

CONNECTIONS

THE LABRADOR WEST CHAMBER OF COMMERCE MAGAZINE

2023 SUMMER ISSUE

TRAILFORKS

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OUR BUSINESS MAGAZINE RETURNS IN PRINT

now with community news

LABRADOR WEST
CHAMBER OF COMMERCE



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JANEIL PARROTT P.ENG, N.L.S., P.SURV.
NICHOLAS PARROTT P.ENG, N.L.S., P.SURV.
CHARLEZ HICKEY B.COMM, AACI, PAPP

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Labrador West Office

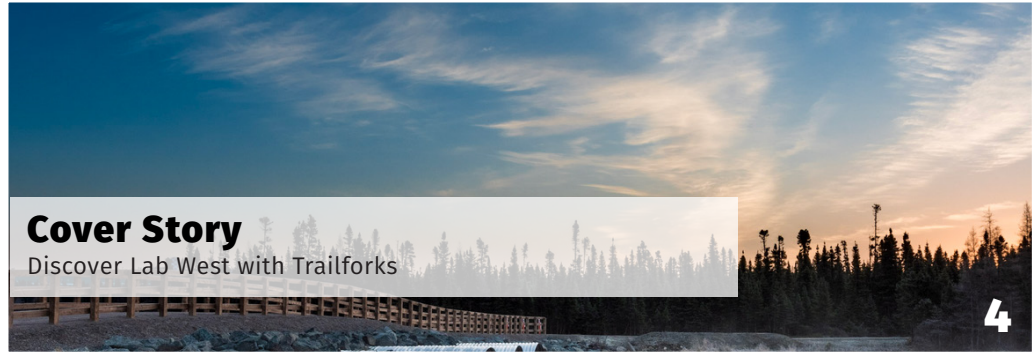
jparrott@nepsl.ca
 709-944-5222
 210 Humber Avenue
 Labrador City, NL
 A2V 2W8

Goose Bay Office

nparrott@nepsl.ca
 709-896-5019
 340 Hamilton River Road
 Happy Valley - Goose Bay, NL
 A0P 1C0

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Layout and Design: Lydia Rickards, Ashley Quirke (QuirkeyDesign)

Cover Photo: Liam Vossman Photography (Trailforks photography)

Welcome to the first print edition of Labrador West Chamber of Commerce 'Connections' Magazine. This is a project that has been in the works a long time and it is rewarding to share the hard work of everyone on the team. The magazine has changed a bit in content so we can not only highlight our members and industry but also bring meaningful content to everyone. Ours is a unique community in that most of us are in this wonderful place for one reason, to support the mining of Iron Ore. In order to put the most "pellets on the dock" a good work life balance is important, so we have added more about our community life. Please enjoy this first print edition and do not be shy to contribute in the future, the goal is to be a positive tool for the community.

– Toby Leon, President of Labrador West Chamber of Commerce.





GREAT NEWS

FOR OUTDOOR ENTHUSIASTS

The Labrador West Chamber of Commerce is pleased to announce that it has partnered with community groups to enter local adventure destinations into TrailForks, a trail management system for outdoor enthusiasts.



The work done by the LWCC will allow residents and visitors to locate trails in Labrador West, plan outings, report on conditions, upload photos, track adventures and safely navigate trails. The app supports mountain biking, hiking, trail running, downhill skiing, cross-country skiing, snowshoeing, snowmobiling and several other outdoor activities.

Get started by going to <https://www.trailforks.com/signup/> and creating your own Trailforks account. The second step is to download the Trailforks app to your Apple or Android smartphone. Once the app is on your phone, choose your

activity from the dropdown menu. The app will help you find trails, trailheads and parking. If you hit the record button in the app, Trailforks will track your activity. If you come to a fork in the trail and you're not sure which way to turn or how to get back to the parking lot, just look at the map on your phone, and Trailforks will show you exactly where you are. This feature works even when outside cellular service.

LWCC is looking forward to increasing exposure to trails in our region and providing this opportunity to expand outdoor living and its many benefits to our residents and visitors!

Help Promote Local Trails

Help promote healthy living and tourism by downloading the Trailforks app! The Labrador West Chamber of Commerce and local groups have partnered to enter Lab West's extensive trail network into the electronic mapping app called Trailforks. Trailforks is a crowd-sourced database, which means that the app depends on users to help grow and maintain the database by submitting new trails and updating existing ones, recording activities, and uploading reports. Trailforks is simple to use and makes increasing accessibility to trails easy for everyone. Simply download the app onto your phone, select the activity you are doing that day and hit "record." At the end of your ski, run, snowmobile ride, or whatever the outdoors is calling you to do, hit "save and submit." It's that easy. You can also upload photos of your activity and write reports, and for those who are trail and mapping enthusiasts, Trailforks provides lots of options for entering more in-depth data.

This is a great way to let friends and family know what outdoor activities you are participating in. At the same time, you will be letting the public know what trails are available in Lab West, which ones are popular, and what the trail conditions are. Trailforks is used by more than 6 million people around the world! The more that local people use the app and post their activities to Trailforks, the more Lab West and its network of trails gets promoted to residents, tourists and the world.

