



# The Northern Star

Official Newspaper of the 2019 Labrador Winter Games

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## New champs! Lab City claims first-ever ball hockey gold!

By Bonnie Learning  
The Northern Star

It was the final game of the night at the E. J. Broomfield Memorial Arena and two tired teams gave it their all in the gold medal match.

In the end, Lab City came out on top, as the mercy rule was put into effect against their opponents from Sheshatshiu after a 7-0 score with less than 8 minutes to go.

It's the first gold medal Lab City has ever won in the history of the LWG.

"It was a good day, a good feeling," said Lab City captain Tyler Hollett.

"It was a wicked day, we had a good team, we had a good first game and got it rolling. We're pretty happy now."

Rodney Osmond of Team Sheshatshiu said his team gave it their all right up to the end.

"We were totally beat out right from



See "Makkovik" on next page



# Makkovik claims ball hockey bronze

Con't from front page

the get-go," said Rodney. "We had a short time for a little breather but then we were back again."

Rodney said they weren't sure if they would even make it to the finals, as they had to play a tie-breaker with Cartwright earlier in the evening with 2 wins and 2 losses each.

"Then we had to beat Wabush to get into the semi-finals with Makkovik, and then we were in the finals."

This is the first ball hockey for Sheshatshiu since the 2013 Games.

Taking the bronze medal was Makkovik, who defeated Rigolet 3-1.

Nina Ford of Makkovik said her team was pleased with their bronze medal finish.

"We were tired, but the game went really well," she said.

## Gold medal game

Lab City came out to hard within the first couple of minutes of the first half, scoring one goal. At the 9:30 mark, Sheshatshiu appeared to score, but the ref called a no goal much to the great & vocal displeasure of the crowd in the stands.

Lab City was up 2-0 at the end of the first 15 minute period, and scored again shortly into the second period.

After that, the goals just kept coming until they were up 7-0 and the mercy rule was put into effect.



Ball hockey is one of the biggest spectator sports in the LWG. Claiming medals last night were (from left) Makkovik (bronze); Lab City (gold); and Sheshatshiu (silver).



Makkovik played Sheshatshiu in the semi-finals.



## Target Shooting Female

Placement	Community	Participant
1	Labrador City	Victoria Gatehouse
2	Cartwright	Audrey Morris-Pardy
3	Happy Valley-Goose Bay	Ann Morris
4	Wabush	Francis Bell
5	Rigolet	Sherri Rich
6	Postville	Melanie Gear
7	North West River	Brenda Saunders
8	Pinsent's Arm	Mildred Clark
9	Natuashish	Susie Nui
10	Charlottetown	Bonnie Kippenhuck
11	Makkovik	Charlene Ford
12	Nain	Kim Oliver
13	Mud Lake	Leanne Rumbolt
14	L'Anse au Clair	Pat Jones
15	Forteau	Brenda Hancock
16	Hopedale	Gwen Winters
17	Port Hope Simpson	Cheryl Russell
18	Sheshatshiu	Mary Charlotte Michel



## Target Shooting Male

Placement	Community	Participant
1	Happy Valley-Goose Bay	Sam Morris
2	Cartwright	Harris Morris Jr.
3	Labrador City	Alf Parsons
4	Rigolet	Sheldon Morris
5	L'Anse au Clair	Jamie Cutler
6	North West River	Joseph Townley
7	West St. Modeste	Gus Rumbolt
8	L'Anse au Loup	Jason Jones
9	Wabush	Jim Kingman
10	Makkovik	Herman Voisey
11	Charlottetown	Joshua Turnbull
12	Hopedale	John Lucy
13	Natuashish	Tommy Poker
14	Forteau	Robert Hancock
15	Postville	Tyler Edmunds
16	Nain	Tyler Harris
17	Pinsent's Arm	Harrison Campbell
18	Port Hope Simpson	Patrick Russell
19	Sheshatshiu	Rodney Osmond



## Target Shooting Overall Results

Placement	Community	Male Points	Female Points	Total Points
1	Happy Valley-Goose Bay	30	21	51
1	Labrador City	21	30	51
3	Cartwright	25	25	50
4	Rigolet	17	16	33
5	Wabush	12	17	29
5	North West River	15	14	29
7	L'Anse au Clair	16	7	23
8	Charlottetown	10	11	21
8	Makkovik	11	10	21
8	Postville	6	15	21
11	Natuashish	8	12	20
12	Pinsent's Arm	4	13	17
11	Hopedale	9	5	14
11	Nain	5	9	14
11	West St. Modeste	14		14
16	Forteau	7	6	13
16	L'Anse au Loup	13		13
18	Mud Lake		8	8
19	Port Hope Simpson	3	4	7
20	Sheshatshiu	0	0	0



