



The Northern Star

Official Newspaper of the 2019 Labrador Winter Games

Friday, March 22

Volume 13, Issue #5



Claire Sainsbury of Cartwright gave a fantastic effort in Over the Rope last night, regardless of being in obvious pain from a leg cramp. (Photos by Bonnie Learning)

Girl power at Northern Games Night 1!

By Bonnie Learning
The Northern Star

Two women at the Northern Games proved their physical toughness last night.

Chantelle Bursey of Lab City, the 2016 women's record holder for Over the Rope, told *The Northern Star* she hasn't been able to train for the event for the last month and a half due to a herniated disk.

"I heard my little girl – she was in the front row – saying, 'Keep going, mom!'" said Chantelle. "So I'd push five more."

Despite her injury, Chantelle made the over the rope look as easy as baking a cake as she smoothly went around and around time after time to try to defend – if not beat – her own record she set at the 2016 Games with 44 rotations. But it was not

See "Garrison" on next page

Garrison Campbell achieves personal best

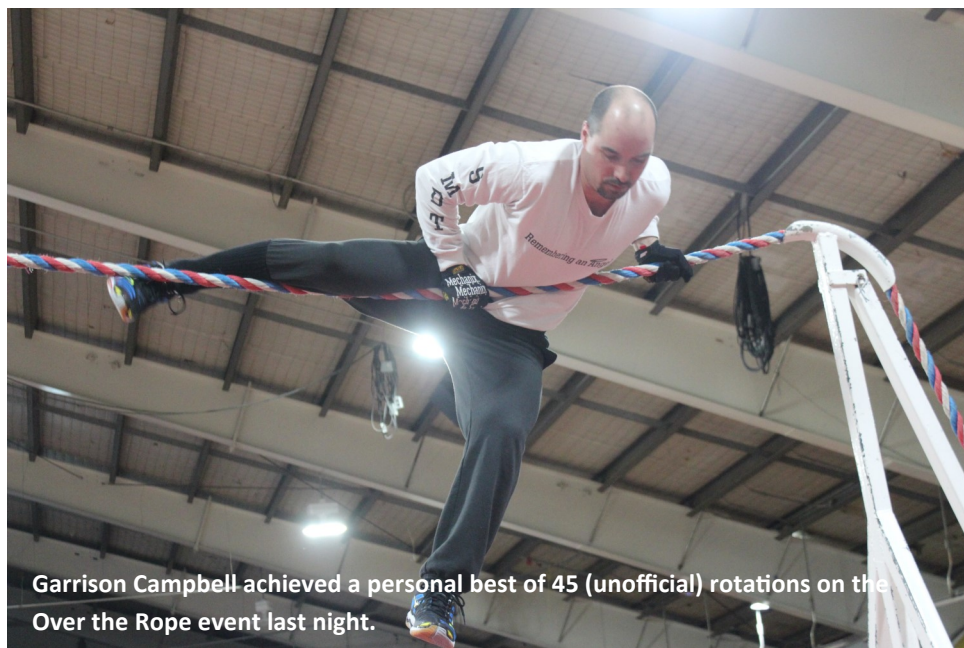
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meant to be as she went over for the last time with (unofficially) with 31.

When asked how she felt after she finished, she was to the point: "Pooped out!" she laughed.

Claire Sainsbury of Cartwright pushed through an excruciating leg cramp she developed part way through her rotations on the rope. The pain was evident on her face, but the support of the crowd spurred her to keep going.

By the time she finished, she dropped to the mat in obvious pain as she grabbed her leg.



Garrison Campbell achieved a personal best of 45 (unofficial) rotations on the Over the Rope event last night.

"The crowd kept me going," she said of the fans cheering her on. "I feel good about my performance; I've been training for three months!"

The unofficial results for the women for over the rope are: 1st – Chantelle Bursey, Lab City, 31; 2nd – Cartwright – Claire Sainsbury, 30; and Kelly Way, HVGB, 10.

After the women finished with the rope, it was time for the men's event.