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WE ARE TACORA

In celebration of Tacora Resources' 4th anniversary in operation, we are proud to present this publication on Tacora's history located in the community of Wabush, NL. Guided by our core values of Safety, Sustainability, Teamwork, Determination, and Winning, together as a team, we will win!

In July 2017, Tacora purchased the Scully Mine, with a 6 million tonne per year iron ore concentrate capacity. During the 2019 fiscal year, we restarted mining operations and commercial production at the Scully Mine. On May 25th, 2019, ore was delivered to the crusher and the first mill was successfully started up on May 28th, 2019. During June 2019, Tacora successfully commissioned its concentrator and produced its first batch of wet concentrate, undertook its first mine blast, and celebrated its first loaded train. On August 30th, 2019, we announced that our first seaborne vessel shipment of iron ore concentrate produced at the Scully Mine departed the Port of Sept-Iles, Quebec, with a payload of 69,770 wmt of premium concentrate bound for a customer in Europe. Throughout the remainder of the 2019 fiscal year, Tacora continued the process of ramping up commercial production (including bringing all six mills into operation).

Tacora worked with the Government of Newfoundland and Labrador as well as the United Steelworkers (USW) to bring mining jobs back to Labrador West and restart the Scully Mine in Wabush, NL. Today, over 400 Tacora Team members join in creating our workforce, 97% of which are local, and 25% being woman in the workforce. We believe our workforce is the most determined out there. In 2022, Tacora received the "Miner of the Year" award from the Canadian Institute of Mining, NL Branch, for the province of Newfoundland and Labrador. In year 2023, our team has already achieved multiple record production months since the beginning of operations. Our people make up our community, Tacora continues to work closely with our towns and local organizations in creating connectivity within our community. Since Tacora has been in operation, we have given back to our community and local organizations a total of \$707,345.00. Thank you to our team, our community, and our province for a strong 4 years of operation.

Together we will win





TAKING THE WHEEL

WITH MARTY BYRNE

I'm not sure if you remember Ed Owen? He is now retired but he used to be an Art teacher at Menihek High School here in Lab West. Well, Ed was also a member of the Visual Arts group that used to meet up here in Labrador City about 20 years ago and that's where I met him. He is a super talented painter, potter and all-around artist. I was speaking with him at our local grocery store about 6 or 7 years ago and he mentioned that he had retired and was leaving the area and I jokingly said to him, "What are you doing with your potter's wheel?" And he said, "Why, are you interested? Drop up to my garage tonight and we'll chat about it." I thought that perhaps he meant to sell it to me but when I got up there that evening, he said to me, "Marty, you have always been a really nice guy and I think you would get a lot of use out of this potter's wheel. I would like for you to have it." I thought he was joking. He continued "I would like for you to have the kiln too." He left town soon after and it wasn't long until Byrne'n Mud Pottery was born. It turned out that potter's wheel was one of the best gifts that I would ever receive in my life!

Since starting Byrne'n Mud Pottery I have had so many unique opportunities. I've hosted many ceramic crafting events with community groups and families here in Labrador West. I've traveled on Pottery tours to China. This past winter I traveled to Ottawa for the Northern Lights Arts and Cultural Pavilion. Most recently I got to spend a week in Troy Ontario at Donn Zver's School of Pottery job shadowing him, participating in the classes there and partaking in a once in a lifetime workshop with world renowned potter Cynthia Bringle from the U.S.

But no matter how far pottery takes me I will always be a community minded person, hosting fundraising events for local families, visiting our schools to make worry stones to help the kids with anxiety.

As much as I try to give back to Labrador West as an artist, it will never equal what they have given me through their support of me as an artist and of my little Byrne'n Mud Pottery business.



WHAT IS HUMAN RESOURCE OUTSOURCING, AND WHAT ARE THE BENEFITS?

At HR Project Partners, we have the answers to your questions regarding Human Resource Outsourcing, and why it may be beneficial for companies to outsource an external consultant or organization.

Human Resource Outsourcing refers to a business hiring an external consultant or organization to provide professional HR assistance wherever they need support. This could be in any area from recruitment, harassment investigation, plans and training, policy and procedure development, termination support, and so much more. The benefits of outsourcing Human Resources can be enormous, but the main purpose is to support businesses and projects by helping them understand that their success will be increased through the implementation of proper Human Resource practices and policies.

Many small businesses do not require full-time HR personnel, but all businesses do require at least some HR support. Small businesses can look to external consultants or organizations for HR services as it can save them time, money, and effort overall. Mid-Large size companies may have their own HR Personnel and/or HR support, but depending on their size, they may require an external consultant or organization to support existing Human Resources

Professionals and departments to develop solutions. External consultants or organizations can also facilitate leadership and other relevant employee training, as well as provide resources and support to existing Human Resources departments to launch ad hoc projects quickly, i.e., performance management and investigations. Whatever the size of the company, it is very important to ensure that your policies, procedures, and processes are compliant with the labour laws of your province.

Most companies claim that their employees and personnel are their number one asset, yet many will operate with minimal to no HR support. Think about reducing your risk and ensuring your number one asset is taken care of by outsourcing your HR support and only paying for what you need, when you need it, by specialists. It could be the best investment you ever made.

