



Four-time champs!

Makkovik golden in nail-biter volleyball final!

By Bonnie Learning
The Northern Star

It what turned out to be nearly a point-for-point, best two-of-three match, Makkovik eked out the victory to claim their fourth consecutive LWG volleyball title on Thursday!

Sheshatshiu claimed silver and Happy Valley-Goose Bay took bronze after defeating Nain.

In the first game, Sheshatshiu got off to a great start, with a 5-0 advantage. Makkovik called a time out and slowly started to claw their way back, with saves, spikes and tips. At times, the two teams were tied and were going almost point-for-point at various times as well.

Although Sheshatshiu didn't regain their lead, they weren't going down easy, putting up a fantastic and awesome fight against their opponents.

With Makkovik up 22-14, Dion Voisey drove home a spike to Sheshatshiu's back court and three points later, claimed the first game 25-15.

In game two, Sheshatshiu held their own again against their north coast rivals, with the score tied again at several points throughout the game, including when Sheshatshiu's Bernard Obed came from centre court to nail a spike to Makkovik's court.

Sheshatshiu tied Makkovik again at 16-16 and with exceptional plays and timing, nudged ahead until they were tied again 22-22. They called a time out, and afterwards, a clever tip put them ahead 23-22.

Makkovik's Dion Voisey tied the teams again 23-23 after a serve that Sheshatshiu couldn't quite get under, but Sheshatshiu's Bernard Obed responded in kind with a deadly spike Makkovik couldn't grasp.

The teams tied again at 24-24, and the huge crowd at MMC were nearly



Makkovik's Dion Voisey drives a spike to Sheshatshiu's back court during the final match for the gold medal yesterday.

Photos by Bonnie Learning/The Northern Star

Volleyball victory for Makkovik

Continued from front page

going out of their minds as they cheered on their favourites!

However, after a brief exchange on the final point, Makkovik claimed their gold medal!

Dion Voisey was ecstatic with his team's fourth win – which was also his own fourth win.

"It's awesome," he exclaimed right after the win. "We had to work hard for this one, though!"

Team member Colleen Pottle was super happy with the win as well.

"It was wicked!" she gushed. "This is my (third) volleyball win."

Trevor White, coach of the Happy Valley-Goose Bay team, said his team's bronze medal victory was excellent.

"It was a good tournament," he said. "They made key blocks when they needed to and Shane Byrne played awesome, but it was an all-team win."

Des Montague, volleyball coordinator, said the event went over great.

"It was great competition," he said. "A lot of the games were really close. It was a great day, great volleyball; I was really impressed with the caliber of the play."



Volleyball

Placement	Community
1	Makkovik
2	Sheshatshiu
3	Happy Valley-Goose Bay
4	Nain
5	Hopedale
6	North West River
7	Natuashish
8	Rigolet
9	L'Anse au Loup
10	West St. Modeste



It was a great day of volleyball at MMC, as teams battled it out for medals. In the end, it was Sheshatshiu (left) that claimed silver; Makkovik (centre), gold; and HV-GB (right) bronze.



Sheshatshiu's Bernard Obed makes a centre court spike to Makkovik's court.

Over the top!

Lab City's Chantelle Burseley breaks women's record!

By Bonnie Learning
The Northern Star

The first night of the Northern Games kicked off last night to much fanfare as spectators cheered on their hometown favourites.

The women took the floor first in the hurdles event. With each successive jump, the competitors dwindled away one by one. In the end, Chantelle Burseley of Labrador City jumped 99 hurdles (unofficially).

But it was her performance in over the rope that got the crowd really revved up, as she went over the rope 43 times - beating the previous record set by Sarah O'Donnell a few games back. Ironically, Sarah was Chantelle's spotter!

"It was awesome!" said Chantelle after her performance, noting 51 is her personal best.

