



The Northern Star

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Five time champs! Makkovik retains LWG volleyball title!

By Arlene Pittman
The Northern Star

For the 5th straight Labrador Winter Games Makkovik claimed victory over everything volleyball!! Hail ye' Makkovik!

Makkovik's North Coast peeps from Nain and Hopedale claimed silver and bronze, respectively, making it a clean sweep for the district of Torngat Mountains in volleyball!

From the very start of the day, volleyball reigned supreme. A very narrow victory between HV-GB and Hopedale during one of the first matches in the morning led to a 30-28 victory for HV-GB, the game was intense, and as the day went on, games kept gaining more momentum!



Team Makkovik claimed the gold medal in yesterday's volleyball showdown for their 5th consecutive LWG title . (Trevor Ackland photo)

Volleyball - one of many sporting events during the LWG - has been a jaw dropping, nail biting, visual explosion, to say the very least. Communities across this Big Land, never cease to amaze when it comes to the hard hitting (no pun intended!), floor-skidding, ball-saving, jaw dropping crazy volleyball matches that happen between communities during the Games. The talent that exists across The Big Land is astonishing. Every age, every skill level and every possible dig was made over and over throughout the day by every team and every player during every match.

From the first match, to the championship game, and all games in-between, the gym was blocked with fans cheering for their home town team and watching in amazement the agility of athletes of all ages, fight, dig and pound their way to victory.

During the round robin the game between Nain and Makkovik was a game for the Gods with Makkovik edging out Nain with a 25-21 victory.

See "North Coast" on next page

North Coast dominates volleyball finals!

Con't from front page

The bronze medal game was not for the weak of heart. Happy Valley-Goose Bay had to once again face Hopedale but who would claim the glory? The game went to three matches, with HV-GB claiming the first victory 25-17, while Hopedale refused to back down took the second game 25-19. So on to game 3 to decide the bronze medal – it was a tight, hard fought game with Hopedale taking the win 15-11.

The final once again brought together Makkovik against Nain. Who would claim the North Coast victory? The finals had everyone on their feet, with Makkovik taking the first game 25-15 in a hard hitting game against the best of the coast.



The north coast completely and utterly dominated the volleyball finals! (Arlene Pittman photo)

The second game was a game of constant back and forth point for point it seemed to go on forever, and as one fan stated, "You can't get much closer than this!" However, it seemed the Gods were with Makkovik as they took their fifth volleyball championship for the Labrador Winter Games with a 25-22 victory over their rivals. It was a game of champions!

Dillian Andersen - a second-time team player on Team Makkovik - was beyond excited and extremely happy with his team's victory.

"I was on the team during the last Winter Games, but I sat on the bench a lot," he said. "This time it's perfect!"



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energy



Snowshoe showdown!

Mens, womens snowshoe finals, relay, set for this morning

By Jill Williams
The Northern Star

Spectators at the 2019 snowshoe races yesterday were far from disappointed with the competition, with a great day of heats and some close finishes!

The snowshoe race has the highest number of athletes for any event this Games, as most teams submit two male and two female competitors. All heats consisted of 5-6 athletes and the heats determined the schedule for today's final races.

The men's races started first, going three times around the track for a total of 1200 meters. Cartwright, Labrador City and Goose Bay swept the men's finals, with all of their males in the final race today. In the first heat, the top male score of the day came from Cartwright's Michael Scott (4:23:19). Labrador City's Tyler Hollett had the second best time at 4:35:19 and Labrador City's Devon Ryan had the third best time at 4:36:93. Goose Bay's Stephen Pike who had the fourth best time at 4:40:59, followed by Cartwright's Rich Lewis with a time of 4:51:57, and rounding out the men's final today is Chris Griffin from Goose Bay who ran in the last heat of the morning yesterday with a time of 5:04:90.