Outsourcing your HR requirements can be a boost to your bottom line by:

- Reducing risk
- Producing efficiencies and peace of mind
- Allowing managers to focus on their primary job and letting the HR professionals take on the work
- Providing opportunities for collaboration
- Ensuring that you are compliant with all Labour Laws
- Requiring less HR staff and only paying for services when required
- Utilizing professionals whose focus is human resources.



LABRADOR WEST

CHAMBER OF COMMERCE

WHO ARE WE?

The Labrador West Chamber of Commerce (LWCC) is a not-for-profit, non-partisan organization dedicated to enhancing the economic prosperity and quality of life in Labrador West.

WHAT IS OUR MANDATE?

The Labrador West Chamber of Commerce is an association whose mandate is to promote and improve trade and commerce, as well as the economic, civil and social welfare of the district. Striving to be the principle voice of the business community, the Chamber addresses relevant issues that are of interest to the local area and its people.

WHAT DOES THE CHAMBER DO?

SERVE

Through participation in events, members make valuable connections that can further their business.

PROMOTE

The Chamber is the information hub of the Labrador West community. With a focus on creating opportunities for business networking and hosting educational events to help you grow your business.

PROTECT

By regular community and provincial scans, the Chamber advocates for business members, ensuring that legislation works for your benefit.

WHY BECOME A MEMBER?

By making use of everything our Chamber offers, members can gain valuable information, strengthen business skills, gain contacts and expand their markets, and be a key contributor to making our region grow and thrive.

Included with your Chamber Membership are the Affinity and Member to Member (M2M) Discount Savings Programs, your gateway to many local deals and discounts giving you savings on a variety of products and services! Affinity Programs include: PAL Airlines, Purolator, FlagShip, Esso and Group Insurance Plan.

LOVE LOCAL
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CONTACT US TODAY AND START YOUR MEMBERSHIP!

CALL: 709-944-3723

EMAIL: info@labradorwestchamber.com

Visit our new office at Gateway Labrador:
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www.labradorwestchamber.com

<https://www.facebook.com/labwestchamber>

Yvonne Jones

MEMBER OF PARLIAMENT FOR LABRADOR

#LabradorStrong

 yvonne.jones@parl.gc.ca  yvonnejones.libparl.ca

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 Labrador City 709-944-2146 / Toll-Free 1-888-817-2483



UPCOMING EVENTS

SEPTEMBER

8

LWCC Golf Tournament @ Tamarack Golf Club

Register your team of 4 today:
Chamber members - \$260 per team
Non-Chamber members - \$280 per team
This includes your green fee and dinner.

Dinner and prizes to follow the tournament.
Contact us about sponsorship opportunities
Sponsor a hole for between \$150-\$250.
\$20 off registration for sponsors.

SEPTEMBER

14

LWCC AGM @ Smokey Mountain Ski Club

Chamber Members - \$32 pp
Non-Chamber Members - \$40 pp
Ticket includes dinner, dessert, tea & coffee.
Speaker presentation by Mayor Belinda Adams.

Presentations by LWCC,
Election of Directors will follow.
Presentation of Marie Green Annual
Business Excellence Award 2023

NOVEMBER

20-23

Future of Lab West Summit

Focusing on the ongoing challenges to economic development and the related social issues. Tackling challenges relating to energy, labour, housing, healthcare, travel.

SEPTEMBER

2024

MINEx 2024

We will return next Fall with our third MINEx conference and trade show. Watch this space for further announcements...

Want to collaborate on an event, host a luncheon or a training session? We want to hear from you!

SUMMER AT CAMP SMOKEY

As a youth, I had the opportunity to attend a local camp for two weeks each summer. We participated in canoeing, sailing, hiking, swimming, games and opportunities for sportsmanship of all sorts. Each night ended with a gathering around the campfire. These adventures left a lasting impact on me and led me to friendships that have lasted a lifetime. As an adult living in a town with all the resources needed for a camp, and as the President of an organization whose facilities are adjacent to a pristine lake, it seemed fitting to support a similar camp. Whenever summer activity options were discussed, a summer camp was always on the table.

In 2020, Smokey Mountain Ski and Snowboard Club finally had the opportunity and the leadership to make it happen. Fast forward three years, and Camp Smokey is firmly established and thriving. This year we are holding eight weeks of day camps for kids

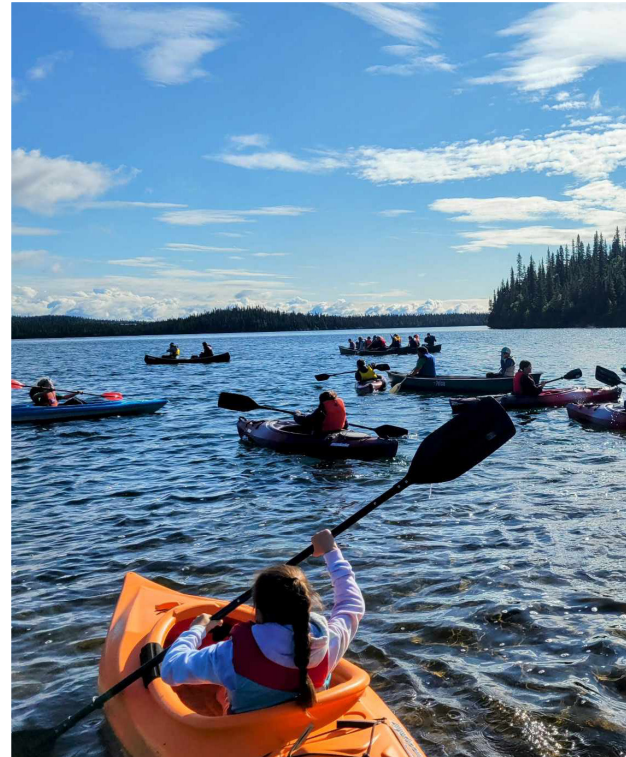
aged 6 to 14 years and a one-week introduction camp for kids who will be old enough to attend next year.

