eye Lake to Down the Mountain junction)
 - Perimeter G to H or "The Wall" also needs another 15 cm



JAN'S IMPORTANT REMINDERS:

-If you're using the skate lanes, be mindful that there are classic tracks on the same trail so be respectful and show courtesy by not skating in the classic tracks.

-Speedy drivers: slow down & be mindful that there are all sizes of humans and canines in our parking lots. I'm starting to see increased speed from many drivers. DRIVERS SLOW DOWN!



IT'S THE BIG REVEAL: BV NORDIC DOES WINTER SOLSTICE IN STYLE!

BULKLEY VALLEY
Cross Country Ski Club

BV Nordic Winter Solstice

Come celebrate the winter solstice at the BV Nordic Center!

December 21, 1 pm - Late

1-3pm - Tour de Treat
3-5pm - Winter Crafts
5-7pm - Tour de Hot Drink
6-8pm - Relay Games
7-10pm - DJ

plus, campfires, chili, games and more! Join in your chosen festivities or just come for a ski and say hello!

Bring your own mug, bowl and cash for warm drinks. Chili will be provided free!

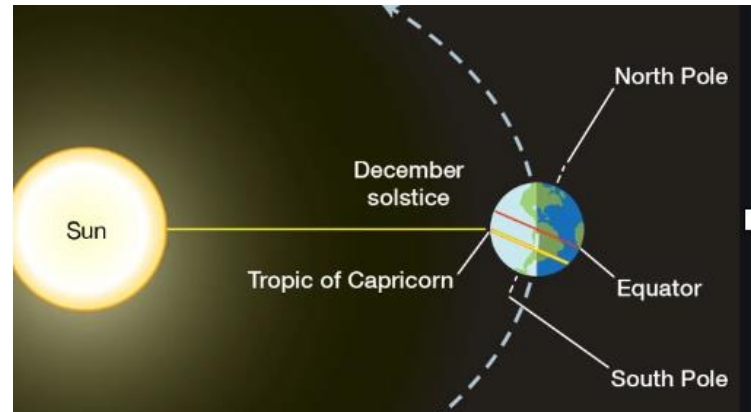
Free for members; \$30 for non-members (includes a daypass and warm drink)

WHAT IS WINTER SOLSTICE EXACTLY?

Watch this video to see what is going on during the longest night of the year:

<https://www.youtube.com/watch?v=Xt-5GWexHIA>

Winter solstice is the day when the Earth's axis is tilted the furthest away from the sun, resulting in the shortest day & longest night of the year in the Northern Hemisphere.



Tour de Treat 1pm-3pm



Look at the solstice map to find 4 Tour de Treats, where cookies and treats will be served.

Stop by the lodge for a cup of soup anytime!

Crafts 3pm-5pm



In the timing hut, there will be Christmas card printing with custom Solstice Ski handmade stamps :)

In the lodge, you can make paper snowflakes and yarn hat ornaments. There will also be a colouring station with solstice maps and solstice themed colouring sheets.

Sunset Speech! 4:04pm

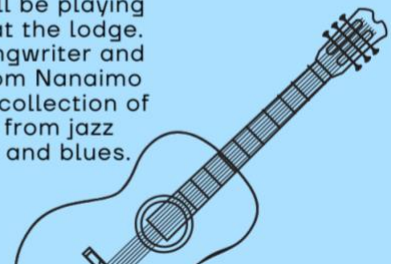


Celebrate the Winter Solstice honoring the season's traditions. Explore the significance of the sun's return, its role in cultures worldwide, and its connection to renewal and gratitude.

This celebration invites you to pause, reflect, and connect with the rhythms of nature during the longest night of the year.

Live Music 3pm-5pm

Linda Lavender will be playing some cozy tunes at the lodge. She is a singer songwriter and instrumentalist from Nanaimo bc who will play a collection of seasonal songs from jazz standards to folk and blues.



BV NORDIC WINTER SOLSTICE

Activity 1

Tour de Treat
1pm-3pm

Mikey the Donkey
5-7pm

Silent Ski
4:30-8pm every half
hour

Activity 2

Sunset Speech!
4:04pm

Winter Crafts
3pm-5pm

Tour de Hot Drink
5pm-7pm

Relay Games
6pm-8pm

Activity 3

Live Music
3pm-5pm

Chilli in Lodge
5-8pm

DJ
7pm-10pm

Adventure Course

In the skill building playground near the stadium, kids nerf biathlon will put your aim and speed to the test.