The women's race started at 1 pm with the athletes going two times around the track for a total of 800 meters. Labrador City's Jessica Roberts got the best time at 3:07:63, followed by Cartwright's Mackenzie Burdett at 3:20:81. L'anse au Clair's Alyson Thomas had the third best time at 3:24:88, followed by Labrador City's Amanda Daniels with a time of 3:34:25. Goose Bay's Janine Roberts will also be in the finals with a time of 3:35:19 and rounding out the women's final today is Port Hope Simpson's Kendra Burden with a time 3:36:15.

Another exciting day of competition awaits us today! The women's finals start at 10:30 a.m. with men's finals starting at 10:45 a.m. The Special Olympians will be racing at 11:30 am with seven heats of athletes competing. The final event of the day is the relay that starts at 12:15 p.m. with 16 communities racing in three heats. Medal presentations will follow for all snowshoe events.



It was an exciting day for at the snowshoe track yesterday, with both the women's and men's races providing some great sport on a beautiful day! (Photo by Kathleen Simms)



Ready...aim...

Target shoot continues today!

By Friededrike
Eybe
The Northern Star

The target shooting event got underway yesterday, with both the men and women shooting their first 500 rounds in the prone position.

After a rough practice shooting on Sunday due to strong wind, the conditions continued to improve into Monday.

"The wind is much lighter today and we even began to see the sun in the afternoon," said Wilf Stuckless, the coordinator for the target shooting event. Wilf has been a volunteer for the LWG since the start and says he is happy to see so many regular and new faces.

Catherine Turnbull, a volunteer at the registration desk, observed everything is going smoothly. Born and raised in Black Tickle, she is now cheering for her friends in Cartwright and Goose Bay.



Frances Bell of Team Wabush carefully aims at the target in the prone position at yesterday's target shoot at the Shooting Range on NWR Road. The event continues today. (Photo by Friededrike Eybe)

For many athletes the Games seem to be a family affair when people from 20 communities across the Big Land come together. Labrador City athlete Victoria Gatehouse is on the same team as her boyfriend and will be competing against her godmother from Cartwright. It is her third time competing at the Games and she is part the target shooting as well as the ball hockey team.

"It is great to meet everyone from all over Labrador and make new friends across the province," said Victoria. "We started training in November when we formed the Labrador City team. I am looking forward to the competition and watching the Labra-thon."

Tyler Harris of Nain is excited to compete in his first Winter Games.

"Being on the team was a last minute decision and I did not fully realize it until the opening ceremony on Sunday," said Tyler, who is competing in target shooting and the Labra-thon. "I am usually not much of a cheerer but I found myself cheering along my teammates. I will aim for my personal best in the competition. I am looking forward to getting to know the other athletes. I am just trying to take it all in."

The Labrador Winter Games target shooting event is named in memory of the late Francis Campbell of Rigolet. He was referred to as one of the best hunters in Rigolet and he loved the target shooting competition. His daughter, Iris Allen remembers growing up in Rigolet and going hunting with her father and is proud of her father's achievements. "Even though I live in North West River now, my heart will always be in Rigolet," said Iris. Her father would sure be proud of all the athletes competing here!

Target shooting continues this morning at 8:30 a.m. for the men and women in the standing and sitting positions.

Today's badminton schedule! Support your faves!