We live in a wilderness paradise. Our kids need every opportunity to explore our wilderness safely. Nancy O'Brien, Sarah Parry and their staff are doing a great job turning our dream for a summer camp into reality. While there is always room for development, we have happy kids and happy councillors almost every day, regardless of the weather.

An article in the New York Times summed up the post-COVID-19 return to camp this way:

“It’s hard to imagine a more ideal escape for young people living through an extraordinary time of grief, loneliness, and upheaval. At its best, camp can offer children a chance to learn outside the classroom, drawing

them from their computer screens and helping them build stronger relationships with other children, themselves and nature”.





Smokey takes the view that there is no reason why the youth of Labrador West shouldn't have the "Best Camp in Canada". It will take time to get there, but our staff strive every day to advance that goal. As our staff master the skills they have acquired over the past three years, we plan to add new elements to our camp experience. We have been extremely lucky to have Travis Maher and Katie Cromwell from St. Johns act as a resource from the beginning and we hope to keep them engaged as we develop our expanded Camp Smokey. Travis and Katie have been involved in the summer camp business for longer than they will admit and their understanding of staff and campers is paramount to developing our vision.

Camp Smokey currently operates as a day camp. Firstly, it is a fun place for youth to go to make friends and leave concerns behind. Camp is about the campers. The next most important element is learning about the area

we live in. Thirdly, we focus on skills acquisition. We currently offer canoeing, kayaking, stand-up paddle boarding, archery, map, compass and GPS skills, hiking, firebuilding, outdoor cooking, shelter building and many other activities. Over the next number of years, we hope to add elements which will be of interest to those outside the camp. I dream of seeing our staff progress to the point of holding overnight camps and longer expeditions. I would love to see a campfire evening as well, but all in good time.

Camp Smokey would like to thank all the great local businesses who have jumped on board to help fulfill this vision:





SUMMER TRAIL RAMBLINGS

The Menihek Nordic Ski Club (MNSC) invites the public to venture onto its trails that are now overflowing with life. Wild flowers are in full bloom and berries will soon ripen. Enjoy the shade from old forest trees as you pass the cool mountain streams flowing from the waterfall down to the lake. Nestled in the birch and spruce forest of the scenic Wapusakatto Mountains, MNSC offers 32 km of all-season trail systems. These trails are located 3 km from Labrador City and 27 km from the Quebec border. At the close of the winter season, the trails can be accessed for hiking, Nordic walking, running and mountain biking from June to mid-October.

In 2002, MNSC along with the Menihek Trails Group created the Menihek Interpretive Trails. Twenty-four information boards were installed to offer an additional educational experience. The boards provide descriptions on local plants and wildlife. Trail users can learn about the diverse vegetation and animal species as they move along the Koch Trail on the Waterfall Hike. This hike offers a choice of 2.9 km and 5 km distances. Observe the deciduous and old growth trees found at the 1.5 km mark. The waterfall can be accessed by climbing the stairs along its sides. This spot is the perfect place to take a rest or have a snack. A picnic table and barbeque are available for the public

to use (charcoal barbeque supplies not included). The Dumbell Lake Hike, which involves taking the Dumbell Tour Trail and returning via Rideout's Run, showcases nature around the lake. MNSC has a new seating area at the bottom of Smokey Mountain on the way up to the waterfall. Ducks Unlimited Canada donated signage offering information on birds that are native to the area. Two benches provide a place to rest and take in the stunning lake view.

Users are advised to familiarize themselves with the trail system map before venturing

out. Two large scale maps are located behind the gazebo and at the start of the Dumbell Tour Trail. Take a photo of the map for quick reference or pick up a paper copy at Gateway Labrador. Let someone know where you are going and what time you expect to return. To prevent fires, MNSC does not allow smoking or lit fires on any of its trails. The waterfall barbeque should only be used when a fire ban is not in effect.

The scenery changes from season to season so come out and discover every facet of the MNSC trail system.





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LANDMARK ANNIVERSARIES

GATEWAY 20TH ANNIVERSARY

On July 28th, 2023, Gateway Labrador celebrated 20 years of serving visitors and community in Labrador West.

The day was packed with events for all ages. We started with a Labrador West wide treasure hunt – participants solved clues that would lead them to 20 limited-edition tokens (created by Inuky Glass Art and Engraving) hidden around the towns. Everyone braved a rainy morning to search for their tokens and win a goodie bag from The Great Canadian Dollar Store.

