

LWVG2023



#LWVG2023

#LWGo

March 12-18, 2023



the **FRIENDSHIP** GAMES

Athletes from all regions of Labrador have come together to test their strength, agility, flexibility and endurance. The Labrador Winter Games are big games to match the Big Land. The Government of Newfoundland and Labrador is proud to support the 2023 Labrador Winter Games.

gov.nl.ca

Photos courtesy of the 2019 Labrador Winter Games Photography Committee





Note from the Chair

Hello Friends of the Labrador Winter Games,

The Labrador Winter Games is the only pan-Labrador event where every community, Indigenous and non-Indigenous, are invited to take part and could possibly be recognized as one of the longest Truth and Reconciliation programs in Canada, where all Governments, Federal, Provincial, Indigenous and Municipal work together in support of what has become known as the “Friendship Games.”

I must acknowledge the tremendous support of the Provincial Government, the Town of Happy Valley Goose Bay, and 5-Wing Goose Bay. These entities have again gone above and beyond to support these Games and it cannot be understated that the Labrador Winter Games would not happen without them.

As Chair of the 2023 Labrador Winter Games, I have confidence in the team assembled and supports to make these Games happen. We have over 40 individual Committee Chairs and over 400 volunteers and I cannot thank them enough. Again, these Games don’t happen without them.

I cannot wait to witness again the camaraderie, the passion for sport, the sportsmanship and pride of the communities of Labrador. I wish all communities the best and lets all celebrate these Games for what they are: a true representation of Labrador and its people and how resilient we are as a people and provide a showcase of our people despite the barriers we face in Labrador.

In closing, welcome back to the Labrador Winter Games.

Regards,

Todd Winters
Chair, 2023 Labrador Winter Games

Souvenir Booklet Committee

Chair: Aimee Chaulk

Alyssa Chaulk, Mallory Harrigan, Morgen Mills, Pamela Way

Official Games Photography by: Aimee Chaulk, Andrew Finlay,
John Graham, Shane Heard, Jerry Kean, Ken Poirier

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The Town of Happy Valley-Goose Bay welcomes everyone to the 2023 Labrador Winter Games.



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Town of
**Happy Valley-
Goose Bay**

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Welcome Messages



Lieutenant Governor of Newfoundland and Labrador

I look forward to joining the athletes, coaches and all attendees for the opening of the 2023 Labrador Winter Games in Happy Valley-Goose Bay. The Games are a truly unique northern sporting tradition that reflect on the very heritage, culture and athletic excellence of Labrador.

Athletes from across the Big Land are gathering for a week of friendly competition, bringing communities together in the spirit of camaraderie.

Events of this scale are not possible without the assistance of the many volunteers who work tirelessly to ensure its success. Volunteers give of themselves—of their time and talent—and they deserve our thanks and appreciation. The Games epitomize the best of Labrador tradition.

All participants competing in the Games share a passion for the outdoors, for northern culture and are proud and able ambassadors for their communities. I wish you all the best of luck for the coming week and most importantly that you enjoy the games and have fun doing so.

Judy Foote, P.C., O.N.L



Member of Parliament for Labrador

On behalf of all Labradorians, it is my great pleasure and honour to welcome you to the 40th Anniversary of the Labrador Winter Games. Since 1983, I have attended every Labrador Winter Games. This exciting week-long event brings athlete's passion for friendly competition to the Big Land. Peoples from all the regions of Labrador come together for the "friendship games of the North", incorporating sportsmanship, traditional games, and cultural events, the Labrador Winter Games is the place to be.

We hope you can enjoy the many events planned and take in the warm welcome of all Labradorians while you watch some of the best athletes compete for the top spot.

I want to thank the many organizers and volunteers of this event for holding up Labrador's reputation as a place of warm hospitality and community.

Best of luck to all competitors and their fans cheering them on.

Welcome to the Big Land!

Yvonne Jones



Mayor of Happy Valley-Goose Bay

On behalf of the 13th Town Council and the community of Happy Valley-Goose Bay, I wish to extend a heartfelt welcome to all athletes of the 2023 Labrador Winter Games!

The Labrador Winter Games provides an opportunity for Labradorians to get together in friendship while illustrating the culture, traditions, and competitive spirit of each of our 22 communities throughout Labrador. The Labrador Winter Games is a unique sporting event in the North and with the absence over the last few years due to the Covid-19 pandemic, these games promise to be the best one yet!

This event would not be possible without the dedication and hard work of the Labrador Winter Games staff, the organizing committee and the many volunteers involved in making this the premiere Labrador sporting event for the year 2023.

Best wishes and good luck to each of you chosen to participate in the 2023 Labrador Winter Games.

George Andrews



Member of the House of Assembly for Lake Melville

Greetings to all Athletes, Communities and Fans of the 2023 Labrador Winter Games –Welcome to Lake Melville!

There can be no better way to emerge from years of relative isolation, than to celebrate all that is Labrador on this special anniversary. For the last 40 years, the Labrador Winter Games have ‘lifted up’ all of our communities and all who live here. It is this aspect of ‘place’ that brings us together for another amazing cultural experience. Whether as an athlete, volunteer and/ or as a supporter of your community, the excitement of the Games is the sense of unity that is generated throughout the week. For these Labrador Games build on the competitive tradition of placing equal emphasis on participation, enjoyment and sportsmanship.