A mini obstacle course will be lit up with twinkle lights to keep the fun going into the evening.



Twinkle Lights



The stadium will be decorated with twinkle lights from head to toe to celebrate the festivities!

Campfires

Campfires will be burning in key locations on the trails. Check the solstice map for fire locations.

A main fire will be lit in the arena.



Solstice Bingo

Help yourself to a "BV Nordic Bingo" card and see how many of the solstice activities you can check off.

Trade in your bingo card with a complete row for a free drink at any drink station. See if you can fill out the whole card throughout the day and evening.



Silent Ski

4:30-8pm every half hour



Join us for a serene and reflective 30-minute silent ski. The ritual begins with a brief land acknowledgment and discussion of Winter Solstice traditions, followed by a silent ski to a marked location and back to the fire. Participants are invited to collect natural items along the trail, set their intentions for the coming year, and offer them to the fire as an act of gratitude and reflection. Writing materials will also be available for those who wish to express their intentions on paper.

This event focuses on the themes of reflection, connection, and renewal in harmony with the longest night.

Mikey the Donkey

5pm-7pm

Mikey the Donkey will be serving tequila shots near the lodge. Stop by to say hello to Smithers' favourite friend.

\$5 / tequila shot. Drink tickets can be obtained in the timing hut



Freeze Inn Bar

4pm-10pm



Drinks will be served in the Freeze Inn (timing hut) all night.

Beer - \$5
Hot Toddy - \$5
Mulled Wine - \$5

Bring your own mug!

Tour de Hot Drink

5pm-7pm

Two treat stations will turn into hot drink stations on the trails. Each station will be stocked with warm, sweet drinks (alcohol optional) and a campfire to warm up at.

\$5 / drink. Drink tickets can be obtained in the timing hut. Kids drinks are free.

Bring your own mug!



Return of the Sun Relay Races

6pm-8pm

Grab your three favourite ski pals and get ready to compete in the Return of the Sun Relay Races! In teams of four, skiers will put their balance, speed and teamwork to the test across five timed events. From four-person skis to an egg-and-spoon challenge, your late-night laps on the Wetzin'kwa loop might not prepare you for this kind of fun.

No need to sign up ahead of time - just show up at the Stadium in front of the lodge with your team between 6-8pm, ready to race. If you can convince another team to join, bring them along!



DJ

7pm-10pm

DJ Clark After Dark will be spinning jazzy solstice beats for all evening. Linger at the fire, drink mulled wine, race the relays and enjoy the tunes.



Chili in Lodge

5-8pm



Delicious chilli made by Happy Pig Farms will be available for sale in the lodge. Vegetarian options available.

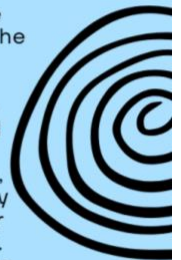
Chili and a bun - FREE

Bring your own bowl!