Cartwright's Nico Brown-Dyson was a front runner as he made 30 unofficial rotations. "It feels good now it's over," he chuckled after he got off the rope.

Nico says he and teammate Claire Sainsbury trained hard for this event over the last three months.

"I wasn't quite expecting to get that many, but it's different when you get up there," he said.

Not to be outdone, the last competitor of the evening, Garrison Campbell, made 45 rotations over the rope before calling it quits.

"That was my personal best for this year," he said after the event.

Garrison has competed in this event for at least the last 5 Games that he can recall.

"I'm what you'd call a veteran," he quipped.

Unofficial results for the men's Over the Rope were unavailable as of press time.

Hurdles

Prior to the Over the Rope event, the crowd at the jam-packed E.J. Broomfield Memorial Arena cheered on their favourites in the hurdles event.

Unofficial results for the men's and women's hurdles were unavailable as of press time.



Forteau's Matthew Buckle takes a second before trying another rotation



Charlottetown's Cassandra Campbell made a great effort in Over the Rope.



North West River's Grace Tuglavina gives it her all in the hurdles

Power paddles!

Nain claims gold in men's, mixed doubles table tennis

By Bonnie Learning
The Northern Star

It was another great day of competition at the Labrador Training Centre, as supporters came out to cheer on the table tennis athletes.

A total of 16 communities comprised of 32 athletes battled it out and despite being behind schedule, the day went smoothly in terms of play.

Claiming the medals for the women were Labrador City's Michelle Manning, gold; Sheshatshiu's Laila Andrew, silver; and Louisa Lampe of Nain with the bronze,

In the men's event, Nain's Stephen Dennison won gold, HVGB's Shane Byrne claimed silver, and Jamie Karpik of Nain rounded out the medals with the bronze.



From left, Shunee Byrne, silver, mixed doubles; Laila Andrew, silver, women's singles; Shane Byrne, silver, mixed doubles & men's singles; Louisa Lampe, gold, mixed doubles & bronze in women's singles; Stephen Dennison, gold, mixed doubles & mixed doubles; Michelle Manning, gold, women's singles; Darlene Winters, bronze, mixed doubles; Jamie Karpik, bronze, mixed doubles. (Photo by Ken Poirier)

In mixed doubles, Nain's Stephen Dennison and Louisa Lampe got the gold, followed by Shane Byrne and Shunee Byrne for a silver finish, and Hopedale's Jamie Karpik and Darlene Winters with a bronze medal finish.

"As always, the day was filled with exciting matches, fast paced rallies and a high level of sportsmanship from all athletes," said Tanya Schlossek, coordinator for the table tennis event.

"Everyone considers the day a success!"



Table Tennis Overall Points

Placement	Community	Male Points	Female Points	Doubles Points	Total Points
1	Nain	30	21	30	81
2	Happy Valley-Goose Bay	25	17	25	67
3	Labrador City	13	30	17	60
4	Hopedale	21	16	21	58
5	Sheshatshiu	12	25	13	50
6	Makkovik	17	12	16	45
7	Postville	16	10	15	41
8	Wabush	14	14	11	39
9	Natuashish	10	13	14	37
10	North West River	7	15	12	34
11	West St. Modeste	15	9	8	32
11	Pinsent's Arm	6	11	10	27
13	Charlottetown	9	8	9	26
14	L'Anse au Loup	11	6	6	23
15	Forteau	5	7	7	19
16	L'Anse au Clair	8	5	5	18



Table Tennis Female

Placement	Community	Participant
1	Labrador City	Michelle Manning
2	Sheshatshiu	Laila Andrew
3	Nain	Louisa Lampe
4	Happy Valley-Goose Bay	Shunee Byrne
5	Hopedale	Darlene Winters
6	North West River	Mary Lou Harris
7	Wabush	Francis Bell
8	Natuashish	Diane Rich
9	Makkovik	Betty Sampson
10	Pinsent's Arm	Mandy Campbell
11	Postville	Glenda Sheppard
12	West St. Modeste	Julia Rumbolt
13	Charlottetown	Hannah Russell
14	Forteau	Chloe Roberts
15	L'Anse au Loup	Kennedi Holley
16	L'Anse au Clair	Sara Thomas