Special thanks to the staff, the numerous volunteers, sponsors and Board Members who have prepared an exciting week for all of us—once again.

Try to experience as many of the events as possible, to fully appreciate the diversity of the competition. Spend time with family, friends and neighbours in celebrating Labrador when it truly shines.

Hon. Perry Trimper



Member of the House of Assembly for Torngat Mountains

I am deeply honoured to have this opportunity to welcome all athletes and fans to the 2023 Labrador Winter Games. To the organizing committee, volunteers, and athletes, thank you for your hard work and dedication in ensuring the success of the Winter Games! I’ve had the honour in participating in these games as an athlete and as an organizer so I know the camaraderie and friendship you will share this week will live on in stories and wonderful memories for decades to come. The Labrador Winter Games has become a vital bond that unites all of us together in celebration of our diverse cultures and history. Throughout the games you will be a competitor against fellow athletes, but your sportsmanship will unite you as friends long after the closing ceremonies of the Labrador Games.

Play safe and make each moment a beautiful memory.

Kindest Regards,

Lela Evans



Member of the House of Assembly for Labrador West

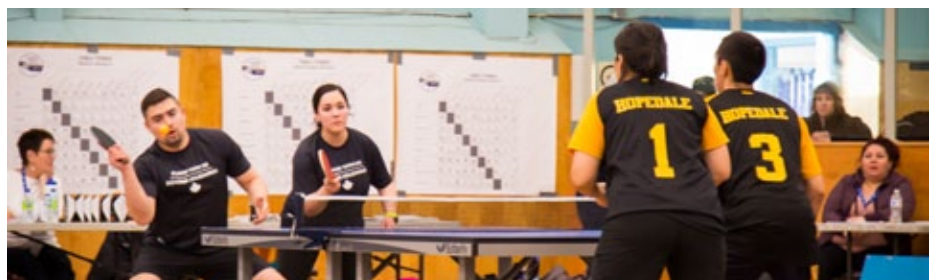
As the MHA for Labrador West I would like to extend a warm welcome to all participants and supporters of the Labrador Winter Games 2023.

We wish all participants the best of luck! Your hard work a dedication to the love of your sport will pay off today. I would like to congratulate the organizing committee and volunteers. The tremendous amount of time and energy that goes into planning and executing an event cannot be overlooked.

I sincerely hope that you all have an enjoyable time. When the Winter Games are over, I wish everyone safe travels home with memories they will treasure forever. I hope new friendships are made and old ones renewed.

Have fun and be safe!

Jordan Brown





**Minister Responsible for Labrador Affairs and Indigenous Affairs and Reconciliation
Member of the House of Assembly for Cartwright-L'Anse au Clair**

The Labrador Winter Games are a special event that bring Labradorians together like no other. The very first Labrador Winter Games were held in 1983. Forty years later, we are getting ready to celebrate the 14th Games.

Building on that incredible legacy, this year's Games will surely add to the positive memories that have been experienced by athletes, community officials and supporters, volunteers, and anyone who supports the Games in any way.

As the Minister Responsible for Labrador Affairs and Indigenous Affairs and Reconciliation, it gives me great pleasure to welcome everyone to Happy Valley-Goose Bay for the 2023 Labrador Winter Games. We weathered a major disruption in our lives brought on by the pandemic and now we're ready to come together again as friends and neighbours.

Affectionately known as the 'Friendship Games', the Labrador Winter Games are truly special. The event brings together people of the Big Land to celebrate their culture, heritage, and traditions. The Government of Newfoundland and Labrador is proud to support the Games with a contribution of \$500,000. Funding administered by the Labrador Affairs Secretariat helps the Board of Directors cover operating costs associated with organizing and delivering the Games.

I look forward to gathering with my fellow Labradorians to cheer on the athletes who give it their all. Thanks to the tremendous work of the Board of Directors, staff, and countless volunteers for their tireless efforts to plan and organize a week-long event that creates excitement and captures the true spirit of the Games.

I would like to personally extend good luck to every athlete. Best wishes for a safe and enjoyable Labrador Winter Games.

Hon. Lisa Dempster





President of the NunatuKavut Community Council

On behalf of the NunatuKavut Community Council, I extend a warm and heartfelt welcome to all participants of the 2023 Labrador Winter Games.

The organizers, sponsors, and, of course, the many volunteers are to be commended on again putting together one of Labrador's premier events. Since 1983, the Labrador Winter Games have been an exciting combination of highly skilled sports competition, athleticism, and the promotion of Labrador's unique cultures and heritage. The dog team race, the Labrathon and the Northern Games are examples of events which showcase some of the traditions that have been practiced by the Inuit of NunatuKavut and many of Labrador's peoples for generations.

This extraordinary sporting and cultural event unite our communities and instills a strong sense of pride in who we are and the places we call home. We are so pleased to again make a contribution to NunatuKavut communities to promote and enhance their participation in these Games. We are also proud to be a Silver Sponsor with a direct investment toward the 2023 event. Participating in these 'friendship games' is truly an honour and a privilege.

I wish you all a fantastic week of competition and fun. We have so much to be proud of and share with the world. May the 2023 Labrador Winter Games be the best Games ever. Nakummek,

President Todd Russell



Grand Chief of the Innu Nation

It is my pleasure as the Grand Chief of the Innu Nation to extend greetings on behalf of Innu communities to all participants in the 2023 Labrador Winter Games.

