



# The Northern Star

Official Newspaper of the 2016 Labrador Winter Games

Thursday, March 17, Issue #4

Volume 12, Issue #4

## Smooth skiing

### Lawrence, Parsons, glide to gold medal finishes at Birch Brook

**By Bonnie Learning**  
**The Northern Star**

A light snow and mild temperatures set the scene for a beautiful day at Birch Brook and a great day for the ski races.

A large crowd turned out for the men's and women's 10 k event yesterday morning, to cheer on their teams.

When all was said and done, Alf Parsons of Labrador City claimed the men's title with an unofficial time of 34:11. He was joined by his Labrador West counterpart - Rhonda Lawrence of Wabush - who came first for the women with an unofficial time of 36:36.

Rhonda was followed by Jessica Dahn of Happy Valley-Goose Bay, with an unofficial time of 37:52 to take the silver, followed by Alyson Thomas of L'Anse au Clair for the bronze with an unofficial time of 45:45.

Cyril Brennan of Happy Valley-Goose Bay took the silver for the men with an unofficial time of 38:34, followed by Harry Borlase of Nain with an unofficial time of 39:20.

Carla Saunders Cooper of NWR was the proud momma of first-time Games athlete and skier – her daughter, Sara, who at 12, is one of the youngest athletes in this year's games.

"I was a wreck!" laughed Carla. "She's so small and everyone else was so big!"

Carla said Sara took it all in stride.

"She paced herself, she wasn't tired. She didn't want to not be able to finish, and she's ready for the relay (this morning)."



**Rhonda Lawrence (background) comes up on Elizabeth Rose of Forteau during the women's 10k ski race. Photos by John Graham/The Northern Star**

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# Ski races successful

Continued from page 1

Carla noted NWR's Joseph McGee also did well for first time competing and being so young.

"They gave it their all with the more experienced, conditioned skiers; they weren't intimidated," she said.

There was a concerning moment at yesterday's event, when the young female skier from Port Hope Simpson popped a knee out of place and had to be attended to by medics on site.

"The crowd was all waiting to see how she was," said Carla. "She came around for her first 5 km and we knew something was wrong, you could see the pain on her face."

Despite that particular situation, the ski race was another successful event in the 2106 LWG! (And sending well wishes to the PHS skier!)

The x-country relay event takes place today at 9 a.m. at Birch Brook.

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Emma White of Sheshatshiu makes her way around the 10k race route.



## Dean Burden's got CLASS!

By Bonnie Learning  
The Northern Star

There was a great display of sportsmanship by Dean Burden of Port Hope Simpson at yesterday's ski race.

Dean was just finishing a great run on his first 5 km lap, and coming around to the finish line to continue his second and final lap, when one of his ski's caught up on the foot of a spectator.

"He went down face first, and when he got up, he started going in the opposite direction because he was kind of stunned from the fall," said John Graham, ski race coordinator.

"He turned himself around and ended up breaking a pole, and skied another kilometer without one pole. Someone ended up giving him one, but it was four inches too short, but he still came in fourth place."

John said Dean definitely would have placed in the top three if not for the accident.

"Some people were telling him to file a complaint, a protest, but he said no; he was sure that whoever's foot he accidentally tripped over felt bad about what happened."

Now THAT's the true spirit of the LWG! Way to go, Dean!

# What a racket!

## Makkovik's Trent Pottle retains badminton titles

By Valerie Rachwal  
The Northern Star

Makkovik's Trent Pottle was victorious in retaining his badminton gold in both the men's and mixed doubles event.

Trent claimed the gold for mixed doubles with his partner, Mandy Smith. He also won both events in the 2013 Games.

The competition was intense at the Labrador Training Centre, with the fans loving every minute. In the women's division, Sheshatshiu's Marie-Soleil Penashue took the gold. She was proud to follow in her older sister Shirley's footsteps.

"She won gold several years ago and that got me interested in playing," she said.

Marie-Soleil also said a highlight of the games for her has been seeing an increase in the number of younger athletes. One such athlete was her opponent - 17-year old Taylor Jacque of Postville, who played a great match and won silver at her first Winter Games. Mandy Smith of Makkovik beat out Dalina Blake of NWR to win the bronze.