Conservation Officer Chuck Porter kept a crowd of children captivated with a fascinating presentation on local wildlife, and our afternoon was complete with crafting activities. We wrapped up our day with a pizza party and cake cutting, with a wonderful turnout. Directors past

and present joined the celebrations, including Joyce Montague – one of the founding members of Gateway Labrador, and Tracey West – who served on the board for 16+ years.

As much as we look back over what has been accomplished in that time, we are very much looking into the future and the vast opportunity to develop tourism in the region. To continue to explore the natural landscape and find better ways to introduce new audiences to our beautiful natural landscapes, activities and local people.

Summer 2023 already proves to be our busiest year ever, which can be attributed to the completion of the paved Trans-Labrador Highway in 2022, and the increased trend in RV travel throughout North America.

Although the travellers keep the lodge busy in the summer months, we thank

the local community for their support throughout the entire year. We truly value our position in the local community, and we hope to continue to grow and understand how we can serve the region better through events and promoting heritage in Labrador West.

Thanks to everyone who celebrated with us, and to all the businesses who contributed to the day: Pizza Delight; Great Canadian Dollar Store; Tim Hortons; Tracey West Financial; New Lab Realty; Labrador Mall; Canadian Tire; X-Rentals; Smokey Mountain Ski Club; Byrne'n Mud Pottery; Larry Jenkins Photography; Twin City Distribution.

Gateway Labrador's Fall Festival will take place September 13th-25th

Keep up to date with news and events by following us on Facebook: Gateway Labrador: Discover Labrador West

MISSION KITTY THRIFT SHOP

The Mission Kitty Thrift Shop was opened in the Wabush Shopping plaza July 7, 2022. Its owner/operator, Colette Pickett-Beals, saw the need for a thrift store in the Labrador West area and thought it would be a terrific way to help both the surrounding communities and her non-profit, Mission Kitty.

The store proved to be so successful that they had to double their store capacity after only 6 months of operation. They just celebrated their one year

anniversary and are very excited to see what the next year has in store. Colette says "The shop was opened primarily to help fund Mission Kitty but after seeing the outpouring of support from people in the community we decided to put a different spin on things. Earlier this year we started giving back to the community as a way to say thank you. We choose 2 community groups/organizations a month and make monetary donations to them. Our anniversary weekend we gave away \$6000 in cash donations. Were so happy to be able to do this and still be able to help 40+ animal rescues across Newfoundland & Labrador."

We are located in the Wabush shopping plaza with hours of operation (Donations accepted during opening hours)

Sunday/Monday CLOSED

Tues/Wed/Thurs 12-5

Fri 12-8

Sat 12-5



WABUSH LADIES SLO-PITCH FUN LEAGUE

The Wabush Ladies Slo-Pitch Fun League was started in 1987 by Bev Martin & has been going strong ever since. What started out as 3 teams of ladies getting together for a game of softball has grown to 8 teams of ladies not only playing softball but making friendships and having fun. Every summer we host mixed tournaments & a ladies fun night which includes a '40

plus and an 'all-star' game. Last year, our league even had a quick cameo appearance on the Still Standing episode featuring the community of Wabush.

Throughout the years we have been fortunate to have the generous support of many community sponsors such as the Wabush Legion, Fishnet, McNally's, Metso, TMH, Locke's Electrical, Parrott Survey Ltd, CRRS, RNCA, RMS, Northern Industrial, MacDonald's and BabaQ's which have helped keep our league successful.

Our league also gives back to our community by donating to various organizations such as MADD, Minor Softball, Mental Health & Addictions, Local Kid's Club, ALS Society & Ronald MacDonald House.

We are very proud to be celebrating our 35th year this year and we look forward to many years to come playing at the Bev Martin field.





KEEPING TRADITION ALIVE IN WABUSH

51st LAB WEST REGATTA

A Labrador West institution and the highlight of the summer season, Regatta Day is a holiday that locals look forward to every year. This year on July 28th, Regatta celebrated its 51st anniversary in Labrador West with 9 races throughout the day, kicking off at 8am. 18 teams competed, with a good mix of age and experience - including 1 juvenile ladies, 1 master men, 3 master ladies, 2 senior men and 11 senior ladies' teams.

Teams start their training on Jean Lake in late June and row between 5am and 9pm to prepare for this 1150m course. They may train in various weathers (wind permitting) but on race day the weather cooperated during the races despite forecasted showers.

Finals were held in the afternoon followed by a great celebration with music, concessions, and beer tent.

President Kelly O'Brien commented "It was another great season, about 25 new rowers which was awesome to see. Even our first juvenile team in over 5 years! Hoping this is a start of getting the sport back from the Covid backfall. And thank you to all the sponsors, the Town of Wabush and all the volunteers for making this event happen once again."

Brittany Young added "It was nice to see so many spectators come out to cheer on the races." Luckily this community event was made possible by Labrador West Rowing Association and their dedicated committee of volunteers and many generous sponsors: SMS, Scotia Blast, Industrial Sales, Physio North, Parrott's Surveys, Grenfell Electric, Bird Heavy Civil, WLB, SEM, Modern Pumps, Work Out World, Herb's Industrial, Fishnet Lounge, Tacora Resources, Leon's, TMH Mechanical, AMAL Family Services, SPB Equipment.