BADMINTON

	Court 1	Court 2	Court 3
	Men's Singles		
8:30 AM	Port Hope Simpson vs L'Anse au Clair	Sheshatshiu vs Hopedale	Charlottetown vs North West River
8:40 AM	Forteau vs Wabush	Postville vs L'Anse au Loup	Natuashish vs Happy Valley-Goose Bay
8:50 AM	Makkovik vs Labrador City	Port Hope Simpson vs Charlottetown	L'Anse au Clair vs Sheshatshiu
9:00 AM	Rigolet vs West St. Modeste	Forteau vs Natuashish	Wabush vs Postville
9:10 AM	Port Hope Simpson vs Sheshatshiu	North West River vs Labrador City	Hopedale vs Makkovik
9:20 AM	Forteau vs Postville	Happy Valley-Goose Bay vs West St. Modeste	L'Anse au Loup vs Rigolet
9:30 AM	L'Anse au Clair vs Hopedale	North West River vs Makkovik	Charlottetown vs Labrador City
9:40 AM	Wabush vs L'Anse au Loup	Happy Valley-Goose Bay vs Rigolet	Natuashish vs West St. Modeste
9:50 AM	Sheshatshiu vs North West River	L'Anse au Clair vs Charlottetown	Port Hope Simpson vs Hopedale
10:00 AM	Postville vs Happy Valley-Goose Bay	Wabush vs Natuashish	Forteau vs L'Anse au Loup
10:10 AM	Charlottetown vs Makkovik	Port Hope Simpson vs Labrador City	L'Anse au Clair vs North West River
10:20 AM	Natuashish vs Rigolet	Forteau vs West St. Modeste	Wabush vs Happy Valley-Goose Bay
10:30 AM	Hopedale vs Labrador City	Sheshatshiu vs Makkovik	Port Hope Simpson vs North West River
10:40 AM	L'Anse au Loup vs West St. Modeste	Postville vs Rigolet	Forteau vs Happy Valley-Goose Bay
10:50 AM	L'Anse au Clair vs Makkovik	Hopedale vs Charlottetown	Sheshatshiu vs Labrador City
11:00 AM	Wabush vs Rigolet	L'Anse au Loup vs Natuashish	Postville vs West St. Modeste
11:10 AM	Sheshatshiu vs Charlottetown	Hopedale vs North West River	Port Hope Simpson vs Makkovik
11:20 AM	Postville vs Natuashish	L'Anse au Loup vs Happy Valley-Goose Bay	Forteau vs Rigolet
11:30 AM		L'Anse au Clair vs Labrador City	Wabush vs West St. Modeste
11:40 AM	8th Place A vs 8th Place B	7th Place A vs 7th Place B	6th Place A vs 6th Place B
11:50 AM	5th Place A vs 5th Place B	4th Place A vs 4th Place B	3rd Place A vs 3rd Place B
12:00 PM	Women's Singles		
12:10 PM	Makkovik vs Postville	Forteau vs Charlottetown	Sheshatshiu vs Rigolet
12:20 PM	Wabush vs Labrador City	L'Anse au Loup vs Happy Valley-Goose Bay	Hopedale vs North West River
12:30 PM	L'Anse au Clair vs Port Hope Simpson	Makkovik vs Sheshatshiu	Postville vs Forteau
12:40 PM	L'Anse au Loup vs Hopedale	Wabush vs Natuashish	Labrador City vs Happy Valley-Goose Bay
12:50 PM	Makkovik vs Forteau	Rigolet vs Port Hope Simpson	Charlottetown vs L'Anse au Clair
1:00 PM	Happy Valley-Goose Bay vs Natuashish	Labrador City vs North West River	Wabush vs L'Anse au Loup
1:10 PM	Postville vs Charlottetown	Rigolet vs L'Anse au Clair	Sheshatshiu vs Port Hope Simpson
1:20 PM	Wabush vs Hopedale	Labrador City vs L'Anse au Loup	North West River vs Natuashish
1:30 PM	Forteau vs Rigolet	Postville vs Sheshatshiu	Makkovik vs Charlottetown
1:40 PM	L'Anse au Loup vs North West River	Hopedale vs Natuashish	Wabush vs Happy Valley-Goose Bay
1:50 PM	Sheshatshiu vs L'Anse au Clair	Makkovik vs Port Hope Simpson	Postville vs Rigolet