The Labrador Winter Games provides an opportunity like no other for people of diverse backgrounds, Indigenous and non-Indigenous throughout Labrador to come together in friendly competition. This year's Labrador Winter Games will be especially meaningful as we continue to move out of the Covid-19 pandemic and come together to once again renew old friendships and make new ones.

We acknowledge the extraordinary work of the Labrador Winter Games coordinating team in once again hosting the Labrador Winter Games. A special thank you also to all the athletes, volunteers, community members and sponsors for their contribution to the coordination and success of these games. Congratulations and best of luck to all!

Nin,

Grand Chief Etienne Rich



President of the Nunatsiavut Government

On behalf of all of the Nunatsiavut Government and Beneficiaries of the Labrador Inuit Land Claims Agreement, I'd like to send very best wishes to all of the athletes, coaches, volunteers and sponsors participating in this year's Labrador Winter Games.

The Nunatsiavut Government is proud to be a gold sponsor of the Labrador Winter Games, renowned for fellowship and friendly competition between communities. It is events like this, and the exciting competitions it brings, that allow people from all over Labrador, young and old alike, to learn invaluable skills and develop life-long friendships.

President Johannes Lampe





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Vision, Mission, & Values

Our Vision: WesJer Construction Ltd is one of the best and most respected General Contractors in The Big Land of Labrador as measured by our employees, our customers, and our communities.

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Our Values: We value our employees. We believe in the unlimited potential of people empowered, engaged, and focused on a common mission. We value our customers. We believe each customer is unique. We listen closely to their needs and collaborate to build great projects. With passion, we combine our energy, knowledge, and talents daily to construct projects that exceed our customers' expectations. Our communities welcome us as neighbors, employers, and environmental stewards. We are members of many communities: family, school, neighborhood, and business, it is from these communities that we gain our sustenance. We believe that benevolent leadership is essential to the prosperity of all our communities.



Five Things You Didn't Know About the Dog Team Race

One of the Labrador Winter Games' most popular events, the Henry John Williams Memorial Dog Sled Race is an amazing portrayal of endurance and speed with a different "breed" of athlete. Mallory Harrigan brings our dog team race knowledge up to snuff.

Every three years, crowds of people flock to Happy Valley-Goose Bay to take part in and watch the Games and this race is a favorite among spectators.

Clifford Russell and Clayton Curl are the coordinators for the event and have years of experience with dogs, drivers, and setting up for local races on the South Coast where they both grew up.

"There's more than meets the eye when it comes to dog sled racing," Curl says. "There's a lot to consider—from choosing a dog to choosing a location for the race."

Here are five things you might not have known about one of the most traditional events of the games.

1. The location for the race is rooted in tradition

Traditions run deep in this event and Cliff Russell says it's a big part of scouting a location. Each year they choose a course that runs down an open bay and around an island. This helps the teams turn around smoothly, but also has roots in traditional races.



Did you know? The Henry John Williams Memorial Dog Sled is approximately 25 km. **Huit!**

Before skidoos came to the Labrador coast, there was no way to confirm that the drivers had gone the full length required. A volunteer would wait at the turnaround point, on the back of an island, and pass tickets to the drivers as they went around. The first team back to the line needed to provide the ticket as proof they had gone the full length of the track and hadn't cheated by turning around early.

2. New breeds are being introduced to the teams

Dogs were once vital to the survival of coastal communities and the Labrador Husky was revered for its strength and endurance. In those days, dogs transported everything from groceries to wood, even doctors and patients.

Over the years, supplies have become much more accessible, but dog sledding has survived as a sport. Modern teams often have dogs of mixed breeds that are bred for speed rather than strength.

3. People mistreating their dogs is a common misconception

Although dogs were considered a mode of transportation years ago, they're now a part of the family. A common misconception that is often portrayed in television shows and movies is that people mistreat their animals, when quite the opposite is true. According to Cliff, the secret to a successful team is not just to treat your dogs well, but to cheer them on just like any other athlete!

4. Drivers often keep up to a dozen dogs

For this year's race, you'll see six dogs on each team, but many drivers keep several more in case of injury, often caring for up to a dozen animals. Clayton Curl reveals, "Dogs are like human



athletes. Not only can they be injured, but they have good and bad days just like us."

In William's Harbour, where both coordinators lived, "There was one point where there were more dogs than people!"

5. Tending to a team is a full-time job

As mentioned previously, many drivers care for several dogs and the work doesn't stop once race season is over. Just feeding a team is a dedicated full-time job, one that doesn't come with sick days or a paycheck. Aside from buying food, drivers often hunt and fish for nutritious meals to sustain their teams. This doesn't account for the time spent exercising the dogs and that drivers need to work their own full-time jobs in order to fund this effort.

Dog sledding is so much more than a tradition: it's a way of life for the Labradorians that still keep teams.

You can watch the Henry John Williams Memorial Dog Sled Race on March 18th.

In the Dog Sled Race, human and canine athletes must work together, often in harsh conditions, to win this long-distance race.



Athlete's Oath

English

"In the name of all Newfoundland & Labrador Competitors, I pledge that I will take part in these Labrador Games in the true spirit of sportsmanship respecting and abiding by the rules which govern them. For the glory of the sport, for the honour of our Community."