For updates and information on Regatta Day 2024 follow Labrador West Rowing on Facebook (<https://www.facebook.com/labradorwestrowing>) and consider participating next year!

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COME HOME TO WABUSH 2023

Come Home Year always brings along wonderful memories from the past and provides many more for years to come. This year's Come Home to Wabush was no exception.

“What is now much older seemed young again, as we laughed and reminisced with friends from days gone by, shaking off the dust on many fond Wabush memories.” – Carolyn Parsons Janes, former Wabush resident.

The Come Home to Wabush 2023 events took place across Wabush and the neighbouring town of Labrador City from July 22nd to July 29th, 2023. These events included over 64 activities celebrating the talents and history of the Wabush residents past and present. These activities extended from an Art Wander, JRS School Reunions, artisan workshops, yoga and meditation, community meals, to name but a few.

There were over 470 registrants throughout the week with plenty of travelers who came from all over Canada, even as far as Texas, USA and Australia! Throughout the week donations were made to local community groups and charities in support. Our local brewing company “Iron Rock Brewing” created



their own Black & Blueberry Sour beer named “1967 Inc.” referencing the year Wabush was incorporated as a town.

For many, the highlight of the week was the incredible live music performance from Derina Harvey Band, supported by Ptarmageddon. This event alone gathered over 700 people in attendance. These events would not have been possible without the dedicated team of volunteers led by the committee. Big thank you goes out to Gail Hodge, Dawn Volpatti, Karmela Briggs and Jim Dobbin. And to all the other volunteers and local businesses who contributed to make this week the jam-packed triumph it was.

“Come Home to Wabush 2023 was a raging success and accomplished everything we hoped... old friends reconnected, new friends were made, all

the while supporting our community. It was a wonderful week of fun, laughter and comradery! Wabush is a very special place” – Gail Hodge, CHTW Committee Member.

We hope everyone had a wonderful time and we cannot wait to reunite again for the next one!



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NEW COMMUNITY HUB UNVEILED

Our community hub is a vibrant and inclusive space that offers a range of amenities and opportunities for our local community. One of the key offerings is free internet access, ensuring that everyone has access to online resources and connectivity.

Additionally, we provide a dedicated space for distance learning, where individuals can study, and attend virtual classes, and engage in educational activities. This space is equipped with the necessary technology and resources to support remote learning.

Our community hub also serves as a meeting place, both physical and virtual. We have dedicated areas for meetings, virtual meetings, seminars, workshops, and co-working. These spaces are designed to foster collaboration,

creativity, and knowledge-sharing among community members.

In addition to our existing offerings, our community hub is proud to provide access to cutting-edge technologies such as 3D printing. Whether you're a student, entrepreneur, or hobbyist, our 3D printing services are available to meet your needs and bring your ideas to life. We also have a hydroponic unit allowing individuals to explore and learn about sustainable farming practices. This innovative system provides a unique opportunity for community members to engage in urban gardening and understand the benefits of hydroponics in growing fresh produce in an environmentally friendly manner.

Furthermore, we are proud to offer our facilities free of charge for non-profit organizations. We believe in supporting the valuable work they do and providing them

with a space to conduct their activities.

Overall, our community hub is a versatile and inclusive space that caters to the diverse needs of our community. Whether it's for educational purposes, professional development, or community-driven initiatives, our hub is designed to facilitate growth, connection, and empowerment for all.

You can visit the Memorial University Community Hub website for more info <https://mun.ca/communityhubs/>



A FUNDRAISING DOUBLE-DOUBLE

Twice a year, Tim Hortons restaurants hold campaigns to support our local community charities - Smile Cookie and also the Tim Hortons Foundation Camps - Camp Day.

For Camp Day 100% of the proceeds from coffee and iced coffee sales at Tim Hortons restaurants are donated to Tim Hortons Foundation Camps to help underserved youth reach their full potential.

To date more than 315,000 youth, have taken part in one of their seven camps



throughout North America, at no cost to the campers or their families. This year more than \$12.2 million dollars was raised nationally for the Foundation. Last year Labrador West had the highest donations in Newfoundland and Labrador with \$6010.00.

Also, this year with Tim Hortons restaurant owners and millions of generous Tim Hortons guests helped to break a new Smile Cookie record by raising \$19.7 million for local charities. Here in Labrador West a record breaking \$12,453.89 was raised, making Labrador West the top donating community in Newfoundland and Labrador, but also fourth in Atlantic Canada! All of the proceeds from Smile Cookie goes directly to our own hospital.

Without the amazing volunteers and donations made during these two campaigns, none of it would be possible.

A huge thank-you goes out to our community, our volunteers and all of you for another great year! Thank you!



EMBRACES

Ukrainian Families

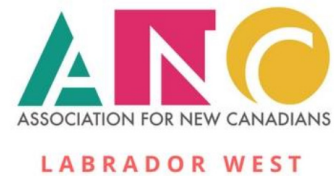
It's been one year now since Ukrainians started to move to Labrador West to work. The ANC welcomed these new Canadians and provided the many services that they needed to settle in the area. However, the communities of Labrador City and Wabush have stepped up in a major way to also support these people in so many ways! The donations have been pouring in and the generosity of the towns has not been lost on the many Ukrainians that have received so much when they had so little! Businesses and

individuals have been amazing over the last year and this sense of responsibility continues to thrive.