Table Tennis Male

Placement	Community	Participant
1	Nain	Stephen Denniston
2	Happy Valley-Goose Bay	Shane Byrne
3	Hopedale	Jamie Karpik
4	Makkovik	Cory Pottle
5	Postville	Justin Jacque
6	West St. Modeste	Neko Butt
7	Wabush	Ryan Barron
8	Labrador City	Aaron Pinksen
9	Sheshatshiu	Kenneth Nui
10	L'Anse au Loup	Lyndon Cabot
11	Natuashish	Mathias Rich
12	Charlottetown	Ryan Green
13	L'Anse au Clair	Wilfred Butt
14	North West River	Alex Flynn
15	Pinsent's Arm	Richard Stokes
16	Forteau	Scott Hancock



Table Tennis Mixed Doubles

Placement	Community	Participants
1	Nain	Stephen Denniston / Louisa Lampe
2	Happy Valley-Goose Bay	Shane Byrne / Shunee Byrne
3	Hopedale	Jamie Karpik / Darlene Winters
4	Labrador City	Aaron Pinksen / Michelle Manning
5	Makkovik	Cory Pottle / Betty Sampson
6	Postville	Justin Jacque / Glenda Sheppard
7	Natuashish	Mathias Rich / Diane Rich
8	Sheshatshiu	Kenneth Nui / Laila Andrew
9	North West River	Alex Flynn / Mary Lou Harris
10	Wabush	Ryan Barron / Francis Bell
11	Pinsent's Arm	Richard Stokes / Mandy Campbell
12	Charlottetown	Ryan Green / Hannah Russell
13	West St. Modeste	Neko Butt / Julia Rumbolt
14	Forteau	Scott Hancock / Chloe Roberts
15	L'Anse au Loup	Lyndon Cabot / Kennedi Holley
16	L'Anse au Clair	Wilfred Butt / Sara Thomas

Snowshoe biathlon

Griffin, Lawrence take gold!

By Friededrike Eybe
The Northern Star

It was a beautiful day with bright sunshine for the snowshoe biathlon at Birch Brook Thursday afternoon. And it was also a bright day for Goose Bay's Chris Griffin and Wabush's Rhonda Lawrence who took top spots in the event.

Andrea Pardy of Carwright took the silver, while Nicole Deschamps of HVGB claimed bronze for the women.

Rounding out the medals for the men was Lab City's Alf Parsons with silver, and Dean Burden of Port Hope Simpson with the bronze.

The event is a combination of snowshoe racing and target shooting. The course consists of a 6.5 km trail including two shooting stages.

Rhonda Lawrence has been competing in every LWG since 1986. She has been training on the ski trails with biathlon targets the last few weeks in her hometown Wabush. Rhonda is proud of her son, Jody, who won gold in the Special Olympics skiing event.

Yesterday was also "Down Syndrome Day," as so she ran the trail with two odd socks on her feet to show support and for good luck. She said she is enjoying the energetic atmosphere at the LWG and the friendliness of the people.

"Over the years I met a lot of people from all over Labrador," she said. "Now, you recognize them and even if you have not seen each other for three years, you pick up from where you left off. Everyone is supportive and got you back."

This week she already competed in the snowshoe race, skiing and the biathlon.



Rhonda Lawrence of Wabush claimed gold in the women's snowshoe biathlon on Thursday. (Photos by Friededrike Eybe)

See "Lots" on next page

'Lots of enthusiasm'

Con't from previous page

Now, she is looking forward to the duathlon event on Saturday. She thinks that the bar is getting higher every year as more young Labradorians become interested in the LWG.

"The biathlon is one of the toughest events here at Birch Brook," notes Graham Moorhouse, one of the volunteers.

"The athletes are completely exhausted in the finish. They really put themselves completely into this. The hard part is to slow your breathing down to focus on the shooting. The competitor must fire five rounds at the targets and one minute penalty will be given for each missed shot."