Innu aimun

"Nutam kametueshat ute Newfoundland & Labrador kakutshipinitat, tshika issishueuat, nin nitapueten nasht tshetshi minu metueian nete Labrador Kametuanut kie tshetshi nashatiman e ishi pimipanitakanit kie tshetshi minu utiniman kie minu nashataman nenua essishuemikak katapuetatishunanutshi nete ut tepenitakanit. Tshe ut mishta minuenitakuak e metauanut. Tshe ut nishtuatakanit kie minuatikanit nete nutenaminat."

Inuktitut

"Atingani ilonnaita Newfoundland Labradorilul salakkumautigasaujungit, Uvak Kaujittisigumavunga ilaliuKataunianninik ukunani Labrador Pinguaninginni tanniKallunga pinguaKataugumanikkut kangugitsialugit malitsialungalu maliganginnik atuttauKattatunik tamakkutigona. Ananauningagut pinguanuip. Nertuningagullu uvagut NunakKatigijavut."



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Objectives of the Labrador Winter Games

In defining objectives for the Labrador Winter Games, the 1983 Committee took into consideration the various facets of Labrador life, its similarities and its differences, its culture and history, its minorities and its majorities, its “rural” and “urban” makeup and uniqueness in terms of its “sports” background. An athletic event has been devised which is neither an Olympic program nor a glorified winter carnival. With this in mind, the objectives of the Games are:

- To encourage participation of all Labrador communities in a competitive event;
- To encourage fun as well as the competitive spirit amongst Labrador communities;
- To stimulate further interest and participation in organized sport within communities;
- To provide opportunity and incentive, for further competitive experience and training of athletes, coaches and officials;
- To encourage a sense of fairness and good judgement in sport participation;
- To encourage a higher level of physical fitness amongst Labrador people;
- To promote the existence of Labrador as a cultural and social entity, with a distinct people proud of our land and heritage.



It is with great pleasure that the Aboriginal Sport and Recreation Circle Newfoundland and Labrador proudly sponsor the 2023 Labrador Winter Games.

We are excited to witness the comradery, the sportsmanship and celebration of culture and sport that is the Labrador Winter Games.

The ASRCNL would like to extend a thank you to the organizers, supporters, and volunteers for all the hard work that make these Games happen.

Good Luck to All Athletes and Communities.



2023 LABRADOR WINTER GAMES SCHEDULE

Monday, March 13			Tuesday, March 14			Wednesday, March 15			Thursday, March 16			Friday, March 17			Saturday, March 18		
Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place
8:30 AM	Table Tennis	EJB Arena	8:30 AM	Badminton	EJB Arena	8:30 AM	Arena Ball Hockey	EJB Arena	9:00 AM	Volleyball	MIMC	8:30 AM	Darts	RC Legion	9:00 AM	Dog Team Race	TB
8:30 AM	Target Shooting Day 1	LHFASR	8:30 AM	Target Shooting Day 2	LHFASR	9:00 AM	X-Country Skiing Women's and Mens 10 K	BB	9:00 AM	X-Country Skiing 10 K Relay	BB	8:30 AM	Labrathion Female & Male Heats	TB	9:30 AM	Labrathion Final Heats	TB
8:30 AM	Snowshoe Races Female & Male Heats	Amaruk	8:30 AM	Snowshoe Races Final Heats & Special Olympics	Amaruk	7:30 PM	Arena Ball Hockey Medal Presentation	EJB Arena	11:30 AM	X-Country Skiing Medal Presentation	BB	9:00 AM	Labrador Road Race	Base Gym	11:00 AM	Labrathion Medal Presentation	TB
5:00 PM	Medal Presentation Table Tennis	EJB Arena	1:30 PM	Snowshoe Races Medal Presentation	Amaruk				1:00 PM	Snowshoe Biathlon	BB	10:30 AM	50+ Snowshoe Race	BB	11:45 AM	Dog Team Race Medal Presentation	TB
			3:00 PM	Target Shooting Medal Presentation	LHFASR				4:00 PM	Volleyball Medal Presentation	MIMC	11:30 AM	Labrador Road Race Medal Presentation	Base Gym	12:00 PM	Northern Duathlon	BB
			5:00 PM	Badminton Medal Presentation	EJB Arena				6:00 PM	Northern Games Night 1	EJB Arena	1:30 PM	50+ Snowshoe Race Medal Presentation	BB	2:30 PM	Northern Duathlon Medal Presentation	BB
									7:30 PM	Snowshoe Biathlon Medal Presentation	BB	4:00 PM	Darts Medal Presentation	RC Legion	5:00 PM	Athlete's Banquet	SMH
												6:00 PM	Northern Games Night 2	EJB Arena	7:00 PM	Closing Ceremonies	EJB Arena
												10:30 PM	Northern Games Medal Presentation	EJB Arena			

PLEASE NOTE: All Medal Presentation Times are Approximate. NOTE: Venue are subject to change

Opening Ceremonies
 Sunday, March 12, 2023 @ 7:00 pm
 EJ Broomfield Memorial Arena

LHFASR - Labrador Hunting and Fishing Association Shooting Range
 RC Legion - Royal Canadian Legion
 TB - Terrington Basin
 SMH - Souders Mess Hall



Faces of the Games

While watching the Games, you may see some of these athletes competing...many times! Let's get to know them and cheer them on.
Interviews by Pamela Way and Aimee Chaulk



Betty Sampson, 41, Makkovik
Table Tennis, Ball Hockey,
Snowshoe Biathlon, Labrathon

My first one was 1997, I missed 2013 because I had a ruptured Achilles tendon. So I've attended seven LWGs; this will be my eighth.