2:00 PM	Happy Valley-Goose Bay vs Hopedale	Wabush vs North West River	Labrador City vs Natuashish
2:10 PM	Charlottetown vs Port Hope Simpson	Forteau vs L'Anse au Clair	Makkovik vs Rigolet
2:20 PM	L'Anse au Loup vs Natuashish	Happy Valley-Goose Bay vs North West River	Labrador City vs Hopedale
2:30 PM	Postville vs L'Anse au Clair	Charlottetown vs Sheshatshiu	Forteau vs Port Hope Simpson
2:40 PM	Forteau vs Sheshatshiu	Charlottetown vs Rigolet	Makkovik vs L'Anse au Clair
2:50 PM			Postville vs Port Hope Simpson
3:00 PM	7th Place A vs 7th Place B	6th Place A vs 6th Place B	5th Place A vs 5th Place B
3:10 PM	4th Place A vs 4th Place B	3rd Place A vs 3rd Place B	
3:20 PM	Mixed Doubles		
3:30 PM	Charlottetown vs L'Anse au Clair	Rigolet vs Hopedale	North West River vs Forteau
3:40 PM	Postville vs Labrador City	Makkovik vs Happy Valley-Goose Bay	Sheshatshiu vs Natuashish
3:50 PM	L'Anse au Loup vs Port Hope Simpson	Charlottetown vs North West River	L'Anse au Clair vs Rigolet
4:00 PM	Makkovik vs Sheshatshiu	Postville vs Wabush	Labrador City vs Happy Valley-Goose Bay
4:10 PM	Charlottetown vs Rigolet	Forteau vs Port Hope Simpson	Hopedale vs L'Anse au Loup
4:20 PM	Happy Valley-Goose Bay vs Wabush	Labrador City vs Natuashish	Postville vs Makkovik
4:30 PM	L'Anse au Clair vs Hopedale	Forteau vs L'Anse au Loup	North West River vs Port Hope Simpson
4:40 PM	Postville vs Sheshatshiu	Labrador City vs Makkovik	Natuashish vs Wabush
4:50 PM	Rigolet vs Forteau	L'Anse au Clair vs North West River	Charlottetown vs Hopedale
5:00 PM	Makkovik vs Natuashish	Sheshatshiu vs Wabush	Postville vs Happy Valley-Goose Bay
5:10 PM	North West River vs L'Anse au Loup	Charlottetown vs Port Hope Simpson	L'Anse au Clair vs Forteau
5:20 PM	Happy Valley-Goose Bay vs Sheshatshiu	Postville vs Natuashish	Labrador City vs Wabush
5:30 PM	Hopedale vs Port Hope Simpson	Rigolet vs L'Anse au Loup	Charlottetown vs Forteau
5:40 PM	Makkovik vs Wabush	Happy Valley-Goose Bay vs Natuashish	Labrador City vs Sheshatshiu
5:50 PM	L'Anse au Clair vs L'Anse au Loup	Hopedale vs North West River	Rigolet vs Port Hope Simpson
6:00 PM	Rigolet vs North West River	Hopedale vs Forteau	Charlottetown vs L'Anse au Loup
6:10 PM			L'Anse au Clair vs Port Hope Simpson
6:20 PM	7th Place A vs 7th Place B	6th Place A vs 6th Place B	5th Place A vs 5th Place B
6:30 PM	4th Place A vs 4th Place B	3rd Place A vs 3rd Place B	
6:40 PM	Play-offs		
6:50 PM	Men's Singles: 2nd Place B vs 1st Place A		2nd Place A vs 1st Place B
7:00 PM			
7:10 PM	Men's Singles: 3rd Place Game		
7:20 PM			
7:30 PM	Women's Singles: 2nd Place B vs 1st Place A		2nd Place A vs 1st Place B
7:40 PM			
7:50 PM	Women's Singles: 3rd Place Game		
8:00 PM			
8:10 PM	Mixed Doubles: 2nd Place B vs 1st Place A		2nd Place A vs 1st Place B
8:20 PM			
8:30 PM	Mixed Doubles: 3rd Place Game		
8:40 PM			
8:50 PM	Men's Singles: Championship Match		
9:00 PM			
9:10 PM	Women's Singles: Championship Match		
9:20 PM			
9:30 PM	Mixed Doubles: Championship Match		