The snowshoe biathlon is one of four events hosted by the Birch Brook skiing club which makes it a focal point of the LWG. Many volunteers stepped in to ensure a great week of events. Allan Bock of the Birch Brook Ski Club is the committee chair for the snowshoe biathlon event. He is thankful for all the help and excited for the competitions.

"My favourite part of the LWG is seeing the energy and the enthusiasm of the spectators that come out to support their athletes," said Allan.

Eldred Allen of Rigolet did not miss a single target and is pleased with his time.

"I did the best I could do. I am really happy with it," he said. "It is really difficult to shoot after the running part. I had to take some seconds to get my heart rate and breathing to slow down. It is better to take a couple seconds to calm down than missing one of the targets."

He is enjoying the time here in Goose Bay and competed in the ball hockey competition on Wednesday. Now, he is looking forward to the Northern Games tonight and his darts competition today.



The medals for snowshoe biathlon were handed out at the northern games last night. Getting their hardware were, front, from left: Nicole Dechamps, HVGB, bronze; Rhonda Lawrence, Wabush, gold; Andrea Pardy, Cartwright, silver; (back) Alf Parsons, Lab City, silver; Chris Griffin, HVGB, gold; and Dean Burden, PHS, bronze. (Bonnie Learning photo)



Cartwright's Desmond Holwell gives it his all at the finish line!





Snowshoe Biathlon Overall Points

What's up?

Twitter: @LabWinterGames

Placement	Community	Male Points	Female Points	Total Points
1	Happy Valley-Goose Bay	30	21	51
2	Port Hope Simpson	25	17	42
3	Wabush	12	30	42
4	Cartwright	16	25	41
5	Labrador City	21	16	37
6	Charlottetown	17	15	32
7	Postville	13	14	27
8	Rigolet	15	11	26
9	L'Anse au Clair	14	10	24
10	Forteau	9	13	22
11	Makkovik	11	9	20
12	Pinsent's Arm	7	12	19
13	Hopedale	8	6	14
14	Nain	5	8	13
15	North West River	10		10
16	Natuashish	0	7	7
17	Sheshatshiu	6	0	6



Snowshoe Biathlon Female

Placement	Community	Participant
1	Wabush	Rhonda Lawrence
2	Cartwright	Andrea Pardy
3	Happy Valley-Goose Bay	Nicole Deschamps
4	Port Hope Simpson	Kathy Russell
5	Labrador City	Sabrina Lawlor
6	Charlottetown	Paula Campbell
7	Postville	Vyann Andersen
8	Forteau	Vicki Hancock
9	Pinsent's Arm	Sheryl Martin
10	Rigolet	Sherri Rich
11	L'Anse au Clair	Sandra Thomas
12	Makkovik	Megan Andersen
13	Nain	Danika Winters
14	Natuashish	Susie Nui
15	Hopedale	Gwen Winters
16	Sheshatshiu	Mary-Charlotte Michel



Snowshoe Biathlon Male

Placement	Community	Participant
1	Happy Valley-Goose Bay	Chris Griffin
2	Port Hope Simpson	Dean Burden
3	Labrador City	Alf Parsons
4	Charlottetown	Mitchell Kippenhuck
5	Cartwright	Desmond Holwell
6	Rigolet	Eldren Allen
7	L'Anse au Clair	Jamie Cutler
8	Postville	Tyler Edmunds
9	Wabush	Brett Lilly
10	Makkovik	Tyler Andersen
11	North West River	Anatuk Phillips
12	Forteau	Bradley Hancock
13	Hopedale	John Lucy
14	Pinsent's Arm	Richard Williams
15	Sheshatshiu	Rodney Osmond
16	Nain	Russell Barbour
17	Natuashish	Tommy Poker

HV-GB claims gold in ski relay!

By Allan Bock
The Northern Star

A large crowd of fans gathered at Birch Brook Nordic Ski Club to cheer in competitors in the cross country relay races Thursday morning.

In spite of a -16 Celsius temperature at the race start, competitors tore up the ski trails to determine bragging rights for the relay crown.