I've been a school athlete since I was 11 years old and I remember watching the LWG as a very young girl and wishing I could do what they'd done.

I've had family attend the LWG and win medals; I thought it was awesome to be able to represent your hometown and work together with friends and make memories that would last a lifetime.

I'm so happy that I chose to try out and that I was lucky enough to participate and represent my hometown—at times winning medals and other times not, but yet meeting new friends, learning a lot about other communities and having that amazing feeling of accomplishment and trying your best. I am a very competitive athlete who works hard for and with my Makkovik team and I think it's important to be a role model as someday our place will be taken, and I will again be a cheerleader. Someday hopefully my children will be able to attend the Labrador Winter Games and see how much fun their mommy had and how hard I worked, and feel it was all worth it, to attend the "Friendship Games" or the "Olympics of the North."



Shania Williams, 21, Rigolet
Table Tennis & Darts

Did you compete in the winter games previous years?

I did, in 2019.

What sports?

Volleyball and cross-country skiing.

Why did you decide to compete again this year?

I really enjoy playing sports.



Judy Morris, 62, Happy Valley-Goose Bay
Labrathon

I have two brothers and two sisters in the Games: two in Cartwright and two here. All four of them are in target shooting.

Why did you decide to compete?

I'm crazy LOL. I put my name forward for ball hockey, volleyball, and I said if no one else puts their name in for the Labrathon, I will. Guess what? No one else did. This will be my second year.

Vyann Kerby, 64, Mud Lake
Darts

I started competing in the early 2000s. I've been in the Snowshoe Biathlon and badminton.

What was the reason you decided to compete this year and previous years?

To represent our community and meet friends from previous Games. You meet people and acquaintances that you have made over the years. We come together from across Labrador and in sportsmanship meet as communities, share our differences and cheer each other on. It's really a honour to be in the Games for your community. To be able to do it is special. It's so good to see people I went to school with or their children or grandchildren.

I am out to enjoy the Games and do my best!





Quentin Penashue, 18, Sheshatshiu
Volleyball & Target Shooting

This is my first time playing in the Winter Games and my first time watching too.

I love playing volleyball—it's my favourite sport. I've been playing volleyball since Grade 8 and I haven't stop playing and practising since!

I see a lot of people that loves volleyball across Labrador and you can meet new people through playing that you can call friends. That's where I met most of my friends, actually.



Neko Dyson, 25, Cartwright
Northern Games & Labrathon

I've been in the Games since 2013—2013, 2016, 2019 and now 2023. Since I was able to, I've loved to compete. And the competition at the Games is always tough. But the main reason i love the Games so much is being able to represent Team Orange (Cartwright). I've always been very proud of where I am from.

Team Orange has always had such a big fan base for such a small community. It's amazing.



Julia Rumbolt, 22, West St. Modeste
Northern Games, Table Tennis, Darts, Volleyball

This is the fourth time I've competed. It's a tradition in my family. My dad started competing young too. I used to go down and watch him, and I remember sitting in the bleachers and I couldn't wait until it was my turn!

Being around my team, having their advice and their confidence in me is what prepares me. My dad is my main supporter. He's been my coach since I was a young girl and he talks me up.



Labrador Marine Inc
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Labrador Marine Inc. and Woodward Oil provides the vital service link to Labrador Coastal Ports for freight, passengers and fuel supply. With our long standing commitement to the Labrador Community we are proud to be a sponsor for the Labrador Winter Games. We wish all participants the best of luck!

“The best part of the game is the opportunity to participate”



Who are the youngest participants of the Labrador Winter Games?

Participation in the Youth Choir starts at just five years old! Some of these kids might not be quite big enough to go over-the-rope, shoot a gun, or chisel an ice-hole in the athletic events, but they sure can sing.

The choir tradition goes back to the very first games in 1983. That year also featured the first-ever public performance by the Peacock Academy school band!

This March, look for the Youth Choir at the opening and closing ceremonies, all decked out in their Games T-shirts. Their heartwarming sound is sure to be a highlight of both events.

The 2023 choir is led by teachers Robyn Rumbolt of Queen of Peace Middle School in Happy Valley-Goose Bay and Melissa Hackett of Lake Melville School in North West River.



Behind the Scenes with the Ceremonies Committee

Morgen Mills gets a sneak peek of the goings-on for the Games' most anticipated non-sporting events.

The Labrador Winter Games are all about bringing people together, and at no time during the Games will more people gather in one spot than during the official Opening and Closing Ceremonies at the E.J. Broomfield Memorial Arena. Ceremonies committee co-chairs Amy Norman and Jamie Felsberg say they've heard one thing more than anything else during the lead-up to the games: "people want a show." No one is going to be disappointed, because that's exactly what these two theatre experts plan to deliver.

Positive energy radiates from both co-chairs when they talk about everything they have in store for the ceremonies, promising excitement and plenty of surprises, all focused on the athletes and their communities, to hype the Labrador Winter Games and everything they stand for. With the 40th anniversary upon us, more and higher-profile dignitaries are expected to join the games than ever before, so of course there will certainly be plenty of pomp and circumstance, but the plans go much farther than that. Hoping to build anticipation, Amy and Jamie had to be tight-lipped about specifics.