Dalina and her teammate Rory Blake of NWR had a silver medal finish in the mixed doubles finals. The bronze medal winners in the mixed doubles were Elizabeth Zarp and Ches Evans of Happy Valley-Goose Bay.



**ABOVE:** Makkovik's Trent Pottle and Mandy Smith (foreground) take on NWR's Rory Blake and Dalina Blake in the championship game. Trent and Mandy would go on to take the gold. *Photos by Valerie Rachwal/The Northern Star*

**RIGHT:** The winners of the men's singles was (from left) Justin Jacque, Postville, silver; Trent Pottle, Makkovik, gold; and Ches Evans, Happy Valley-Goose Bay, bronze.



Story continued on next page

# Exciting matches in badminton

Continued from previous page

Justin Jacque of Postville claimed the silver in men's, noting he was happy with his finish. Both him and his teammate, Taylor are enjoying the atmosphere at the games.

"There's good sportsmanship," the cousins agreed.

Ches Evans of Happy Valley-Goose Bay took his second bronze medal of the day in the men's event after defeating NWR's Rory Blake.



ABOVE: The winners of the mixed doubles event was (from left) Dalina Blake and Rory Blake, North West River, silver; Mandy Smith and Trent Pottle, Makkovik, gold; and Elizabeth Zarpa and Ches Evans, Happy Valley-Goose Bay, bronze. *Photos by Valerie Rachwal/The Northern Star*



## Badminton Mixed Doubles

Placement	Community	Participants
1	Makkovik	Trent Pottle / Mandy Smith
2	North West River	Rory Blake / Dalina Blake
3	Happy Valley-Goose Bay	Ches Evans / Elizabeth Zarpa
4	Postville	Justin Jacque / Taylor Jacque
5	Sheshatshiu	Bernard Obed / Marie Soleil
6	Labrador City	Aaron Pinksen / Erika Costello
7	Forteau	James Hudson / Hayley Parsons
8	Wabush	Shane Strang / Frances Bell
9	Mary's Harbour	William Snook / Hillary Roberts
10	Charlottetown	Grant Oram / Courtney Campbell
11	L'Anse au Clair	Maurice Smith / Maria Smith
12	Port Hope Simpson	Bernie Kippenhuck / Stacy Clarke



The winners of the women's event was (from left) Taylor Jacque, Postville, silver; Marie-Soleil Penashue, Sheshatshiu, gold; and Mandy Smith, Makkovik, bronze.



## Badminton Community Points

Placement	Community	Male Points	Female Points	Doubles Points	Total Points	Event Points	Bonus Points	Community Points
1	Makkovik	33	24	33	90	23	10	33
2	Postville	28	28	20	76	22	6	28
3	Sheshatshiu	19	33	19	71	21	3	24
4	North West River	20	20	28	68	20		20
5	Happy Valley-Goose Bay	24	19	24	67	19		19
6	Labrador City	17	17	18	52	18		18
7	Wabush	15	18	16	49	17		17
8	Mary's Harbour	16	16	15	47	16		16
9	Charlottetown	18	13	14	45	15		15
9	Forteau	13	15	17	45	15		15
11	L'Anse au Clair	11	12	13	36	13		13
12	Port Hope Simpson	12	14	0	26	12		12
13	West St. Modeste	14			14	11		11
14	Mud Lake		11		11	10		10



### Badminton Male

Placement	Community	Participant
1	Makkovik	Trent Pottle
2	Postville	Justin Jacque
3	Happy Valley-Goose Bay	Ches Evans
4	North West River	Rory Blake
5	Sheshatshiu	Bernard Obed
6	Charlottetown	Grant Oram
7	Labrador City	Aaron Pinksen
8	Mary's Harbour	William Snook
9	Wabush	Shane Strang
10	West St. Modeste	Ryan Butt
11	Forteau	James Hudson
12	Port Hope Simpson	Bernie Kippenhuck
13	L'Anse au Clair	Maurice Smith



### Badminton Female

Placement	Community	Participant
1	Sheshatshiu	Marie Soleil Penashue
2	Postville	Taylor Jacque
3	Makkovik	Mandy Smith
4	North West River	Dalina Blake
5	Happy Valley-Goose Bay	Elizabeth Zarpa
6	Wabush	Frances Bell
7	Labrador City	Erika Costello
8	Mary's Harbour	Hillary Roberts
9	Forteau	Hayley Parsons
10	Port Hope Simpson	Stacy Clarke
11	Charlottetown	Courtney Campbell
12	L'Anse au Clair	Maria Smith
13	Mud Lake	Vyann Kerby

# Ball hockey gold for Cartwright!

By Janice Goudie  
The Northern Star

After years of coming close to winning gold in Arena Ball Hockey, Team Cartwright finally secured the top medal.