The Ukrainians have made the transition to Labrador very well and we have families with children in the school system with more coming this summer. They want to be an active part of the community and are all trying to improve their English. At the moment we have 20 Ukrainians in Labrador West working at 5 different businesses. They are starting

to take in the many opportunities that our beautiful region offers like kayaking, hiking, skating, and skiing to name a few!

Some special events are being planned for the group this summer and we will be providing lots of support for the families in the fall for school and activities.



Two feel good stories about Ukrainians in Lab West

The Prytula family arrived in Lab West in October, 2022. The family of 5 immediately settled in and wanted to become part of the community. The two school aged children, Karolina and Oleskii entered the school system and within weeks were happy, productive students at Menihek and A. P. Low. The baby, Mikhael has learned to walk since arriving and is a delightful little boy! As a family, the Prytula embraced the Labrador winter by walking, skating and skiing. Kateryna became an active client of the ANC by attending many of the events that we organized for newcomers like Conversation Cafes, Food for Food and a downhill ski night at Smokey Mtn.



Ever the creative family, they recently converted their winter garage tent into a summer greenhouse and are growing a large variety of produce like tomatoes, cumpers and lettuce..

Serhii is a welder that works at Carol Lake Metal Works, and Kateryna recently has taken a job at Pimp my Nails and apparently is getting rave reviews! We think the Prytulas are here to stay!

Vitalii Nestorneko and Stanislav Vasylichuk have met since they have relocated to Labrador West. Both have a love of the outdoors and have found the lakes and walking trails very inviting. They have been kayaking together already and are planning on an overnight trip sometime this summer. Vitalii works at Iron Rock Brewery Company and has been here for about one year.



He has been a regular participant in many ANC events already including Conversation Cafés, open houses and the Xmas parade back in December!

Stan has just recently arrived, but has already asked about helping out with the ANC and has generously offered to drive fellow Ukrainian to events where the need arises! Stan works an engineer for Parrott Surveying, here in Labrador West.



YOUTH IN LEADERSHIP

My biggest pet peeve is “you’re too young”. I believe you are never too young or too old for anything. My dad has always told me “If you’re going at it, go at it right.” This doesn’t mean be perfect, make no mistakes, or never fail. It simply means try your best, give it everything you got and be proud of the outcome, because anyone can take on the world. In the last two years I’ve represented Labrador West on many different occasions, all of which I couldn’t be more proud to be from here. Lab West is part of who I am, no matter where I go.

Miss Achievement Leadership Program was last November. After countless hours, finding references, fundraising,

holding a halloween dance, packing, getting to St.Johns... in the end, it was all worth it. I won the Volunteer Activity Award for 2022 and \$500 scholarship for my post-secondary education. I’m still beyond grateful for our community that pulled together to get me there!

Newfoundland and Labrador Youth Parliament has become a very big part of my life since April 2022. In November 2021 I came across a facebook post, advertising ‘youth parliament’. I thought about my grade 3 year, when we learned about how the house of assembly worked, and how much I loved being the opposition. At the time I was 14, and NLYP was aged 15-24. Me and my mom sat down one night and sent them

an email, the next day I was meeting the board of directors, and then 5 months later, I got on a plane headed to St.Johns. Youth Parliament allowed me to bring first hand issues and opinions from Labrador to youth from across the province, and introduced me to the most outstanding people I have ever met who became my bestest friends.

Something to always remember is that no matter who you are, where you’re from, how old you are, you make a difference in the world. **The smallest actions, the kindest words can change lives, without you even knowing. Chase your dreams, because if you believe in yourself, you can do anything.**





LAB WEST BIG LANDERS SPECIAL OLYMPICS

ABOUT US

The Labrador West Big Landers is a local chapter of Special Olympics Newfoundland and Labrador (SONL) which falls under Special Olympics Canada (SOC). We share the same Vision and Mission of SOC.

Our VISION is that sport will open hearts and minds towards people with intellectual disabilities and create inclusive communities.

Our MISSION is to enrich the lives of individuals with an intellectual disability through support.

Locally, our PURPOSE is to encourage, promote, develop, support and regulate fitness and sport activities for individuals who have an intellectual disability in our community. Locally, athletes of all ages with intellectual disabilities who have a wide range of physical and social abilities participate.

TIME COMMITMENT

Throughout the year, our regular programming is primarily focused on physical activity and sports. With the exception of small breaks in the summertime (based on volunteer availability) and the Christmas holidays, we meet every Wednesday (usually at 6:30 pm for an hour).

Athletes: ~1 hour per week

Program Volunteers/coaches: ~1-1.5 hours per week

Club Executive Committee: ~2-4 hours per month (additional to programming if attending)

Competition Volunteers/Athletes: Depending on competition

CONTACT US

If you are interested in learning more about the Big Landers or how to register as an athlete, coach, or volunteer, please reach out to us!