"Even board members will be surprised," Amy laughs, while expressing how grateful she and Jamie are to have been entrusted with such a role. "It's a big task," Jamie adds with a grin, "and nobody else knows about it." They did tip their hands enough to say that a brand new, specially-designed torch will be unveiled, as one example of what we can all look forward to.



The team has been putting their heads together everyday, poring over every detail from the floor plan to the lineup of performing artists to the equipment, not to mention the whole technical side. “We’re always trying to come up with little things to make things just that little bit more exciting,” says Amy. “Our ideas are flying every day,” Jamie agrees.

While there is plenty of know-how on offer after 40 years of the Labrador Winter Games, every edition has new challenges, and most of the work happens in the last few months leading up to the games themselves. “We’re hoping to have everything in place beforehand,” Jamie laughs, “So we won’t be running around like chickens with our heads cut off.” The aim is enjoyment for everyone, and this year with expanded floor space and capacity at the arena, we can expect a packed-house, in-person audience of 1,200, plus countless more viewers on the live TV broadcast planned by Eastlink. We can hardly wait.

Spirit of the North

Official Labrador Winter Games Song

Up and down the coastline, they come from miles around,
Churchill Falls, Rigolet, Nain and Charlottetown.
From L’Anse au Clair and Sheshatshiu, Postville and Forteau.
From everywhere in this Big Land, challenging the snow.

Chorus:

Labrador, Labrador
We’re all rooting for, you
We love you.
Labrador, Labrador
We’re all rooting for, you.
Labrador.

We all come together, on this winter’s day.
The torch is passed, the Flame is lit, the Games are under way.
We’ll all try our best to win, we know that we can’t lose,
‘Cause the SPIRIT OF THE NORTH’S alive,
Tell the world the news.

Chorus

We accept the challenge, everyone has fun,
Bringing us together, making this Land one.
Standing here, hand in hand, for all the world to see,
The SPIRIT OF THE NORTH’S alive,
The true North strong and free.

Labrador, Labrador
We’re all rooting for, you
We love you.
Labrador, Labrador
We’re all rooting for, you.
Labrador.
We’re all rooting for, you.
Labrador.
We love you.
Labrador

Words and music by Gary O’Driscoll copyright 1985



Most Dedicated Coach

Dennis Drover embodied the true spirit of the Labrador Winter Games, whether he was on the court or on the sidelines cheering on his team. Now the Games is paying tribute to him and his infectious energy.

"I thought coaching was all about inspiring the athlete to achieve..."

"It is, but *athlete* is the key word here."

Dennis Drover wasn't in the habit of insulting someone trying their hand at a sport, but this time, it was done with a glint in his eye, said to none other than Rick Mercer when he was giving a go to the over-the-rope competition in 2013. Canada's favourite comedian paused as he heard the saucy remark, then turned to the camera laughing. He'd met a match for his wit in this gregarious coach from Labrador City.

When he wasn't giving Rick Mercer a hard time, Dennis was a Community Coordinator and coach who gave his all to helping the athletes he worked with the confidence and skill they needed to give their all to the Labrador Winter Games.

Greg Peddle, a cousin and close friend of Dennis, has taken over the Community Coordinator role for Labrador City. It was an emotional step into the role, since the two of them had become involved with the Games together back in 2000 and 2003.

"We had a pretty good ball hockey team, and the way we structured our team was, we also played volleyball. The calibre of volleyball in Goose Bay and the coast was amazing—we should have been wearing our hockey helmets playing volleyball, that's how brutal it was," laughs Greg.

There was something else that stuck out to them about the Games. "As a big industrial town, we felt a little different, and we didn't want to feel that way...we were proud of Labrador, so we just tried for sportsmanship," explains Greg. "The two times we were there, we worked on that and made strides on that."

That was the theme that would follow Dennis through the next two decades. Dennis became Community Coordinator in 2007 and came back to it year after year. He kept his spirit of sportsmanship as high as his sense of competition, and he was unwavering in his commitment to the athletes on his team.

One of those athletes, Tyler Hollett, tried out for the snowshoe race in Dennis' first year as Community Coordinator, and they were at the Games together ever since.

"For me, he was the ultimate motivator. He had this way about him that lit this fire in you. Whether it was snowshoeing or target shooting or ball hockey, he just loved the whole essence of the games and breathed it," says Tyler.

He says that Dennis was always there to support the athletes on Labrador City's team, definitely inspiring the athletes to achieve their best.



Dennis was a tough-as-nails athlete and inspirational coach with a magnetic personality. He led his team with a strong sense of competition and a guiding principle of sportsmanship.

"He wouldn't miss one of the guys or girls going target shooting on a Sunday afternoon or training in the morning before work... he was involved with everyone on the team, he supported everyone. It's definitely going to be a different Games for a lot of people without him, for sure. We're going to miss him a lot," says Tyler.

Dennis passed away in May 2022, and in his honour, the Labrador Winter Games are introducing a new award for the most dedicated coach. It will be voted on by the team from Labrador City, along with Dennis's wife, Alison. Having Alison be part of it is a fitting tribute, as Dennis was a dedicated family man—as much as he was passionate about sports, nothing was above his family, and he was devoted to Alison, their two children, and grandchildren.