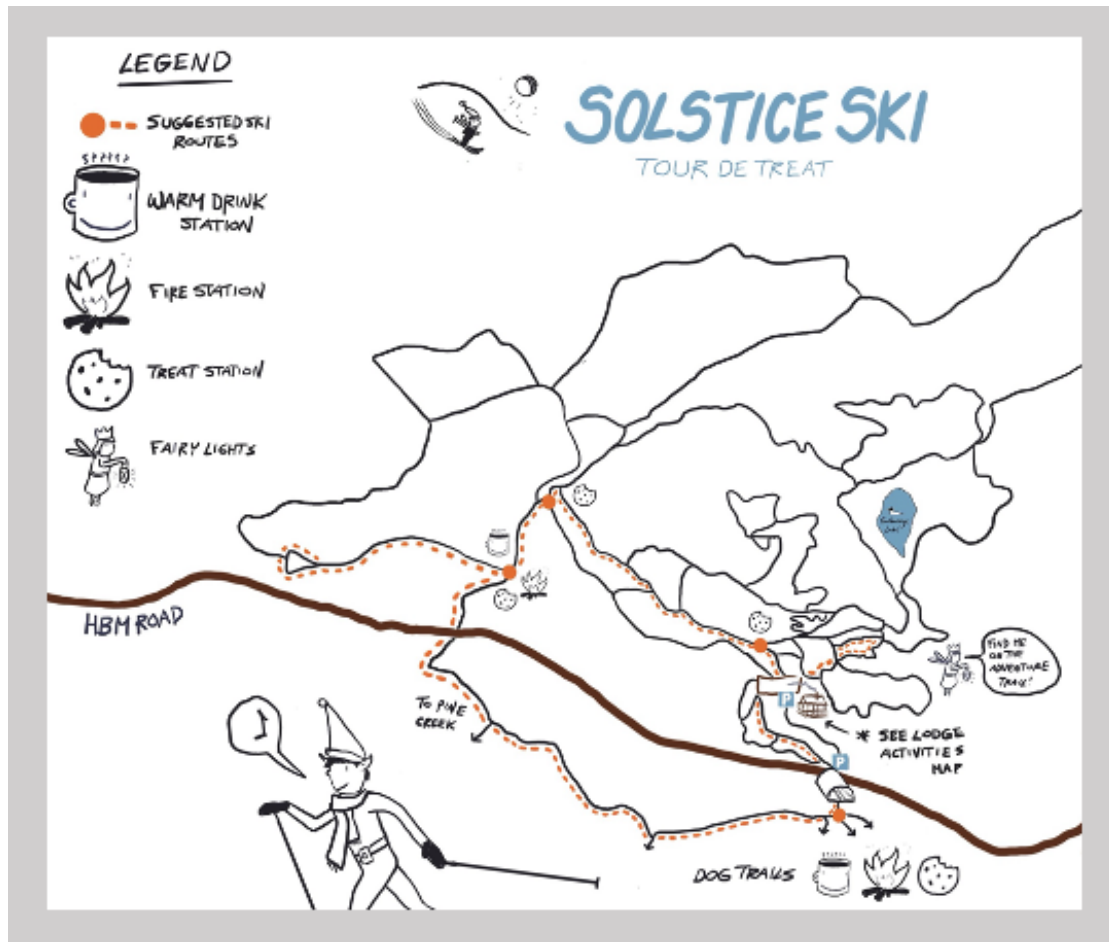
Bow Spiral

In this ancient European tradition, the spiral represents the seasonal rhythms as well as the contemplative journey we take to find our own inner "light." The physical form of the spiral represents the changing of the seasons.

The beginning of the path marks the summer solstice. As we spiral inward through the labyrinth, it represents moving towards and through autumn, where the days grow shorter. The very center of the spiral symbolizes winter solstice: the darkest time of the year. Here we pause at the centre before we spiral back outward through spring toward the summer solstice.



TOUR DE TREAT MAP:



LODGE ACTIVITIES MAP:



SOLSTICE



Tour de Treat

Saturday, December 21, 2024

1-3 pm

Nordic Centre



Tickets at Lodge from 12:00 noon

\$2.00 each

200 limit

DONATIONS WELCOME!

Proceeds to BV Racers

HOLIDAY HUSTLE:

<https://bvnordic.ca/events-activities/social-events/holiday-hustle>

The popular Holiday Hustle returns from Saturday, Dec 21 to Sunday, Jan 5. Everyone is welcome! Ski the route as many times as you like during this time and upload your results (including technique used) to Strava or post your results, comments, and pictures on our Facebook group page. If you would like to participate but don't have social media, email your time (preferably with a photo of your watch) to events@bvnordic.ca. Random draw prizes provided by local businesses, so anyone can be a winner! There's even a prize for skiing the route the most often!