Premier Dwight Ball (centre, back) hosted a “Premier’s Snowshoe Walk” after the men’s races yesterday, for members of the Special Olympics and Melville Mantas Swim Team. The Premier was also joined by the four Labrador MHA’s - Perry Trimper, Graham Letto, Lisa Dempster, Randy Edmunds, as well as Labrador MP Yvonne Jones. *(Submitted photo)*

It’s about R-E-S-P-E-C-T!

Violence Prevention Labrador (VPL) is holding its “Respect” campaign once again at the 2019 LWG!

The campaign promotes respect & kindness not only at the LWG, but 365 days a year!

The VPL crew will be handing out their awesome purple buffs, and they want all of Labrador to have the opportunity to get one – they will be out and about at all the venues, randomly handing out buffs to those they see demonstrate a random act of kindness. They also want to hear your stories to share on their FB page and use **#BigLandKindness** to nominate someone YOU feel is deserving of a buff! Random draws will take place with the names submitted.

Visit **VPL Respect Campaign-LWG 2019 on Facebook** to find out more and to share your pics, nominations and stories!!

BE KIND TO ONE ANOTHER! SHARE THE GOOD!



The fine ladies at A & W in Goose Bay are certainly worthy of VPL buffs as they spread **#BigLandKindness** every day! *(Photo by Petrina Beals)*

Meet some athletes from...everywhere!



Name: Louisa Lampe —Age 20

Community: Nain

Sport(s): Volleyball, ball hockey & table tennis

This is Louisa's 1st time at the LWG.

Thoughts on the Games so far:
"Exciting & nervous!"



Name: Destiny Nui—Age 17

Community: Natuashish

Sport(s): Volleyball, ball hockey & northern duathlon

This is Destiny's 2nd time at the LWG.

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



Name: Darlene Winters—Age 37

Sport(s): Volleyball & table tennis

This is Darlene's 5th time at the LWG.

Thoughts on the Games so far: "I love the competition & seeing old friends!"



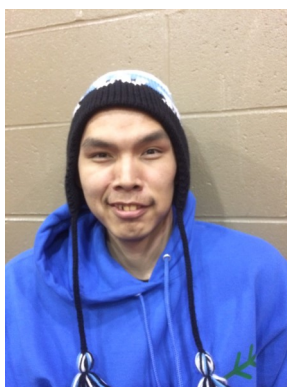
Name: Chesley Sheppard—Age 35

Community: Rigolet

Sport(s): Volleyball, ball hockey & northern games

This is Chesley's 3rd time at the LWG (2nd as team coordinator)

Thoughts on the Games so far: "I love it; it's good to get out & play against other communities."



Name: Mickey Obed—Age 21

Community: North West River

Sport(s): Snowshoe races

This is Mickey's 1st time at the LWG.

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



Name: Lyndon Cabot —Age 29

Community: L'Anse au Loup

Sport(s): Volleyball, table tennis & darts

This is Lyndon's 2nd time at the LWG.

Thoughts on the Games so far: "The LWG is great to get communities together and have fun—the main thing is to have fun!"

This & that....



Volleyball

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

COFFEE HUT

Wednesday, March 20, 6:00 – 8:00pm
Saturday, March 23, 10:00am – 2:00pm

**College of the North Atlantic,
 Happy Valley Goose Bay Campus**



Learn about programs & Services
View old yearbooks
Tour the campus

Drop by for a coffee, snack, & a chance to win prizes



SOUP & SANDWICH *Fundraiser*



MARCH 20TH
11:30AM–1:00PM
COST– \$8
39 CHURCHILL ST.



All funds raised will go to
 our Annual Red Shield Appeal.
 Thank you for your support!

**Good
 Luck
 To
 All
 Teams!**