Those that knew him are happy to have him live on through the Labrador Winter Games. "I'm thankful for the Games to be thinking about him in this way, that he will be recognized for something that he really, really loved. He loved the competition and being part of the Games and just being with Labradorians," says Greg.

"It's rightly deserved," says Tyler. "It's hard to put into words how much he meant to our team, but also to the Games. Everyone kinda knew him. I joke that he was almost as popular as Alf Parsons! He loved everything about the Games: the banter, the competitiveness, getting people together. He embodied what the Games represent." — *Aimee Chaulk*



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The International Grenfell Association (IGA) is proud to be a Labradorite sponsor of the 2023 Labrador Winter Games, and wishes all athletes, coaches and other participants a great experience during this pan-Labrador event.

Congratulations to the organizers for all your efforts!



Tune in from Home

For the first time in the history of the Labrador Winter Games, there will be coverage of select events by a television broadcaster.

Eastlink TV will be broadcasting live the Opening and Closing Ceremonies along with both nights of the Northern Games on Channels 610 and 10. They will also be broadcasting a nightly 30-minute recap show highlighting the happening of the days events.

For persons who are not Eastlink TV subscribers, coverage will be provided via the Labrador Winter Games Facebook Page. This partnership will be a great opportunity for the people of Labrador and the Atlantic Provinces to view the Labrador Winter Games and its amazing athletes.



The Games on Camera

Morgen Mills examines the Games' audio-visual legacy

Forty years of the Labrador Winter Games means 40 years of memory-making, and fortunately, all along the way the video cameras have been nearly as busy as the athletes! For those of us who haven't been competing, volunteering, or attending the games since the beginning, or who want to look back on past years, here's just a few of the many videos (there are far too many to mention!) that can provide a trip down memory lane. Many clips can be found on YouTube.

Let Our Spirit Take You—48 min, Labrador Institute of Northern Studies, 1983. This documentary production tells the whole story of the first edition of the Labrador Winter Games, bookended by the words of Joe Goudie, who was then the provincial Minister of Rural, Agricultural and Northern Development. The government had not yet committed to funding any future games, but the climax of the video comes at the very end, when Goudie asks the audience at the closing ceremony, "If I get the right impression, I think some people in this room would like to see the Games take place again. Is that not correct?" You can just imagine the volume of the crowd's response!

Labradorimut episode 65 (Inuttitut) and 66 (English)—30 min, OKâlaKatiget Society, 1989. This iconic, Nain-based, bilingual Inuttitut/English TV show aired almost 500 episodes across 28 years. There's virtually no topic in Labrador it did not cover, and the Winter Games were no exception. Two episodes covered the 1989 Games, drawing on footage from CBC but providing a unique angle on the events.

Many other organizations have also been involved in videorecording the Games, but the historical heavy hitter has no doubt been the CBC. Apart from news reports, for most early editions of the Games, the CBC also produced 25 to 35-minute documentary-style videos combining footage of the athletic events and ceremonies, interviews with participants and officials, and plenty of accompanying Labrador-themed visuals and music. Early video reviews were hosted by Gordie Rendell and Mike Downey, while Jonathan Crowe hosted several in the 1990s, and Tony Dawson was a mainstay on the videography and production side.

Rick Mercer Report, Season 10, Episode 8—22 min, CBC, 2013. Speaking of the CBC, one final video has to be mentioned, from the 30th-anniversary Games ten years ago. Who can forget the irreverent Newfoundland comedian Rick Mercer dropping a chisel through the ice at the Labrathon site, seven minutes into the episode? Max Winters forgave him on camera, so I suppose we'll have to let him off the hook as well.

Top: Rick Mercer looks sheepishly for his lost chisel in 2013 (*Rick Mercer Report*).

Left, top: A smash wins the point in a 1989 mixed table tennis match (*Labradorimut*).

Left, bottom: Joe Goudie hypes the crowd in 1983 (*Let Our Spirit Take You*).





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of the Labrador Winter Games, channel 10/610.

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Preparing for the Games An Athlete's Perspective

Mallory Harrigan gives us the inside scoop on training and teamwork

The Snowshoe Biathlon is a 6.5 km snowshoe race combined with target shooting, skills traditionally used on traplines across Labrador. Trappers would leave their families often for weeks on end with their guns on their backs and snowshoes on their feet. Luckily for me, a first time LWG athlete, the Snowshoe Biathlon takes place over the course of only one afternoon.

I spend a lot of time on snowshoes, whether it be a leisurely trek at Birch Brook or hunting and setting rabbit snares on skidoo during the winter months. *Running* on snowshoes, however, is a new concept for me—one that had a big learning curve when I began training.

When I wear my snowshoes, I'm usually wearing skidoo boots, snow pants, and layers upon layers to keep me warm when I'm out hunting or checking snares. As the biathlon was created to showcase

these skills, I started training wearing what I usually wear—an entire set of skidoo gear.

My first attempt was humbling, to say the least. I couldn't maintain running for even one minute, and at the speed I was going, it would have been faster to walk. A man passing on snowmobile stopped and asked if I needed help. Trying to be funny, but also gasping for air, I replied, "Not the kind you can give me." I would've loved to see the face he made under his helmet.