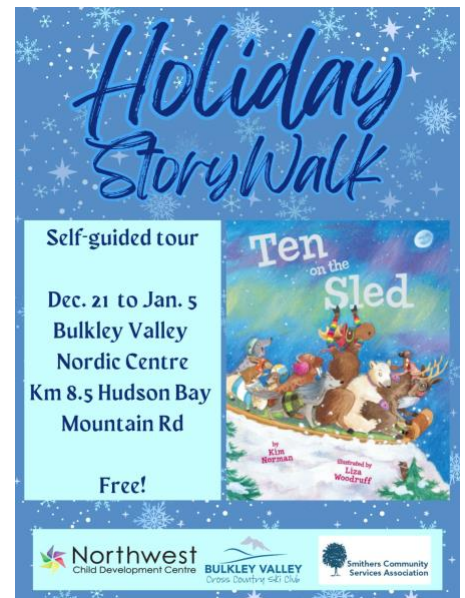
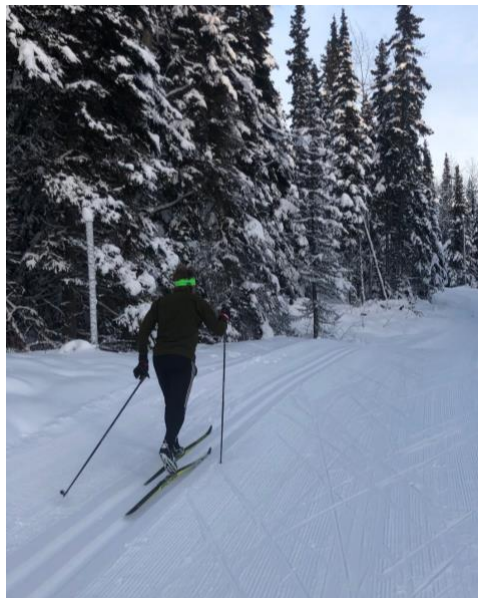
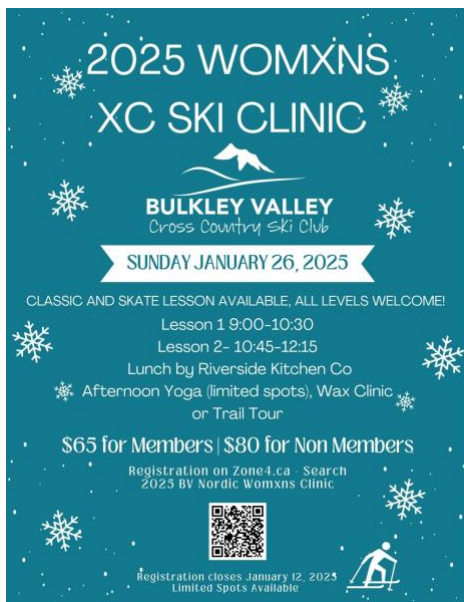
JACK RABBITS:

Follow the link to register, all Rabbits and Bunnies (ages 4-10) ski classes run January 11 to March 15, 2025 on Saturdays at 11 am. There are only **9 spots left** so don't delay. <https://bvnordic.ca/skills-development/rabbits>

THE STORYWALK:

<https://bvnordic.ca/events-activities/social-events/storywalk>. **December 21 to January 5!**

What do you get when you combine reading and skiing? The BV Nordic StoryWalk! Kim Norman's *Ten on the Sled*, with whimsical illustrations by Liza Woodruff, is this year's book. Go from page to page on your skis, in a sled, or however you choose to move across the snow. The story will be posted next to the lodge until January 5, so come and check it out. The StoryWalk is free to attend. Thank you to the Northwest Child Development Centre and Smithers Community Services Association for helping us put this event on.



WOMXN'S CLINIC:

Registration is open for the Womxn's Clinic and it makes a great gift! This event was a huge success last season so register early as this event sells out! **Sunday January 26, 2025- 8:30 am - 2 pm.** All levels welcome, from beginner to advanced! Instruction by experienced coaches. Join us for a day of camaraderie, learning and fun.

Morning Skate and/or Classic lessons before a delicious lunch catered by Riverside Kitchen Co, followed by your choice of yoga, a waxing clinic, or a trail tour, to cap off the day. Spots in the wax clinic and yoga are limited and available on a first come basis. Register at [zone4](https://zone4.ca) until January 12 or until the limited spaces are filled.

\$65 for Bulkley Valley Nordic members, \$80 for non-members (includes day pass).

For more info: womxnsclinic@bvnordic.ca <https://bvnordic.ca/events-activities/clinics/womens-ski-clinic>

ALSO COMING UP:

The best deal for technique improvement, fitness, socializing, and being out in nature; adult drop in ski lessons ticks ALL the boxes.



LIVE AUCTION OPEN NOW:

CCBC has your Christmas Gift Problems Answered! Bulkley Valley was randomly selected to auction getaways to Nipika Mountain Resort and Tin Poppy Cabin near Larch Hills.

Put your bids in for one (or both) prizes in the comments section at the BVCCSC Facebook page to win!

<https://www.facebook.com/bvnordic>

Make a bid in the Facebook comments for:

1. Two nights: Nipika Mountain Resort (near Radium Hot Springs)

or

2. Two nights: Tin Poppy Resort (near Larch Hills, Salmon Arm)

This is a short duration auction, deadline is 6 pm, Dec 22, 2024

From CCBC, "Congrats again BVCCSC on a wonderful club membership drive. It's stunning that your club has had well over 1,000 members annually for the past 5 years, in a town the size of Smithers! Your club is one of the very largest in Canada. And congrats on your brand new snowcat!"