The tandem of Cyril Brennan and Jessica Dahn, representing Happy Valley-Goose Bay, won the gold medal in a time

of 34:00.6 for the 10 km race. Second spot went to the Labrador City duo of Alfred Parsons and Amanda Daniels of Labrador City in a time of 38:52.0. The bronze medal went to Alyson Thomas and Jamie Cutler of L'Anse au Clair in a time of 47:05.5.

The skiing hardware was handed out today for the 10k relay held yesterday, as well as the men's and women's 10 k events held on Wednesday. Taking the podium to receive their medals are, from left: Alf Parsons & Amanda Daniels, silver in relay & silver in men's, Lab City; Rhonda Lawrence, silver, women's 10 k, Wabush; Jody Lawrence, Special Olympics skier, gold; Cyril Brennan & Jessica Dahn, gold in relay & gold in men's and women's singles; Melanie Smith, Special Olympics skier, gold; Alyson Thomas & Jamie Cutler, bronze in relay, L'anse au Clair; and Dean Burden, bronze in men's 10 k. *(Photo by Friededrike Eybe)*

A total of 12 teams competed, including (in order of finish): Makkovik, Port Hope Simpson, Wabush, Cartwright, Postville, Forteau, Nain, Hopedale and North West River.

Congratulations to all competitors! Your display of determination and spirit are a testament to the pride you have in representing your communities at the Labrador Winter Games! And thank you to all the volunteers for your amazing show of teamwork!



Cross-Country Skiing Relay

Placement	Community	Participants
1	Happy Valley-Goose Bay	Jessica Dahn / Cyril Brennan
2	Labrador City	Amanda Daniels / Alf Parsons
3	L'Anse au Clair	Alyson Thomas / Jamie Cutler
4	Makkovik	Andrea Isnuts-Andersen / Jake Anderson
5	Port Hope Simpson	Hilary Burden / Dean Burden
6	Wabush	Rhonda Lawrence / Liam Vosman
7	Cartwright	Donelda Pardy / Neko Brown-Dyson
8	Postville	Gillian Gear / Tyler Edmunds
9	Forteau	Cynthia Hancock / Bradley Hancock
10	Nain	Rachel Lidd / Caleb Dyson
11	Hopedale	Halle Lucy / William Tuglavina
12	North West River	Olivia Andrew / Barry Blake
13	Rigolet	Shania Williams / Bradley Williams
13	Sheshatshiu	Meeka Qupee / Seth Hurley
13	Natuashish	Hope Piwas / Sam Rich



Cross-Country Skiing Female

Placement	Community	Participant
1	Happy Valley-Goose Bay	Jessica Dahn
2	Wabush	Rhonda Lawrence
3	L'Anse au Clair	Alyson Thomas
4	Labrador City	Amanda Daniels
5	Makkovik	Andrea Isnuts-Andersen
6	Port Hope Simpson	Hilary Burden
7	Cartwright	Donelda Pardy
8	Postville	Gillian Gear
9	Forteau	Cynthia Hancock
10	North West River	Olivia Andrew
11	Hopedale	Halle Lucy
12	Nain	Rachel Lidd
13	Rigolet	Shania Williams
14	Sheshatshiu	Meeka Qupee
15	Natuashish	Hope Piwas

Twitter: @LabWinterGames



Cross-Country Skiing Male

Placement	Community	Participant
1	Happy Valley-Goose Bay	Cyril Brennan
2	Labrador City	Alf Parsons
3	Port Hope Simpson	Dean Burden
4	Postville	Tyler Edmunds
5	Cartwright	Neko Brown-Dyson
6	Forteau	Bradley Hancock
7	Makkovik	Jake Anderson
8	L'Anse au Clair	Jamie Cutler
9	Sheshatshiu	Seth Hurley
10	Charlottetown	Scottie Powell
11	Hopedale	William Tuglavina
12	West St. Modeste	Mathew Gibbons
13	Wabush	Liam Vosman
14	Rigolet	Bradley Williams
15	North West River	Barry Blake
16	Nain	Caleb Dyson
17	Natuashish	Sam Rich