The team rose to victory Wednesday evening with a 3- 1 win against Makkovik in a very intense game held at the E.J. Broomfield Arena.

The bronze medal went to Pinsent's Arm with a 3 -1 victory against Natuashish.

Cartwright coach Barry Dyson said the team was feeling great about their first-ever ball hockey win.

"We've come so close so many times and we finally got it this time, everyone is relieved," he said. "A lot of these hockey players have been coming back for a long time and we finally did it."

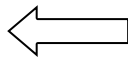
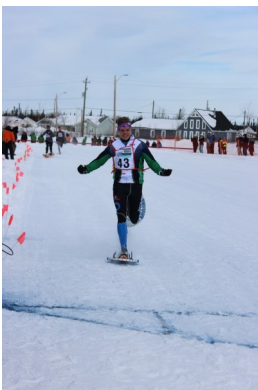


There were hugs all around for Team Cartwright who finally took home gold in Arena Ball Hockey Wednesday evening. Photo by Janice Goudie/The Northern Star

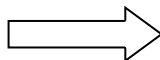
Makkovik coach Cameron Anderson was pleased with his team's silver medal placing, and was happy their loss was to Cartwright.

"I guess it's always hard to loose in the finals but to lose to Cartwright who have been in the finals for so long...," he said. "I think this is only our third time playing hockey in the winter games and to come right to the finals... All things considered, we're very happy with the results."

## Apologies!



LEFT: This is Devon.



RIGHT: This is Makalia.

As editor of The Northern Star, I profusely apologize to Labrador City's Devon Ryan and Makalia Hudson, for the right pic-wrong caption snafu in yesterday's paper! That'll learn me not to give it a third and final look over! (I also had a page out of sequence, but why split hairs?!)



## Arena Ball Hockey

Placement	Community	Event Points	Bonus Points	Community Points
1	Cartwright	23	10	33
2	Makkovik	22	6	28
3	Pinsent's Arm	21	3	24
4	Natuashish	20		20
5	Sheshatshiu	19		19
5	Wabush	19		19
7	L'Anse au Clair	17		17
7	Rigolet	17		17
9	Nain	15		15
9	West St. Modeste	15		15
11	L'Anse au Loup	13		13



Crowding the podium for the Ball Hockey medal presentations were (from left) Makkovik with silver; Cartwright, gold; and Pinsent's Arm, bronze. Photo by Janice Goudie/The Northern Star



EAGLE RIVER



Home hardware building centre



Operated by Provincial Airlines

# Meet some athletes from...Hopedale!



**Name:** Fred Winters

**Sport(s):** Volleyball, snowshoe and duathlon

This is Fred's second time at the LWG.

Thoughts on the Games so far: "It's lots of fun, friendly people, good experience!"



**Name:** Amy Tuglavina

**Sport(s):** Snowmobile, Northern Games

This is Amy's first at the LWG.

Thoughts on the Games so far: "Best kind!"



**Name:** Ashley Abel

**Sport(s):** Snowmobile race and volleyball

This is Ashley's third time at the LWG.

Thoughts on the Games so far: "It's good, can't wait to meet new people, it never gets old!"



**Name:** Martin Basto

**Sport(s):** None – he is the community coordinator!

This is Martin's first time at the LWG.

Thoughts on the Games so far: "It's good!"



**Name:** Boas Mitsuk

**Sport(s):** Snowshoe race, volleyball and Northern Games

This is Boas's fourth time at the LWG.

Thoughts on the Games so far: "It's exciting, I've looked forward to it – it never gets old!"



**Name:** Philip Abel

**Sport(s):** Darts

This is Philip's fourth time at the LWG.

Thoughts on the Games so far: "It's good, exciting."