After the women, the men took to the floor. The men's hurdles were a crowd pleaser, as athlete after athlete gave up the ghost. In the end, it was Team Cartwright's Neko Brown-Dyson made the most jumps with 172 hurdles (unofficially).

Then it was time for the men's over-the-rope, with the crowd egging them on with every revolution.

The unofficial results for women's hurdles are Lab City, HV-GB, Port Hope Simpson; and unofficial results for women's over-the-rope Lab City, Cartwright and HV-GB.

The unofficial results for men's hurdles are Cartwright, North West River, and Charlottetown; and unofficial results for men's over-the-rope is North West River, Pinsent's Arm and Cartwright.



Chantelle Burseley (with daughter, Kolbee Roberts) broke the women's record for over-the-rope at the first night of the Northern Games. *Photo by Bonnie Learning/The Northern Star*



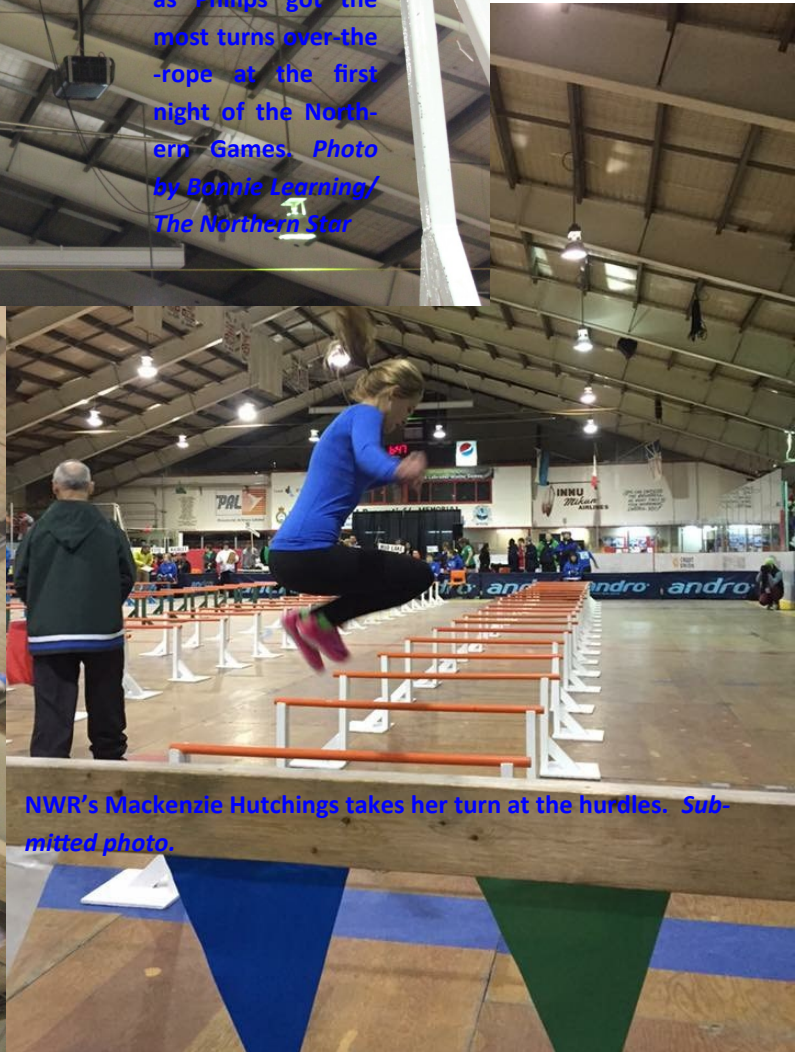
Northern Games a crowd pleaser!



LEFT: NWR's Andreas Philips got the most turns over-the-rope at the first night of the Northern Games. Photo by Bonnie Learning/The Northern Star



Sheshatshiu's Nickolas Gregoire gives it his all at the over-the-rope event. Photo by Bonnie Learning/The Northern Star



NWR's Mackenzie Hutchings takes her turn at the hurdles. Submitted photo.