Cross-Country Skiing Overall Points

Placement	Community	Male Points	Female Points	Relay Points	Total Points
1	Happy Valley-Goose Bay	30	30	30	90
2	Labrador City	25	17	25	67
3	L'Anse au Clair	13	21	21	55
4	Port Hope Simpson	21	15	16	52
5	Wabush	8	25	15	48
6	Makkovik	14	16	17	47
7	Cartwright	16	14	14	44
8	Postville	17	13	13	43
9	Forteau	15	12	12	39
10	Hopedale	10	10	10	30
11	North West River	6	11	10	27
12	Nain	5	9	11	25
13	Sheshatshiu	12	7	0	19
14	Rigolet	7	8	0	15
15	Charlottetown	11			11
16	West St. Modeste	9			9
17	Natuashish	4	0	0	4

Super skiers!



Jody Lawrence of Wabush (left, foreground) fresh off winning three medals last month at the 2019 Special Olympics Winter Games in Grand Falls-Windsor, and Melanie Smith (right) of L'Anse au Clair, who competed in the 2016 Labrador Winter Games, were cheered on by spectators and received a rousing welcome as they crossed the finish line at the ski race on Wednesday morning. *(Photos by Trevor Ackland)*



THANK YOU!!

A "Sponsor Appreciation Night" was held at the Canuck Club on Wednesday evening for corporate and in-kind sponsors of the 2019 LWG. It was a nice evening to thank those who make the Games possible so that the "Olympics of the North" can continue on for many years to come. Each sponsor received a beautiful Labradorite plaque in appreciation of their support.

THANK YOU TO ALL THOSE
SPONSORS WHO HELP MAKE THE
LWG POSSIBLE!

IT IS TRULY APPRECIATED!

(Photo by Janice Goudie)

Labrador Winter Games 2019

Results



Communities	Mandatory Events					Optional Events					Grand Total
	Snowshoe Race	Target Shooting	X-Country Skiing	Snowshoe Biathlon	Sub Total	Volleyball	Badminton	Ball Hockey	Table Tennis	Sub Total	
	Monday March 18	Monday March 14	Wednesday March 16	Thursday March 17		Monday March 18	Tuesday March 19	Wednesday March 20	Thursday March 21		
1 Cartwright	25	21	14	17	77	13		16		29	106
2 Charlottetown	16	13	6	15	50		11	12	8	31	81
3 Forteau	8	5	12	11	36		9		6	15	51
4 Happy Valley-Goose Bay	17	30	30	30	107	17	25		25	67	174
5 Hopedale	7	8	11	8	34	21	15		17	53	87
6 Labrador City	30	30	25	16	101		15	30	21	66	167
7 L'Anse au Clair	12	14	21	12	59		8		5	13	72
7 L'Anse au Loup	3	5			8	11	10		7	28	36
9 Makkovik	14	13	15	10	52	30	30	21	15	96	148
10 Mud Lake	10	3			13					0	13
11 Nain	9	8	9	7	33	25		12	30	67	100
12 Natuashish	3	10	4	5	22	16	7	16	12	51	73
13 North West River	5	16	10	6	37	12	21		11	44	81
14 Pinsent's Arm	13	9		9	31			10	9	19	50
15 Port Hope Simpson	21	2	17	25	65		6	14		20	85
16 Postville	11	13	13	14	51		17		14	31	82
17 Rigolet	6	17	7	13	43	15	16	17		48	91
17 Sheshatshiu	1	0	8	4	13	14	12	25	16	67	80
19 Wabush	16	16	16	21	69		13	14	13	40	109
20 West St. Modeste	4	8	5		17		5		10	15	32



Prior to the start of the Northern Games last night, the crowd was entertained with music & drum dancing. (Bonnie Learning photo)

Busy Bunny!

The LWG mascot, Snoff, sure has been getting around town this week, dropping in to all kinds of places to say hello!

You never know where he will pop up next!