# More opening ceremonies...just because!



Newfoundland  
Labrador



# Labrador Winter Games 2016

## Results



Communities	Mandatory Events			Optional Events				Grand Total	
	Snowshoe Race	Target Shooting	Sub Total	Table Tennis	Snowmobile Race	Badminton	Ball Hockey		Sub Total
	Monday March 14	Monday March 14		Monday March 14	Tuesday March 15	Wednesday March 16	Wednesday March 16		
1 Cartwright	28	33	61	15	19		33	67	128
2 Makkovik	19	17	36	28		33	28	89	125
3 Labrador City	33	19	52	24	28	18		70	122
4 Wabush	20	16	36	14	17	17	19	67	103
5 Sheshatshiu	12	5	17	33		24	19	76	93
6 Happy Valley-Goose Bay	24	28	52	19		19		38	90
7 Postville	4	20	24	18	12	28		58	82
8 Nain	15	13	28	17	18		15	50	78
9 West St. Modeste	18	4	22	13	16	11	15	55	77
10 L'Anse au Loup	14	24	38	13	7		13	33	71
11 Forteau	18	15	33	8	11	15		34	67
12 Natuashish	2	13	15	16	15		20	51	66
13 L'Anse au Clair	18	8	26		9	13	17	39	65
14 North West River	6	18	24		20	20		40	64
15 Pinsent's Arm	8	7	15		24		24	48	63
16 Charlottetown	14	13	27	10	6	15		31	58
17 Mud Lake		13	13		33	10		43	56
18 Mary's Harbour	7	3	10	11	13	16		40	50
19 Rigolet	10	14	24		8		17	25	49
20 Port Hope Simpson	9	13	22	9	5	12		26	48
21 Hopedale	3	6	9	20	10			30	39
22 William's Harbour	11		11		14			14	25
23 Churchill Falls	5		5					0	5

## Updated snowshoe results!



### Snowshoe Race Relay

Placement	Community	Event Points	Bonus Points	Community Points
1	Labrador City	23	10	33
2	Cartwright	22	6	28
3	Happy Valley-Goose Bay	21	3	24
4	Wabush	20		20
5	L'Anse au Loup	19		19
6	Makkovik	18		18
7	West St. Modeste	17		17
8	L'Anse au Clair	16		16
9	Sheshatshiu	15		15
10	Charlottetown	14		14
11	Nain	13		13
12	Rigolet	12		12
13	Pinsent's Arm	11		11
14	North West River	10		10
15	Mary's Harbour	9		9
16	Postville	8		8
17	Hopedale	7		7
18	Port Hope Simpson	6		6
19	Natuashish	5		5
20	Forteau	0		0



### Snowshoe Race Community Points

Placement	Community	Male Points	Female Points	Relay Points	Total Points	Event Points	Bonus Points	Community Points
1	Labrador City	33	33	33	99	23	10	33
2	Cartwright	28	17	28	73	22	6	28
3	Happy Valley-Goose Bay	13	28	24	65	21	3	24
4	Wabush	18	20	20	58	20		20
5	Makkovik	16	18	18	52	19		19
6	Forteau	20	24	0	44	18		18
6	L'Anse au Clair	12	16	16	44	18		18
6	West St. Modeste	15	12	17	44	18		18
9	Nain	19	10	13	42	15		15
10	Charlottetown	8	19	14	41	14		14
10	L'Anse au Loup	7	15	19	41	14		14
12	Sheshatshiu	10	14	15	39	12		12
13	William's Harbour	24	13		37	11		11
14	Rigolet	14	10	12	36	10		10
15	Port Hope Simpson	11	11	6	28	9		9
16	Pinsent's Arm	10	6	11	27	8		8
17	Mary's Harbour	5	8	9	22	7		7
18	North West River	2	7	10	19	6		6
19	Churchill Falls	17			17	5		5
20	Postville	4	4	8	16	4		4
21	Hopedale	3	5	7	15	3		3
22	Natuashish	6	3	5	14	2		2

## Meeting Ryan Snodden!

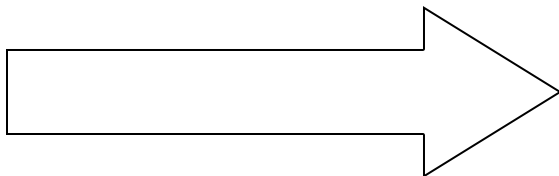


Elsie Pardy (left) and granddaughter Valerie Rachwal, got to meet CBC celebrity Ryan Snodden during the Games. Valerie noted her Nan was super delighted to meet him and even asked about his little baby! God bless her! Also, the fact that Elsie is my great-aunt and Valerie is my second cousin (and one of my awesome reporters) had absolutely nothing to do with me putting this in the paper...nothing...nada...zip.