## Arena Ball Hockey

Placement	Community
1	Labrador City
2	Sheshatshiu
3	Makkovik
4	Rigolet
5	Cartwright
5	Natuashish
7	Port Hope Simpson
7	Wabush
9	Charlottetown
9	Nain
11	Pinsent's Arm



# Happy trails!

## Dahn, Brennan, ski to gold for Goose Bay

**By Allan Bock**  
***The Northern Star***

Conditions at the Birch Brook Nordic Ski Club were ideal for athletes competing in the individual cross country ski races on Wednesday.

The morning greeted skiers with a hard-packed course and cool temperatures. The female race got underway shortly after 9:00 a.m. and the men's race commenced at 11:00 a.m.

The fast conditions helped the top skiers produce exceptional times. In the female race, Happy Valley-Goose Bay's Jessica Dahn finished first in a time of 33:15.1 for

the 10 km race, while teammate Cyril Brennan turned in the best time of the day with a time of 32:10.9 for the 10 km men's race.

Completing the top finishes for the female race were Rhonda Lawrence of Wabush, 39:04.9; and Alyson Thomas of L'Anse au Clair with 41:37.3.

For the men, Alfred Parsons of Labrador City came in second at 34:50.3 and Dean Burden of Port Hope Simpson in third with 37:49.1.

Not to be outdone were two Special Olympians who demonstrated a tremendous amount of ability and enthusiasm!

Jody Lawrence of Wabush, fresh off winning three medals last month at the 2019 Winter Games for Special Olympics in Grand Falls-Windsor, and Melanie Smith 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 cross the finish line.

The female race featured 14 skiers from all areas of Labrador. Many were new entrants to the sport, such as Rachel Lidd of Nain, and showed impressive determination in completing the challenging course. Others were veteran skiers, including Cynthia Hancock of Forteau and Donelda Pardy.



**Jessica Dahn of HV-GB skied her way to a gold medal yesterday in the women's 10K event at Birch Brook. (Photo by Jerry Kean)**

**See "More" on next page**



# More ski events today!

## Con't from previous page

In the men's division, skiers like William Tuglavina of Hopedale hail from small communities where facilities are limited. However, they spoke of training for the ski races on harbours and snowmobile trails and showed promise for future Games.

The second half of cross country ski event commences with the relay race for Labrador communities which gets under way at 9:00 a.m. today. The medal presentation for cross country skiing takes place at Birch Brook Nordic Ski Club at 11:30 a.m.

Events continue at the Birch Brook Nordic Ski Club with Snowshoe Biathlon this afternoon at 1:00 p.m.; 50+ Snowshoe on Friday at 10:30 a.m., and Northern Duathlon on Saturday at 12 noon. A friendly group of volunteers at the ski chalet are serving up soup, chili and treats during all events.



Cyril Brennan crossed the finish line in top spot in the men's 10 km yesterday. (Photo by Gerry Strong)



Gillian Gear of Postville gave it a great effort in the women's 10 km. (Photo by Jerry Kean)



# Labrador Winter Games 2019

## Results



Communities	Mandatory Events			Optional Events				Grand Total
	Snowshoe Race	Target Shooting	Sub Total	Volleyball	Badminton	Ball Hockey	Sub Total	
	Monday March 18	Monday March 14		Monday March 18	Tuesday March 19	Wednesday March 20		
1 Cartwright	25	21	46	13		16	29	75
2 Charlottetown	16	13	29		11	12	23	52
3 Forteau	8	5	13		9		9	22
4 Happy Valley-Goose Bay	17	30	47	17	25		42	89
5 Hopedale	7	8	15	21	15		36	51
6 Labrador City	30	30	60		14	30	44	104
7 L'Anse au Clair	12	14	26		8		8	34
7 L'Anse au Loup	3	5	8	11	10		21	29
9 Makkovik	14	13	27	30	30	21	81	108
10 Mud Lake	10	3	13				0	13
11 Nain	9	8	17	25		12	37	54
12 Natuashish	3	10	13	16	7	16	39	52
13 North West River	5	16	21	12	21		33	54
14 Pinsent's Arm	13	9	22			10	10	32
15 Port Hope Simpson	21	2	23		6	14	20	43
16 Postville	11	13	24		17		17	41
17 Rigolet	6	17	23	15	16	17	48	71
17 Sheshatshiu	1	0	1	14	12	25	51	52
19 Wabush	16	16	32		13	14	27	59
20 West St. Modeste	4	8	12		5		5	17