Happy Valley-Goose Bay skis to gold in relay

By Janice Goudie
The Northern Star

Birch Brook Nordic Ski Club was alive with activity on Thursday as athletes and spectators descended on the outdoor venue for the 10K Cross Country Ski Relay.

Twenty-eight athletes made up the 14 teams that took part in the mandatory event, each with a male and female participant. Even with slightly chilly temperatures, snow conditions were favourable and didn't hinder the spirits of the audience who gathered to cheer the athletes on.

Cyril Brennan and Jessica Dahn of Happy Valley-Goose Bay took gold with an unofficial combined time of 40:08.

"All of our training has been pretty slow because of the cold temperatures," Brennan said of the gold win. "It was almost surprising how quick we moved as compared to normal training days. We were pretty confident, pretty comfortable so it was nice."

Labrador City's Alf Parsons and Sabrina Lawlor won silver with their unofficial time of 44:38. And Liam Vosman and Rhonda Lawrence of Wabush placed in bronze position with 48:04 as their unofficial time.

Special Olympian Melanie Smith also crossed the finish line during Thursday's event. She completed her 10K women's cross country ski in which she received a gold medal.

Not completing the relay was Team North West River made up of Sara Saunders and Joseph McGee. Saunders popped her knee during her portion of the relay and was forced to stop competing in the event. Here's hoping you're feeling better soon, Sara!!



Happy Valley-Goose Bay's Cyril Brennan comes in hard to the finish line during the 10K cross country ski relay. Brennan took gold in the race, along with his partner Jessica Dahn. Photos by Janice Goudie/The Northern Star



Nain athlete Harry Borlase gets a hug from his son Leon after passing the cross country relay finish line. Borlase took bronze in the men's 10km cross-country skiing on Wednesday.



Cross-Country Skiing Community Points

Placement	Community	Male Points	Female Points	Relay Points	Total Points	Event Points	Bonus Points	Community Points
1	Happy Valley-Goose Bay	28	28	33	89	23	10	33
2	Labrador City	33	19	28	80	22	6	28
3	Wabush	16	33	24	73	21	3	24
4	Forteau	15	20	20	55	20		20
4	L'Anse au Clair	12	24	19	55	20		20
5	Postville	19	16	18	53	18		18
7	Charlottetown	18	17	17	52	17		17
8	Nain	24	12	15	51	16		16
8	Cartwright	17	15	16	48	15		15
10	Makkovik	11	13	14	38	14		14
10	Rigolet	14	10	13	37	13		13
12	Hopedale	9	11	12	32	12		12
13	Sheshatshiu	10	9	11	30	11		11
14	North West River	8	14	0	22	10		10
15	Port Hope Simpson	20	0	0	20	9		9
16	L'Anse au Loup		18		18	8		8
17	Churchill Falls	13			13	7		7
18	Natuashish	0	0	0	0	6		6



Cross-Country Skiing Male

Placement	Community	Participant
1	Labrador City	Alf Parsons
2	Happy Valley-Goose Bay	Cyril Brennan
3	Nain	Harry Borlase
4	Port Hope Simpson	Dean burden
5	Postville	Tyler Edmunds
6	Charlottetown	Scottie Powell
7	Cartwright	Neko Brown-Dyson
8	Wabush	Liam Vosman
9	Forteau	Matthew Buckle
10	Rigolet	Jobe Wolfrey
11	Churchill Falls	Mark Abraham
12	L'Anse au Clair	Ryan Cutler
13	Makkovik	Paul Mitchell
14	Sheshatshiu	Uniam Jared Nuna
15	Hopedale	Billy Jararuse
16	North West River	Joseph McGee
***	Natuashish	Ken Ashuk Rich