## MARLENE WHEELER!!

This is me.....

Laying out this paper tonight and Friday night...and probably Saturday night.....



Official 2016 Labrador Winter Games Schedule																	
Monday, March 14			Tuesday, March 15			Wednesday, March 16			Thursday, March 17			Friday, March 18			Saturday, March 19		
Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place
8:30am	Table Tennis	LTC	8:30am	Target Shooting	R&GC	8:30am	Arena Ball Hockey	EJB	9:00am	Volleyball	MMC	8:00am	Darts	RCL	9:00am	Dog Team Race	TB
8:30am	Target Shooting	R&GC	8:30am	Snowmobile Race	RT	8:30am	Badminton	LTC	9:00am	X-Country Skit 10K Relay	BB	9:00am	Labrathon	TB	10:00am	Labrathon	TB
8:30am	Snowshoe Race: Men's 1200m & Women's 800m	MSP	10:30am	Snowshoe Race: Finals, Special Olympics, & Relay	MSP	9:00am	X-Country Skit Men's 10K & Women's 10K	BB	11:30am	Medal Presentation: X-Country Skiing	BB	4:00pm	Medal Presentation: Darts	RCL	11:00am	Medal Presentation: Labrathon	TB
4:00pm	Medal Presentation: Table Tennis	LTC	12:00pm	Medal Presentation: Snowmobile Race	RT	6:30pm	Medal Presentation: Badminton	LTC	4:00pm	Snowshoe Biathlon	BB	6:00pm	Northern Games (Night 1)	EJB	11:45am	Medal Presentation: Dog Team Race	TB
7:00pm	Athletes and Special Guests Movie Night - Zoolander 2	AT	4:30pm	Medal Presentation: Snowshoe Race	MSP	7:30pm	Medal Presentation: Arena Ball Hockey	EJB	4:00pm	Medal Presentation: Volleyball	MMC	10:30pm	Medal Presentation: Northern Games	EJB	12:00pm	Northern Duathlon	BB
			4:00pm	Medal Presentation: Target Shooting	R&GC				6:00pm	Northern Games (Night 1)	EJB				2:00pm	Medal Presentation: Northern Duathlon	BB
			8:00pm	Athletes and Special Guests Labrador Concert	OBAC				7:30pm	Medal Presentation: Snowshoe Biathlon	EJB				5:00pm	Athlete's Banquet	SMH
															7:00pm	Closing Ceremonies	EJB



**Opening Ceremonies**  
 Sunday, March 13, 2016 @ 7:00pm  
 EJ Broomfield Memorial Arena

LTC – Labrador Training Centre  
 R&GC – Rod & Gun Club  
 MSP – MMC Sportsplex  
 AT – Arcturus Theatre

OBAC – O'Brien Arts Centre  
 RT – Race Tracks  
 BB – Birch Brook  
 EJB – EJ Broomfield Arena

MMC – Mealy Mountain Collegiate  
 RCL – Royal Canadian Legion  
 TB – Terrington Basin  
 SMH – Sodexo Mess Hall

## In the spirit of 'The Friendship Games,' do not forget....

### FAIR PLAY CODE FOR ATHLETES

- I will participate because I want to.
- I will play by the rules, and in the spirit of the Game.
- I will control my temper - "fighting and mouthing off" can spoil the activity for everybody.
- I will respect my opponents, team mates, officials, volunteers and spectators.
- I will do my best to be a true Team Player.
- I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays / performances - those of my team and of my opponent.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

### FAIR PLAY CODE FOR CO-ORDINATORS

- I will be reasonable when scheduling team practices and training sessions remembering that participants have other interests and obligations.
- I will teach my athletes to play fairly and respect the rules, the officials and opponents.
- I will ensure that ALL athletes get equal support and playing time.
- I will not ridicule or yell at my athletes for making mistakes or for performing poorly.
- I will make sure that equipment and facilities are safe and match the athlete's age and abilities.
- I will remember that the younger athletes need a coordinator they can respect. I will be generous with praise and set a good example.

**Play hard, play safe, play fair! Have fun!**