Email: specialolympicslw@gmail.com

Facebook: "Labrador West Special Olympics"



LABRADOR WEST BIG LANDERS




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WHAT'S ON?



CJ's Pub
301 Humber Ave
Labrador City
Open daily
Fridays – Live Music
Saturdays - Karaoke



The Frozen Rooster Lounge & Bar
Wabush Hotel, 9 Grenfell Dr,
Wabush
Open daily



Maverick's Lounge
800 Trans-Labrador Hwy
Labrador City
Open Tuesday - Saturday
Fridays – Live Music



Iron Rock Brewing Co.
118 Humphrey Rd,
Labrador City
Open Tuesday - Sunday
Wednesdays – Live Music
Fridays – Trivia



Well-Bean Cafe
222 Amherst Avenue
Labrador City
Open Monday - Saturday
Live music returning
in September

LIVE MUSIC ENTERTAINMENT POP UP EVENTS

FOLLOW ON SOCIAL MEDIA FOR UPDATED EVENT LISTINGS

ARKELLS ALAN DOYLE JESS MOSKALUKE CRUSH

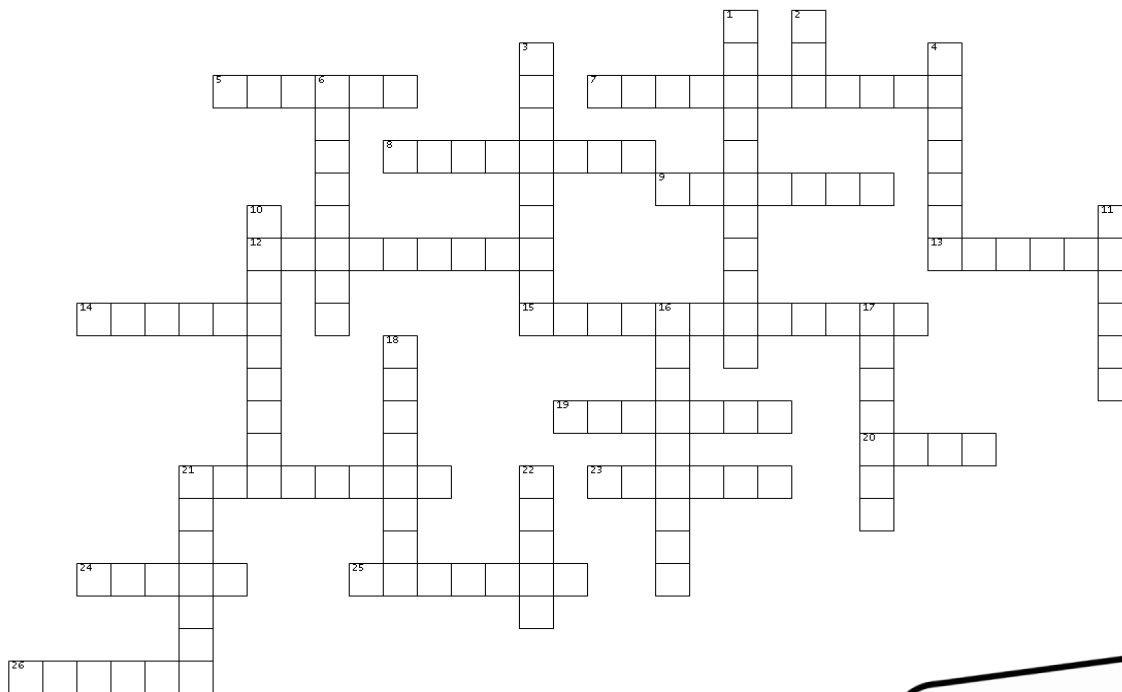
THE TOWN OF
LABRADOR CITY PRESENTS



AUGUST 19, 2023 ★ TICKETS ON SALE FEB 9 - EVENTBRITE



JUST FOR FUN | LABRADOR SUMMER THEMED CROSSWORD



ACROSS

5. Lab West's main industry
7. Iridescent gemstone discovered in Labrador
8. Labrador's only brewery
9. Lab West's primary resource
12. First local social club in Lab West
13. Another word for the Northern Lights
14. Non-intelligent bird native to Labrador
15. Wabush's only ever campground
19. Labrador's nickname
20. Labrador's Wildcat
21. Sir Wilfred -
23. The tree branch on our flag
24. Popular Lab West family campground
25. Name of local high school and hiking trail system
26. Lab West's ski hill

DOWN

1. A person who speaks French
2. A distant horn in the night
3. Local lake named after a popular clear crystal
4. A boat race and provincial holiday
6. Directional stone statue created by Inuit Communities
10. Native orange berry, also known as "cloud berry"
11. Labrador City's twin town
16. A truck the size of a 2 story house
17. Headliner for Iron Fest 2023
18. Location of the Regatta Day Celebration
21. Lab West's visitor centre
22. Freshwater trout



It takes a village.

To build a stronger, better, more successful, thriving business community *in* Labrador West, we come together as businesses to show our love *for* Labrador West.

**Love Local.
Support Lab West.**

Look for the Pin Drop



To find out more about the Love Local initiative, and how your business can take part, visit us online at: www.LabradorWestChamber.com

LABRADOR WEST
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