It was a disaster.

Even still, I continued training on my own snowshoes for the rest of the week, the bindings of which would only fit my skidoo boots, until I borrowed a wooden pair from a teammate. You can probably imagine the look on his face (and the look of



This photo was when I tried to run with smaller boots, but they kept slipping through the binding and I had to go back to my huge skidoo boots.



**PitsialâkKutok
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**Best of luck to all
participants of the
2023 Labrador
Winter Games**

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**2023
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WINTER
GAMES**

Good luck to all participants!



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relief on mine) when I admitted to wearing skidoo gear, and he told me he wore sneakers and running tights. Training was a lot easier after that exchange.

There was much more to the sport of biathlon than I'd imagined. Not only did I learn how to run on snowshoes, I had to do it with a .22 strapped to my back. I had to learn how to hit targets while my chest was still pounding from running. I even learned how to sew a (rather hideous) gun sling from an old backpack.

More importantly, I got to experience firsthand why the Labrador Winter Games are referred to as the "friendship" games. I had a great time training with my team who were so welcoming and helpful for a nervous first-time athlete. My partner's family also offered some great advice and support even though I'll be competing against them during Games Week. So far, it's been a very rewarding experience and I'm looking forward to seeing my progress on race day.

You can watch the snowshoe biathlon at Birch Brook on Thursday, March 16.



Right: The 2019 Snowshoe Biathlon.

serco





It takes a lot of volunteers, like those pictured above from the 2019 Labrathon, to ensure the Games run smoothly. An event of this size has a lot of moving parts!

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*We answer
to them*

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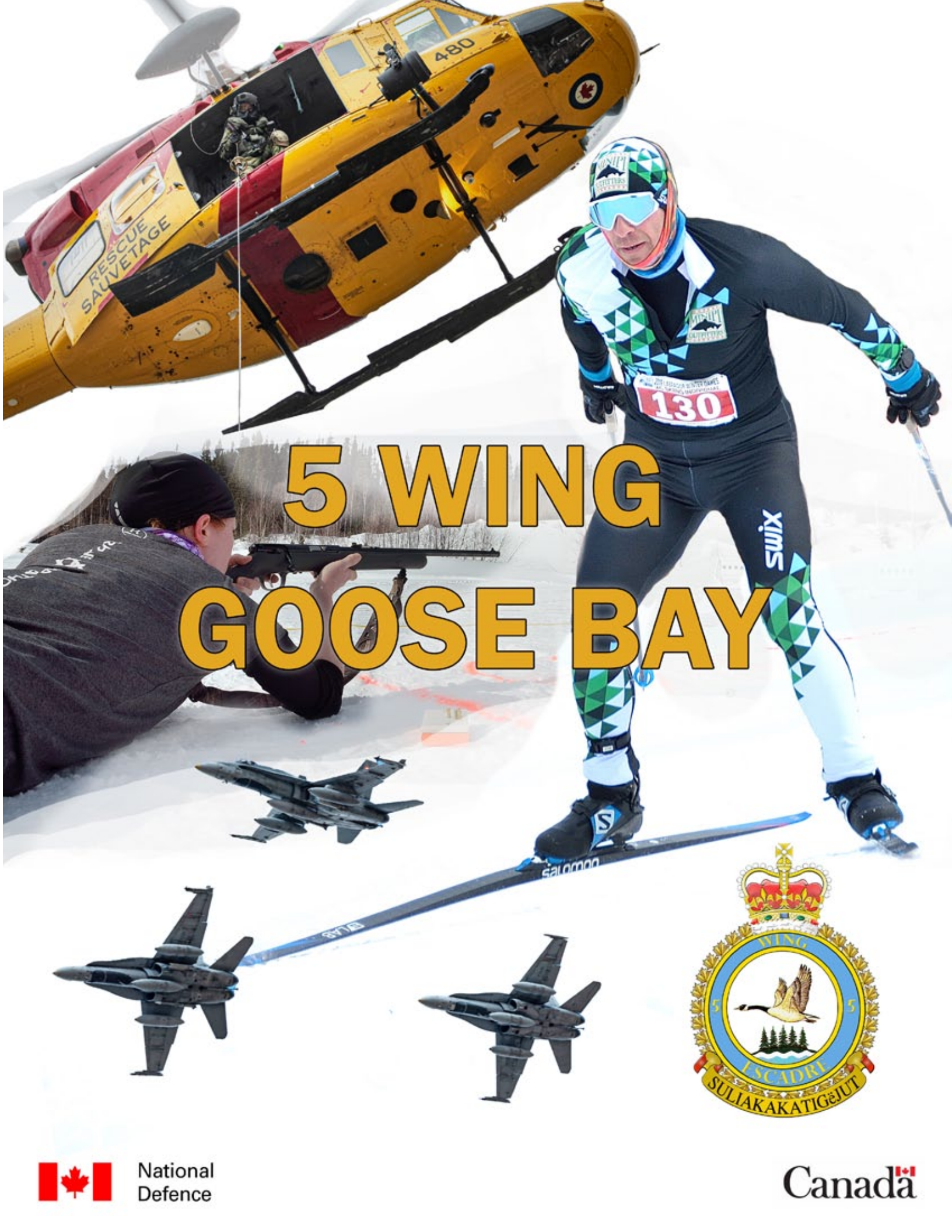
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