## LOST & FOUND!

The LWG Headquarters has become a haven for all things “lost & found” around the various LWG venues. If you are missing something—or find something—pop on by 169 Hamilton River Road (Nunacor Bldg, Suite 102) and have a look!



## NOTHERN GAMES RECORDS!

*For anyone wondering what the current records are for the Northern Games, prior to tonight's Night #1, see below! Will records be broken again this time? It remains to be seen!  
Good luck to all the athletes tonight & Friday!*

### Women

**LWG 2006** – Hurdles-Belinda Burden-Port Hope Simpson-100 hurdles (time 1:53:41)

**LWG 2016** – Over the Rope-Chantelle Bursey-Lab City-44 rotations

**LWG 2006** – Seal Crawl (60 m)-Krista Willams-Cartwright-9:97

**LWG 2013** – One Foot High Kick-Sarah Sooley-Port Hope Simpson-6'11"

**LWG 1995** – Owl Hop-Tammy Pottle-Rigolet-5:30:22



### Men

**LWG 2003** - Hurdles – Hank Palliser-Rigolet-231 hurdles (time 2:36:00)

**LWG 2003** – Over the Rope-Carl Rumbolt-Mud Lake-83 rotations

**LWG 2016** – Seal Crawl (100 m)-Nico Brown Dyson-Cartwright-12:26

**LWG 1997 & 2003** – One Foot High Kick-Cameron Andersen (Makkovik) & Tim Williams (Charlottetown)-8'11"

**LWG 1995** – Owl Hop-Dean Burden-Port Hope Simpson-5:18:00



## Meet some “First Time” LWG athletes from...everywhere!

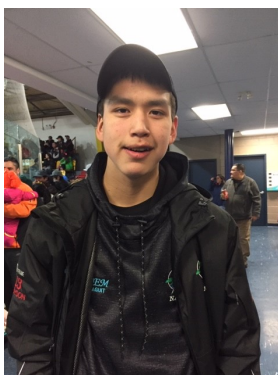


**Name:** Daniel Onalik—Age 17

**Community:** Natuashish

**Sport(s):** Volleyball & northern games

**Thoughts on the Games so far:** “It’s exciting & fun.”



**Name:** Devin Dyson—Age 17

**Community:** Nain

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

**Thoughts on the Games so far:** “It’s competitive & good fun!”



**Name:** Keryn Andersen—Age 15

**Community:** Nain

**Sport(s):** Volleyball

**Thoughts on the Games so far:** “It’s fun & exciting, and good to meet new people!”

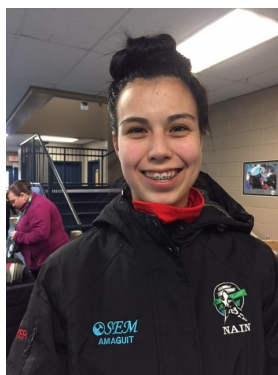


**Name:** Jayden Davis—Age 16

**Community:** Forteau

**Sport(s):** Snowshoe & Lab run

**Thoughts on the Games so far:** “It’s amazing! The atmosphere is great, it’s respectful, & I’m making new friends



**Name:** Sydney Dicker—Age 17

**Community:** Nain

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

**Thoughts on the Games so far:** “Very tiring! Good fun, getting to meet new people.”



**Name:** Kendall Heard—Age 28

**Community:** Mud Lake

**Sport(s):** Northern duathlon, snowshoe & darts

**Thoughts on the Games so far:** “It’s a great Games, entertaining to watch, exciting!”



# Would you like fries with that?



CBC's Here & Now meteorologist Ashley Brauweiler took some time out of her busy week at the Labrador Winter Games to enjoy some good ol' "arena fries" during the ball hockey event yesterday. Ashley was joined by two Cartwright superfans, Lindsey Dyson (left) and Jenna Martin. *(Photo by Bonnie Learning)*

## SOUP & SANDWICH Fundraiser



MARCH 20<sup>TH</sup>  
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!