Cross-Country Skiing Female

Placement	Community	Participant
1	Wabush	Rhonda Lawrence
2	Happy Valley-Goose Bay	Jessica Dahn
3	L'Anse au Clair	Alyson Thomas
4	Forteau	Elizabeth Rose
5	Labrador City	Sabrina Lawlor
6	L'Anse au Loup	Shawna Normore
7	Charlottetown	Olive Penney
8	Postville	Joanne Voisey
9	Cartwright	Alisa Sainsbury
10	North West River	Sara Saunders
11	Makkovik	Charlene Ford
12	Nain	Kimberly Voisey-Maggo
13	Hopedale	Ashley Bawn
14	Rigolet	Crystle Michelin
***	Natuashish	Destiny Nui
***	Port Hope Simpson	Kendra Burden
***	Sheshatshiu	Emma White



Cross-Country Skiing Relay

Placement	Community	Participants
1	Happy Valley-Goose Bay	Jessica Dahn / Cyril Brennan
2	Labrador City	Sabrina Lawlor / Alf Parsons
3	Wabush	Rhonda Lawrence / Liam Vosman
4	Forteau	Elizabeth Rose / Matthew Buckle
5	L'Anse au Clair	Alyson Thomas / Ryan Cutler
6	Postville	Joanne Voisey / Tyler Edmunds
7	Charlottetown	Olive Penney / Scottie Powell
8	Cartwright	Alisa Sainsbury / Neko Brown-Dyson
9	Nain	Kimberly Voisey-Maggo / Harry Borlase
10	Makkovik	Charlene Ford / Paul Mitchell
11	Rigolet	Crystle Michelin / Jobe Wolfrey
12	Hopedale	Ashley Bawn / Billy Jararuse
13	Sheshatshiu	Emma White / Uniam Jared Nuna
DNF	Natuashish	Destiny Nui / Ken Ashuk Rich
DNF	North West River	Sara Saunders / Joseph McGee
DNF	Port Hope Simpson	Kendra Burden / Dean burden



Special Olympics athlete Melanie Smith receives her gold medal in the 10K women's cross country ski. Photo by Janice Goudie/The Northern Star



Rounding out the medal standings in the 10K Cross Country Relay are (L-R) Sabrina Lawlor and Alf Parsons of Labrador City, Cyril Brennan and Jessica Dahn of Happy Valley-Goose Bay, and Rhonda Lawrence and Liam Vosman of Wabush. Photo by Janice Goudie/The Northern Star

HV-GB, Cartwright claim snowshoe biathlon titles

**By Janice Goudie
The Northern Star**

The only slow thing at the men's and women's snowshoe biathlon yesterday was the results of who won the event.

The races, held at the Birch Brook Nordic Ski Club, saw several athletes issue formal protests surrounding trail signage, which resulted in the event's committee having to first review the process.

In the end, Kevin Garneau of Happy Valley-Goose Bay walked away in the gold medal standing with an overall time of 34:13, followed by Preston Morris of Cartwright with a time of 35:45, and Ricky Dean Burden of Churchill Falls who crossed the finish line at 36:00.



Kevin Garneau of Happy Valley-Goose Bay is all smiles as he cools down after his gold medal run in the Snowshoe Biathlon. Photo by Janice Goudie/The Northern Star



Cartwright's Andrea Pardy pushes herself across the finish line to complete the Woman's Snowshoe Biathlon. Pardy won gold in the event on Thursday. Photo by Janice Goudie/The Northern Star

The winning women were Andrea Pardy of Cartwright with an overall time of 41:51, followed by Dana Martin-Kelly of Wabush with 44:26, and Valerie Sheppard of Happy Valley-Goose Bay with a time of 47:15.