About the Prizes:

- From **Nipika Mountain Resort:**

- A getaway for two, including two nights' accommodation in a private cabin. Valid for any season, subject to availability. Spring/summer/fall activities include hiking, mountain biking, trail running, and disc golf. Value of \$650.

- www.nipika.com

- "Nipika Mountain Resort is the place to stay, experience and explore in the Canadian Rockies."



- From **Tin Poppy Retreat**

- 2 nights stay for up to 2 people at Violet Cabin, see [accommodation](#), for any time during the 2024-25 Ski Season. Value before taxes \$310.

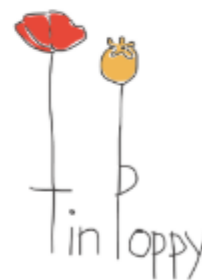
- 10 min from Larch Hills Nordic trails system

- ~14 Kms of onsite snowshoe trails

- Tin Poppy Retreat is a solar powered retreat located in the Larch Hills between the Shuswap and the North Okanagan valley, 25 minutes from Salmon Arm and Enderby. The retreat has kilometers of onsite maintained hiking/snowshoes trails for guests to enjoy and is just minutes from the Larch Hills Nordic ski trails. Proudly offering eco-friendly, glamping and off-grid accommodations.

- This cabin does not have electricity or running water. Clean water is provided.

- <https://www.tinpoppy.ca/>



Nipika Mountain Resort



Tin Poppy Retreat, Larch Hills

NAKKERTOK SKI CLUB EXCHANGE:

Did you notice an uptick in the teen population in town recently? It could have been the 33 13-year-old Nakkertok Nordic athletes we hosted on exchange from Ottawa. This exchange is sponsored by Experiences Canada. Our participating BV athletes will travel to Ottawa in late January to ski on deciduous forested trails, checkout the parliament buildings & fingers crossed, skate on the Rideau Canal. A magical Smithers week was had by all, in part thanks to generous community support. Thank you to the Smithers Rotary club, Glacier Toyota, Pioneer Place, Smithers Curling Club, Hudson Bay Mountain Ski School & other local businesses that were stops on our scavenger hunt. Also, a big thank you to Ryan Chapman our key coordinator that also hosted six teen boys.

ON SNOW CAMP:

Recently BV Nordic hosted a Snow Camp of ~100 athletes from northern BC & Ottawa. 30+ volunteers worked with our head coach Andrea & visiting CCBC coach Adam Elliot to pull off a weekend of learning, fun & amazing food. A big thanks to these volunteers as well as Canadian Tire, BV Wholesale & Rustica Bakery for their support.



HOW TO CHECK SKI CONDITIONS AND GROOMING:

Conditions in town can be different from the trails, the best tool to help is Nordic Pulse, check it out before heading up to be prepared for your ski. <https://nordic-pulse.com/centres/CA/BC/Bulkley-Valley-Nordic>



Photo Credit: Kira Hoffman

SURVEY UPDATE & REMINDER FOR DOG SKIERS:

Read the results of the dog trail survey from last April! Go to www.bvnordic.ca and look under the link *Skiing With a Dog* to see them. Before heading out with your favourite canine friend, be sure to review dog policy updates at: <https://youtu.be/ua8HHfjk-A8>

HAVE YOU REVIEWED OUR UPDATED DOG POLICY? Read how at the top of this page...



SOCIAL MEDIA MIRACLE:

Have you noticed more polished and plentiful Instagram, Facebook & Website updates? Well, Santa came early to BVCCSC with the addition of Carina Helm and Jack Carrigan to the ranks of our communications team! A giant shout out for their help and a heartfelt welcome to our community to Carina and Jack. Jack and Carina come to us from the Peace Region of northeastern BC, in Tumbler Ridge (Carina) and Dawson Creek (Jack), but have spent the past 10 years in Vancouver, and they're excited to finally be back in the north!



Last Word:

Do you have a favourite ski hack to share? A recipe that you love? A Nordic book, podcast, or movie to share? Send them to: communications@bvnordic.ca

Homework: watch the Canadian women's team sprints from Davos, Switzerland:

<https://www.youtube.com/watch?v=Rh91vWvB71Y>

Trivia question- Give 3+ reasons to shop locally. Send answers to Sarah at communications@bvnordic.ca to be entered in our end of the season draw for a gift card to a local business!



Sarah 😊

Our community sponsors give so much to us, support them:

Annual Sponsors

Annual Sponsors provide financial support to the Club.