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# Labrador Concert & Fashion Show

*Participants of the 2019 LWG were invited to a great event at the Lawrence O'Brien Centre Tuesday night, which showcased fantastic Labrador musicians and Labrador fashion, in both traditional and modern dress. The night was enjoyed immensely by those who attended—hats off to the organizers of this successful event!*



Photo by Shane Heard



Photo by John Graham



[www.labradorwintergames.ca](http://www.labradorwintergames.ca)



Photo by John Graham



Photo by Shane Heard



# Labrador Concert & Fashion Show



Photo by Shane Heard

Twitter: [@LabWinterGames](https://twitter.com/LabWinterGames)



Photo by Shane Heard



Photo by John Graham



Photo by John Graham

# THROWBACK THURSDAY!



Man, we were STYLIN'! Front, from left, Donaldda Pardy, Alicia Montague, Nicole Allen, Brandy Ritch and Yours Truly; Back—Jerry Campbell.

So here we have some members of Team NWR (and a cousin of one of the team members) from back in the day.....1992, to be exact.....the one and only time that the scrawny little athlete on the end (that looks like a 14-year old boy), was ever in the Games as an athlete...as opposed to losing sleep putting together a Games newspaper for a week straight every three years since 2003!

Good times, good times!

(For anyone who cares, I came in 2nd in my snowshoe heat and nearly died from exhaustion at the end and I came around 25th in the 10 km ski race out of about 50 competitors). Not too shabby, wha?

HA HA HA HA HA HA HA HA HA HA HA!

Official 2019 Labrador Winter Games Schedule																		Revised- January 28, 2019		
Monday, March 18			Tuesday, March 19			Wednesday, March 20			Thursday, March 21			Friday, March 22			Saturday, March 23					
Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place			
8:30am	Volley Ball	MMC	8:30am	Target Shooting Day 2	R&G Club	8:30am	Arena Ball Hockey	EJB	9:00am	Table Tennis	LTC	8:30am	Darts	RCL	9:00 am	Dog Team Race	TB			
8:30am	Target Shooting Day 1	R&G Club	8:30am	Badminton	LTC				9:00am	X-Country Ski: 10K Relay	BB	8:30am	Labrathon Heats Females & Males	TB	9:30 am	Labrathon	TB			
			8:30am	Snowshoe Races - Finals, Relays & Special Olympics	MSP								9:00am 10:30 am	Labrador Run 50+ Snowshoe Race				Base Gym BB	Finals Females and Males	
8:30am	Snowshoe Races-Female and Male Heats	MSP				9:00am	X-Country Ski: Women's 10K & Men's 10K	BB	11:30am	Medal Presentation: X-Country Skiing	BB	11:30pm 12:30pm	Medal Presentation: Labrador Run Medal Presentation 50+ Snowshoe Race	Base Gym BB	10:00 am	Medal Presentation: Labrathon	TB			
4:00pm	Medal Presentation Volleyball	MMC	4:30PM	Medal Presentation Snowshoe Races	MSP				1:00pm	Snowshoe Biathlon	BB	4:00pm	Medal Presentation: Darts	RCL	11:45 am	Trophy Presentation: Dog Team Race	TB			
7:00pm	Athletes and Special Guests Movie Night  Tentative	AT	3:00pm	Medal Presentation: Target Shooting	R&G Club	7:30pm	Medal Presentation: Arena Ball Hockey	EJB	4:00pm	Medal Presentation: Table Tennis	LTC	6:00pm  10:30pm	Northern Games Night 2  Medal Presentation: Northern Games	EJB  EJB	12:00 pm	Northern Duathlon	BB			
			4:00pm	Medal Presentation: Badminton	LTC				1:30 pm	Medal Presentation: Northern Duathlon	BB									
			8:00pm	Athletes Special Guests Labrador Concert Tentative	OBAC				5:00 pm 7:00 pm	Athlete's Banquet Closing Ceremonies	SMH EJB									

PLEASE NOTE: All Medal Presentations Times Are Approximate



**Opening Ceremonies**  
Sunday, March 17, 2019 @ 7:00pm  
EJ Broomfield Memorial Arena

LTC – Labrador Training Centre  
R&G – Rod & Gun Club  
MSP – MMC Sportplex  
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