Taking home medals in them men's and women's biathlon on Thursday were (from left) Dana Martin Kelly, Wabush, silver; Preston Morris, Cartwright, silver; Kevin Garneau, HV-GB, gold; Andrea Pardy, Cartwright, gold; Valerie Sheppard, HV-GB, bronze; Ricky Dean Burden, Churchill Falls, bronze. Photo by Bonnie Learning/The Northern Star



Snowshoe Biathlon Community Points

Placement	Community	Male Points	Female Points	Total Points	Event Points	Bonus Points	Community Points
1	Cartwright	28	33	61	23	10	33
2	Happy Valley-Goose Bay	33	24	57	22	6	28
3	Wabush	18	28	46	21	3	24
4	Labrador City	20	18	38	20		20
5	Forteau	16	20	36	19		19
6	Postville	19	15	34	18		18
6	Rigolet	17	17	34	18		18
8	L'Anse au Clair	14	14	28	16		16
8	Makkovik	12	16	28	16		16
8	Sheshatshiu	9	19	28	16		16
11	Churchill Falls	24		24	13		13
12	Nain	13	10	23	12		12
12	North West River	10	13	23	12		12
14	Hopedale	8	11	19	10		10
15	Natuashish	7	8	15	9		9
15	West St. Modeste	15		15	9		9
17	Port Hope Simpson	0	12	12	7		7
18	Pinsent's Arm	11		11	6		6
19	Mud Lake		9	9	5		5
20	Charlottetown	0		0	4		4



Natuashish athlete Susie Abel-Nui raises her hands in victory as she finishes her run during the snowshoe biathlon. Photos by Janice Goudie/The Northern Star



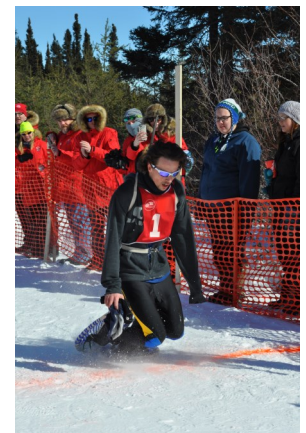
Snowshoe Biathlon Male

Placement	Community	Participant
1	Happy Valley-Goose Bay	Kevin Garneau-Begin
2	Cartwright	Preston Morris
3	Churchill Falls	Ricky Dean Burden
4	Labrador City	Alf Parsons
5	Postville	Tyler Edmunds
6	Wabush	Brett Lilly
7	Rigolet	Guido Rich
8	Forteau	Bradley Hancock
9	West St. Modeste	Joel Lavallee
10	L'Anse au Clair	Jamie Cutler
11	Nain	David Dicker Jr.
12	Makkovik	Paul Mitchell
13	Pinsent's Arm	Richard Williams
14	North West River	Joseph Tuglavina
15	Sheshatshiu	Makkes Penashue
16	Hopedale	Kelsey Hunter
17	Natuashish	Mathias Rich
DNF	Charlottetown	Dwayne Russell
DNF	Port Hope Simpson	Dean burden



Snowshoe Biathlon Female

Placement	Community	Participant
1	Cartwright	Andrea Pardy
2	Wabush	Dana Martin-Kelly
3	Happy Valley-Goose Bay	Valerie Sheppard
4	Forteau	Jocelyn Hancock
5	Sheshatshiu	Thea Penashue
6	Labrador City	Sabrina Lawlor
7	Rigolet	Carol Flowers
8	Makkovik	Betty Jararuse
9	Postville	Melanie Gear
10	L'Anse au Clair	Sandra Thomas
11	North West River	Brenda Saunders
12	Port Hope Simpson	Joyce Clarke
13	Hopedale	Jenny Dicker
14	Nain	Crystal Sillitt
15	Mud Lake	Vyann Kerby
16	Natuashish	Susie Abel-Nui



Brett Lilly literally falls across the finish line in exhaustion as he completes the snowshoe biathlon for team Wabush.

L'Anse au Clair athlete learns new sport for his community

By Janice Goudie
The Northern Star

Ryan Cutler had never heard of the Labrador Winter Games before, much less donned a pair of cross country skis. But that didn't stop the 17-year-old from competing in the 10K men's cross country skiing on Wednesday and the 10K Classic/Free Relay yesterday for his hometown team of L'Anse au Clair.

"This is the first time I've ever been on any type of cross country ski," explained Cutler. "I wanted to come and support the community and try to do the best I could for everyone."

Having never skied before, Cutler borrowed a pair of skis for the competition.

"We only found out a month before that we were coming, I didn't get (the skis) for three weeks (before), and for two weeks we had dangerous conditions, so I got one week of practise in," Cutler says. "They were back country skis so they were apparently a lot heavier than regular classics, and they were un-waxed the whole week I was training."

Despite everything, Cutler placed 12th overall in the men's 10K and finished 5th in the relay race along with his partner Alyson Thomas.

As for whether or not Cutler will pursue the sport?

"I think I will," he laughs. "I think I'll classic and skate, and come back to see what I can do in a couple of years."



Ryan Cutler took up Cross Country Skiing a week before the Games to compete for Team L'Anse au Clair. Photo by Janice Goudie/The Northern Star



Lost! One "M" Armband!

Cameron Andersen's "M" armband has gone MIA! Possibly lost at MMC during volleyball yesterday!

If anyone has seen it, please return to Cameron! He would really appreciate it!

Take note! Final release of standings until closing ceremonies!

Labrador Winter Games 2016

Results



Communities	Mandatory Events					Optional Events					Sub Total	Grand Total
	Snowshoe Race	Target Shooting	X-Country Skiing	Snowshoe Biathlon	Sub Total	Table Tennis	Snowmobile Race	Badminton	Ball Hockey	Volleyball		
	Monday March 14	Monday March 14	Wednesday March 16	Thursday March 17		Monday March 14	Tuesday March 15	Wednesday March 16	Wednesday March 16	Thursday March 17		
1 Makkovik	19	17	14	16	66	28		33	28	33	122	188
2 Cartwright	28	33	15	33	109	15	19		33		67	176
3 Happy Valley-Goose Bay	24	28	33	28	113	19		19		24	62	175
4 Labrador City	33	19	28	20	100	24	28	18			70	170
5 Wabush	20	16	24	24	84	14	17	17	19		67	151
6 Sheshatshiu	12	5	11	16	44	33		24	19	28	104	148
7 Nain	15	13	16	12	56	17	18		15	20	70	126
8 Postville	4	20	18	18	60	18	12	28			58	118
9 Forteau	18	15	20	19	72	8	11	15			34	106
10 North West River	6	18	10	12	46		20	20		18	58	104
11 L'Anse au Clair	18	8	20	16	62		9	13	17		39	101
12 West St. Modeste	18	4		9	31	13	16	11	15	14	69	100
13 Natuashish	2	13	6	9	30	16	15		20	17	68	98
14 Rigolet	10	14	13	18	55		8		17	16	41	96
15 L'Anse au Loup	14	24	8		46	13	7		13	15	48	94
16 Hopedale	3	6	12	10	31	20	10			19	49	80
17 Charlottetown	14	13	17	4	48	10	6	15			31	79
18 Pinsent's Arm	8	7		6	21		24		24		48	69
19 Port Hope Simpson	9	13	9	7	38	9	5	12			26	64
20 Mud Lake		13		5	18		33	10			43	61
21 Mary's Harbour	7	3			10	11	13	16			40	50
22 Churchill Falls	5		7	13	25						0	25
23 William's Harbour	11				11		14				14	25

Marlene Wheeler!!!

This is us....

Saturday...



"Another Lab Winter Games in the books, Bonnie! See? Just one week every three years...that wasn't so bad, was it?"

"Kiss my arse, Marlene..."

Cheers! To alcohol!!"

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	10:00am	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 2)	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



Kiss me, I'm Irish!

Team Mary's Harbour had fun celebrating St. Patrick's Day yesterday, as they dressed in their finest greens and headed out for some fun & merriment!

(Submitted photo)

